

HAPPINESS
STARTS
WITH YOU



CHECKLIST

Road to happiness

- ☐ Source of happiness
 - ☐ Family
 - ☐ Friends
 - ☐ Good health
 - ☐ Jobs
 - ☐ Careers
 - ☐ Wealth
 - ☐ Social standing
 - ☐ Food
 - ☐ Drinks
- ☐ What is happiness
 - ☐ State of being happy
 - ☐ Mental state
 - ☐ Life satisfaction

Why you're unhappy

- ☐ Not doing what you want
 - ☐ Steps to get there
 - ☐ Free yourself
 - ☐ Pursue your interests
 - ☐ Do your passion
- ☐ Unhappy thoughts
 - ☐ Tell yourself to stop
 - ☐ Use visualization
 - ☐ Let negativity slide off
 - ☐ Be in happy place
 - ☐ Do happy things
- ☐ Aiming for perfection
 - ☐ Setting up for failure
 - ☐ No one's perfect
 - ☐ No room for growth
 - ☐ Aim for excellence instead
 - ☐ Learn from mistakes
 - ☐ Chance to succeed

Be grateful and appreciative

- ☐ Quick visualization exercise
 - ☐ Lose your senses
 - ☐ Vision
 - ☐ Hearing
 - ☐ Taste
 - ☐ Touch
 - ☐ Smell
- ☐ Things to appreciate
 - ☐ Life
 - ☐ New opportunities
 - ☐ Make amends
 - ☐ Make an impact
 - ☐ Family
 - ☐ Parents
 - ☐ Siblings
 - ☐ Spouse
 - ☐ Children
 - ☐ Friendships
 - ☐ Enrich your life
 - ☐ Health
 - ☐ Take care of your body
 - ☐ Love
 - ☐ Romantic
 - ☐ Platonic
 - ☐ Self-love
 - ☐ Selfless love
 - ☐ Laughter
 - ☐ Reduce stress
 - ☐ Tears
 - ☐ Helps you appreciate life
 - ☐ Nature
 - ☐ Enjoy mother nature
 - ☐ Time
 - ☐ Finite amount
 - ☐ Yourself
 - ☐ Successes

Comfort zone

- ☐ Exists in your mind
- ☐ Your 'usual' environment
- ☐ It can hinder your happiness
 - ☐ Afraid to try new things
 - ☐ Hiding in a shell
- ☐ How to break out
 - ☐ Chase your dreams
 - ☐ Have solid plan
 - ☐ Break it down
 - ☐ Milestones
 - ☐ Mini-goals
 - ☐ Face your fears
 - ☐ Be brave
 - ☐ What are your fears
 - ☐ Overcome
 - ☐ Fight back
 - ☐ Learn new skills
 - ☐ Very valuable
 - ☐ Strike up conversations
 - ☐ Say "hi"
 - ☐ Get to know others

Welcome change

- ☐ Two kinds
 - ☐ Positive
 - ☐ Negative
- ☐ Benefits of change
 - ☐ Discover new opportunities
 - ☐ Open your eyes
 - ☐ Will be revealed
 - ☐ Grow as a person
 - ☐ Improve
 - ☐ Broaden horizons
 - ☐ Discover strengths and weaknesses
 - ☐ Learn to solve problems

Say goodbye to bad habits

- ☐ Will take time to break
- ☐ Short term
 - ☐ Temporary relief
- ☐ Long term
 - ☐ Negative side effects
- ☐ Makes you unhappy
- ☐ How to stop bad habits
 - ☐ Know cues
 - ☐ First step
 - ☐ Reduce stress
 - ☐ Avoid triggering habit
 - ☐ Anchor to positive habits
 - ☐ Replace bad with good
 - ☐ List reasons to quit
 - ☐ Write all bad effects

Love yourself first

- ☐ Prerequisite to happiness
- ☐ Do you love yourself?
 - ☐ Like what you see in mirror
 - ☐ Accept yourself
 - ☐ Imperfections
 - ☐ Flaws
 - ☐ Prioritize yourself above others
 - ☐ Not selfishness
 - ☐ Take care of body and health
 - ☐ Your body is your temple
 - ☐ Listen to your body
 - ☐ Stressed
 - ☐ Take a nap
 - ☐ Unwind
 - ☐ Have fun

Build positive relationships

- ☐ Instant relationships
 - ☐ Parents
 - ☐ Siblings
 - ☐ Extended family
- ☐ New relationships
 - ☐ Classmates
 - ☐ Colleagues
 - ☐ Co-workers
 - ☐ Etc.
- ☐ How to build
 - ☐ Get to know other people
 - ☐ Take initiative
 - ☐ Build rapport
 - ☐ Be more understanding
 - ☐ Be open minded
 - ☐ Be a good listener
 - ☐ Understand what's being said
 - ☐ Be a good communicator
 - ☐ Get your point across
 - ☐ Make yourself understood

Make right choices

- ☐ Decisions
 - ☐ Clear outcome
 - ☐ Know exactly what to do
 - ☐ Unclear outcome
 - ☐ Take time to think
 - ☐ Success
 - ☐ Failure
- ☐ How to know if right?
 - ☐ Instincts say it's right
 - ☐ Listen to your gut
 - ☐ Proud of decision
 - ☐ Can live with it
 - ☐ No regrets
 - ☐ Can sleep at night
 - ☐ Weigh pros and cons
 - ☐ What's at stake
 - ☐ Instinct vs logic

Pay it forward

- ☐ Benefits of being kind
 - ☐ Makes you happy
 - ☐ Help those in need
 - ☐ Improves relationships
 - ☐ Kindred spirit
 - ☐ Can mend relationships
 - ☐ Improves your life
 - ☐ High self-esteem
 - ☐ Make new friends
 - ☐ Become more positive