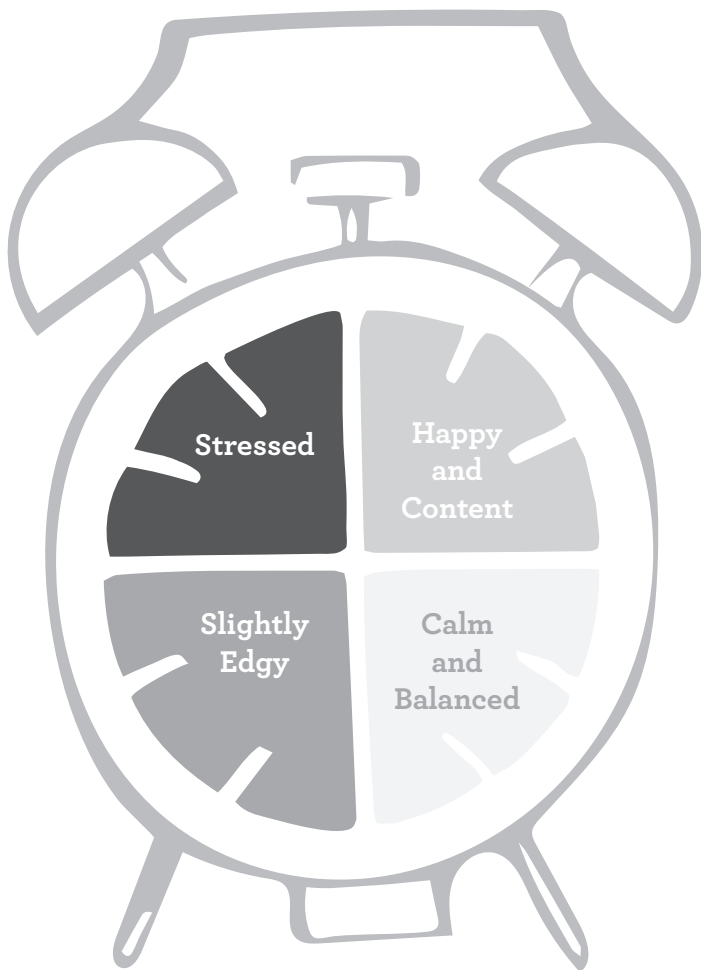


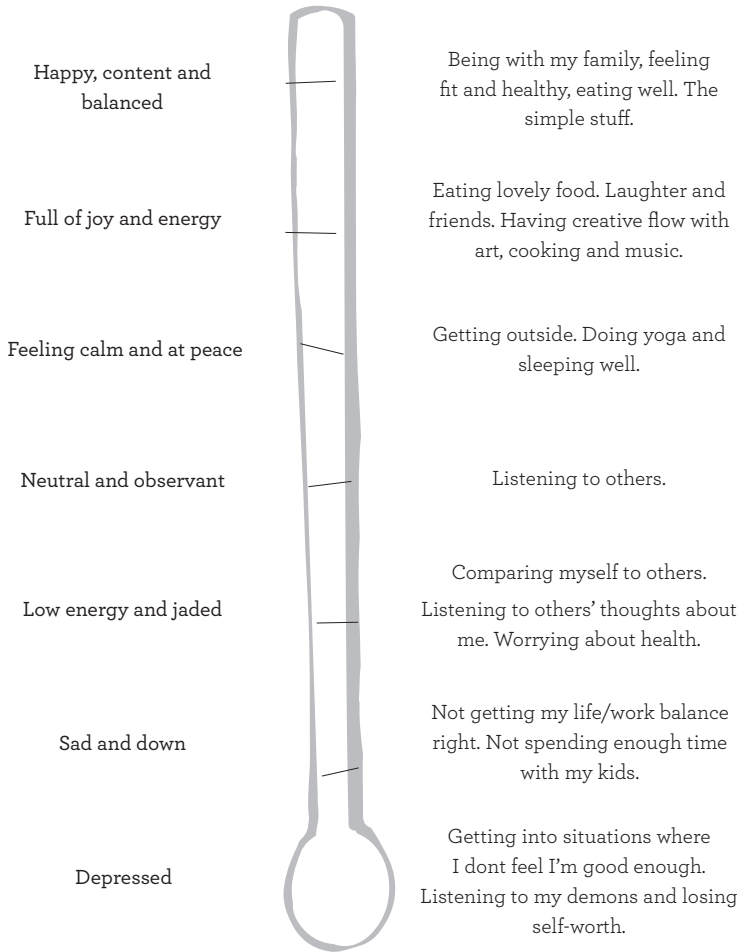
HAPPY NOT

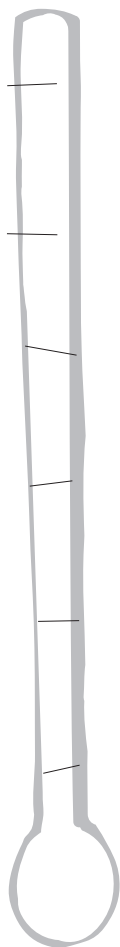
How are you feeling today?	terrible	bad	OK	good	great
How's your work-life balance?	terrible	bad	OK	good	great
How does the past feel to you?	terrible	bad	OK	good	great
How does the future feel to you?	terrible	bad	OK	good	great
How are you at putting your phone away?	terrible	bad	OK	good	great
How does your brain feel?	terrible	bad	OK	good	great
How are your stress levels?	terrible	bad	OK	good	great
What's the food you're eating like?	terrible	bad	OK	good	great
How's your health?	terrible	bad	OK	good	great
How's your exercise output?	terrible	bad	OK	good	great
How are you at being positive?	terrible	bad	OK	good	great
How are you at communicating?	terrible	bad	OK	good	great
How are you at being thankful?	terrible	bad	OK	good	great
How are things with your family?	terrible	bad	OK	good	great
How are your friendships?	terrible	bad	OK	good	great
How are your happiness levels, overall?	terrible	bad	OK	good	great

Here is your **inner alarm clock**. Mark a cross where you feel you are at today. Particularly if you are in 'Stressed', close to the alarm bells, physically draw yourself away from there into the quarter you'd like to be in. What small change can you make in this moment to help you get there?



Here is my own barometer of happiness. It's powerful to write down what makes you tick and how you can return to this, or at least try, when things get tough. You then have a constant gauge on where you are at happiness wise and know what to do and go back to if you're not feeling so great. Complete your own barometer on the next page.





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We all place more importance on certain aspects of life, putting more energy into some over others. Here's your chance to address that **balance**.

Divide the first cherry up into the different areas of your life, be that work, school, family, exercise etc. Give each area the amount of space it currently takes up in your life, like a pie chart. Then divide the second cherry to your **desired balance**. What **changes** can you make to get your first cherry looking like the second?



YOUR 'PEACEFUL' PERSON

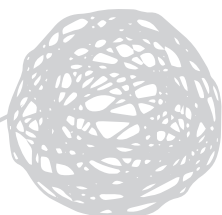
Another very helpful hand comes in the form of your 'peaceful' person. Is there someone who instantly springs to mind who can calm your negativity in one fell swoop?

If you don't instantly recognise this person in your life, then maybe it's time to seek one out! They'll be there waiting for you.

Sometimes you might rather call the person you know will tip your imbalance further. I am guilty of this for sure. If I'm in a tetchy mood and feeling dramatic, I know certain people I can call or meet up with who will send me spiralling off further. But instead I try to turn to people who will bombard me with level-headed common sense and balance. One particular friend who I'm happy to mention is my mate Clare. She is a friend who approaches my own personal dramas with level, peaceful thoughts and truthful, balanced words. She sticks her head high above my own clouded vision and sees it all with a clarity I've lost along the way. I feel lucky to have her and others in my life who have become my go-to people when I need a little help. I appreciate these voices in my life very much, and hope at times I can offer them the same kind of support when they need it.

MY PEACEFUL PERSON IS:

Life can feel **messy** and unbalanced at times. Unravel your life imbalances and make peace with situations you cannot change by writing answers to the questions on the **string**.



WHAT FEELS
OUT OF BALANCE IN YOUR LIFE?

HOW DOES THAT MAKE YOU
FEEL?

WHAT FEELS IMPOSSIBLE TO CHANGE?

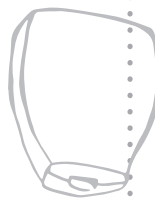
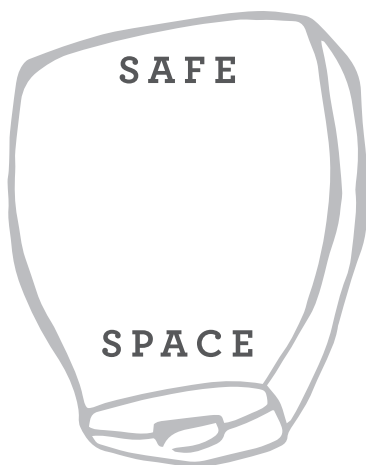
WHAT CAN YOU CHANGE?

WHAT DOES HAPPY BALANCE LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up

We all have memories or situations that feel traumatic to recall. We bury them deep and try to forget, only for them to then jump out from the dark when we least expect. Here is the chance to **acknowledge, accept and make peace** with them.

What **memory** or thought brings discomfort to you?



Which **one** word describes how this makes you feel?

And what one thing, even if very tiny, do you feel you've **learned** from that experience:

When this feeling or memory creeps up again try and **shortcut to the lesson**. That is the bit you can take away with your head held high. We can't make bad times disappear but we can twist our perspective to look at the tiny **silver lining** if we choose.

So long as we remember they are not more powerful than the now,
recalling memories which **fill you with joy** is wonderful.

What five **memories** make you beam to recall?

1)

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2)

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3)

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4)

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5)

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Dreading future plans or situations can heap anxiety and fear right into your lap. If there's something that's worrying you, **share** it here.

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What can you do or **change** to help diminish this fear?

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Great - **do it!** If you can't make any changes, accept that, but know you **DO** have the strength and determination to get through what is ahead. Colour in the rising sunshine to add a bit of joy to your upcoming scenario.

HAPPY NOW

our minds are clearer and not crammed tight with past and future anxieties. We can make decisions from a place of clarity and feel calm even when things seem chaotic around us. Stress is reduced and the feeling of being overwhelmed fades into the background. To me, that feels like a happy place to be.

Stop worrying about the past and fearing the future and get in to the **NOW!** Don't overthink these answers. Write down what **instinctively** comes to mind in this very moment:

Pick one thing you can **see** around you . . .

What can you **smell** . . .

How does your body **feel** . . .

What's **positive** about this very moment . . .

WHAT DOES HAPPY NOW LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up

Write down who your **hero** is. Someone who encourages you to release your inner maverick. Someone who goes against the grain for the good of themselves and others. Someone who **shines** no matter what.

A large rectangular area defined by a dotted line, intended for writing the name and details of one's hero.

Judgement and unkind words towards us is tricky terrain to navigate. Working out where those words came from, and why they were spoken, helps to **dilute** these negative feelings and move on from it all.

How did you **feel** the last time someone said something negative about you?

.....

What do you think made them say it? (**Hint** . . . it'll be more about them than it is about you 😊)

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Choose a time that feels right to step away from your phone. Physically place your phone over the outline on this page and don't touch it for a **whole hour**. See how you feel, what thoughts arose and how much you saw around you without your phone. A good old **daily digital detox** does us all the world of good. We switch off from a world of media and see what's going on around us with clarity. Give it a try!



What's perfect got to do with it?

I'm flawed. I make mistakes. I have hurt people. I sometimes judge others. I say stupid things. I go red easily. I have been naive. I have regrets (and a couple of regrettable tattoos). I often don't like how I look in photos. I've been drunk for the wrong reasons. I can be impatient. I lose perspective at times.

Who doesn't?

This is me.

Now write your own list here . . .

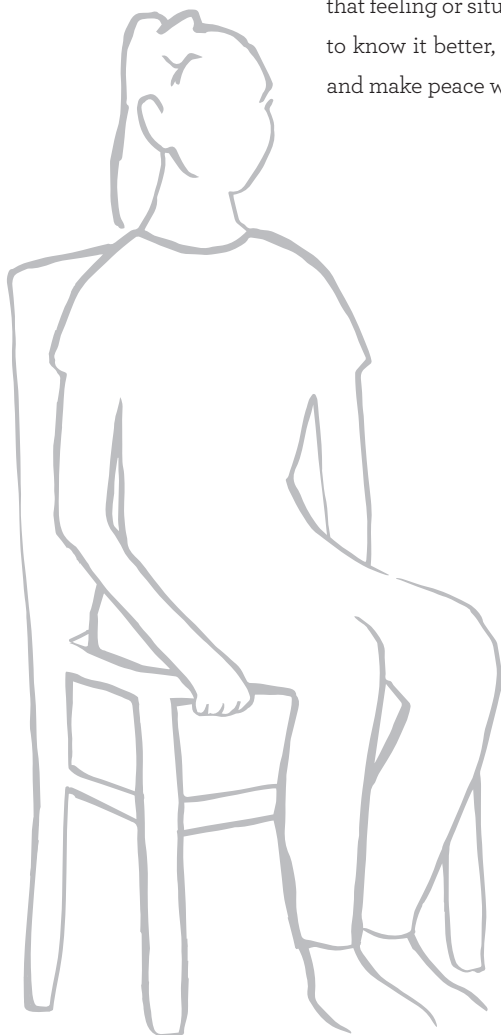


Then celebrate them!

WHAT DOES HAPPY FACE LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up

Write within this outline anything that is making you feel uncomfortable in life. Rather than numbing or burying that feeling or situation, **sit with it**. Get to know it better, understand it better, and make peace with it.



Are you finding it hard to make a **decision** in life? It could be a huge life decision that is causing you sleepless nights or something **trivial** that is bugging you. No matter of its size write it down here:

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... and fill out the Pros and Cons to see which list gains more traction!

PROS

CONS

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Grab a pencil and spin it over the **wheel of joy**. Then go about making this positive happen in your life! Putting a **positive spin** on what's going on in our lives is a quick way to inject a bit of happiness.



Writing down a **list of positives** will always lead you to happiness. It gives you time to recognise the good things in life, which in turn **attracts** more of those things as you concentrate and focus on what makes **you feel great**. It's win-win!

Your positive list . . . GO!

1)

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2)

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3)

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4)

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5)

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6)

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7)

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8)

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9)

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10)

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Has something little irritated you today? If **yes**, what was it?

Now choose to see that situation in a different light. Make the choice to find a **positive**, whether that's a learning about yourself or a consequence of the situation.

Summary

TAKE THE MILLISECOND.

Give yourself a chance to make the choice about how to react to a situation.

TINY STEPS.

If you're itching to make a change, make tiny steps in its direction!

FIND POSITIVITY.

Make the choice to see the positive rather than the negative in situations.

WHAT DOES HAPPY CHOICES LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up

When I was pregnant, Hollie told me to **visualise** a coloured balloon when in labour. She asked me to pick a colour and I instinctively said purple. All through my labour, I visualised this balloon with clarity – recognising its shape, texture and colour. This visual helped me massively in more intense moments and gave me a clear **focus**. I love to use colours for visualisations.

Write down a situation that is causing you stress or sadness:



Pick a colour that seems to represent this situation. Colour in this box with that colour.



Now pick a colour that represents happy to you, and colour this box in with that colour.

Imagine breathing in **great sweeps** of your happy colour and let it swamp your lungs. Now breathe out the colour that represents your stress and pain. Exhale a huge stream of this colour and watch it leave your body and drift away. Then repeat by inhaling your beautiful **happy** tone and exhale the negative colour. Do this for as long as you need. It'll help to get your heart rate down and allows you to release some of the physical tension that you've built up.

Simple moments in life can be injected with a shot of **grandeur** and importance by turning them into **rituals**. For me this is making my morning coffee. I love this daily ritual and take my time in enjoying each step of making it. I sip each inch of the hot rich liquid and am grateful for the flavour and warmth. It's a non-moveable daily practice that gives me vast amounts of **joy**. These tiny moments can become important, as you to take the time to notice the wonder around you. Maybe its your walk to work in the morning, or getting dressed and ready for the day.

Write down a ritual for **yourself** here. Take time daily to love every millisecond of its magic

My ritual is:

.....

I love it because:

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FEARNE COTTON

Even doodling can have a great effect on the mind, as you subconsciously pour your inner thoughts onto a scrap of paper and let those thoughts live and breathe outside your mind. It can be therapeutic and joyful, as you let go and create something new at the same time. It's such a simple way of switching off while simultaneously getting in touch with what is really going on inside.

Whatever your creative outlet is, do it often, do it with joy and feel the bliss.

Here's some space to **doodle** . . .

BEDTIME DIARY

I find it hard to get enough sleep with an irregular work schedule and young children. After nights I've worked late, my kids seem to hone into this sleep deprivation and wake even earlier the next day. I'm never on the ball when I'm deprived of sleep and have a shorter temper and less empathy for others. It's hard to take naps in the day with so much going on but I'll always endeavour to get more sleep the following night if I can. Keep a log of how many hours you're getting per night; if it's less than eight, see if you can pull it back by the end of the week. Good Luck!

MON

TUE

WED

THU

FRI

SAT

SUN

Writing proves massively cathartic for me. I love to let my mind wander, which in turn leads to releasing all sorts of undiscovered emotions and feelings. See what happens when you give yourself a blank page and a pen. Let your mind wander by finishing off this short story.

The night was dark and the stars were bright . . .

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WHAT DOES HAPPY MIND LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up

WHAT DOES HAPPY BODY LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up

Families are such a wonderful mixture of joy, safety and irritation! Each family member will offer you something whether it be from a positive or negative place.

Without too much thought, quickly write down the first word that springs to mind when you think of each family member. After you've written this list go back and work out what can be gained from embracing each of these words and what they offer you in life, whether that's support or a learning.

MUM:

GRANDAD:

DAD:

GRANDMA:

STEPMUM:

GRANDAD:

STEPDAD:

AUNTY:

BROTHER:

AUNTY:

SISTER:

UNCLE:

BROTHER:

UNCLE:

SISTER:

COUSIN:

BROTHER:

COUSIN:

SISTER:

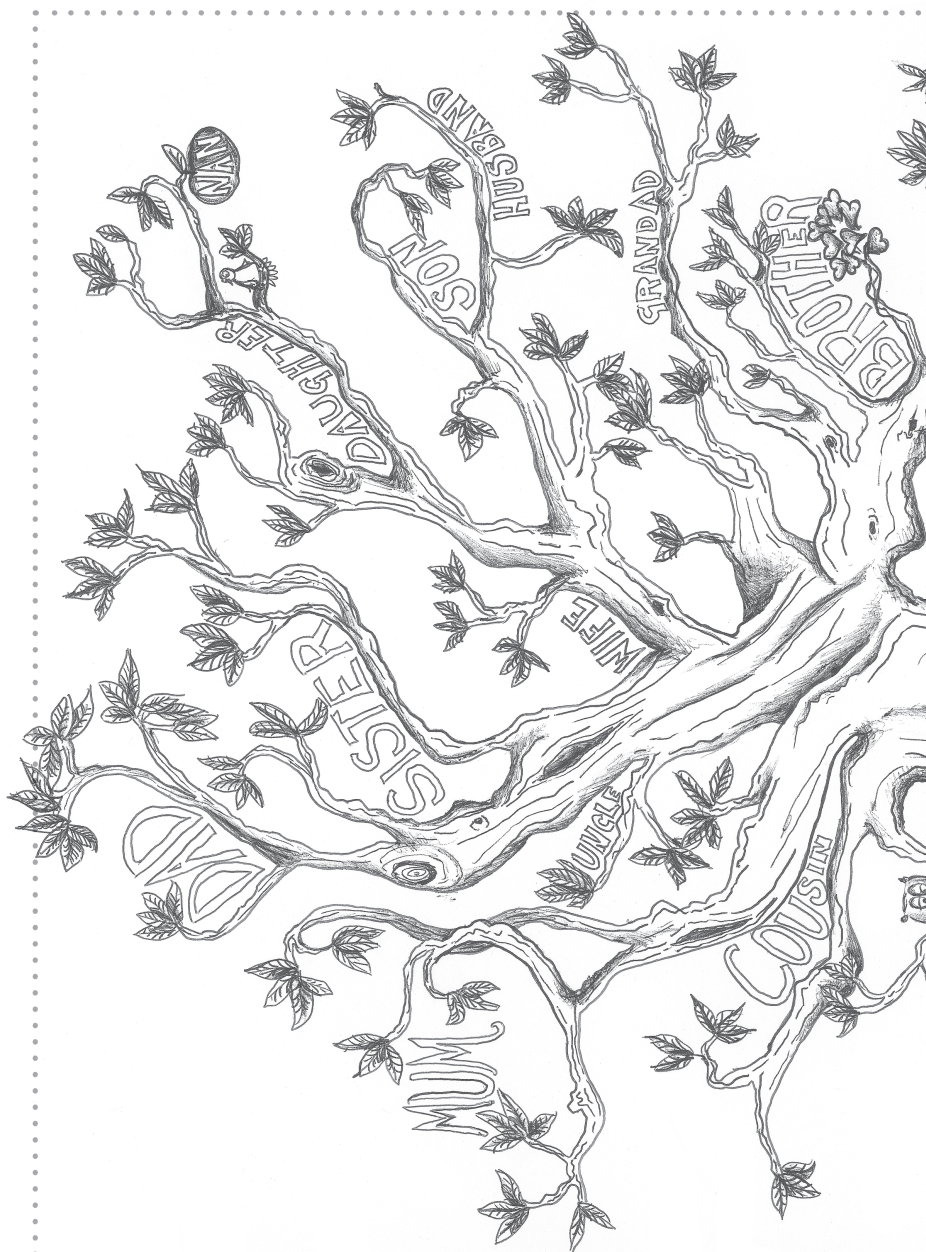
COUSIN:

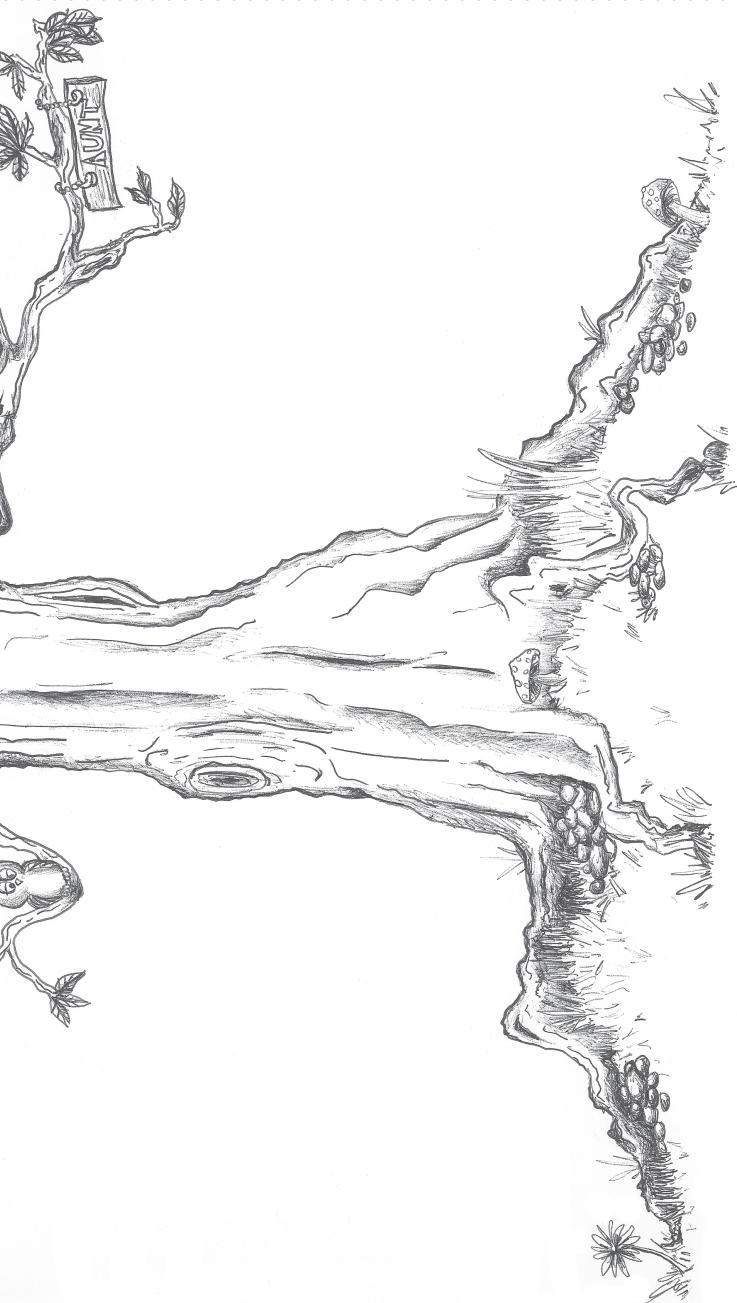
GRANDMA:

COUSIN:

Draw a family portrait or stick in your favourite family photo here.







Seeing things from another angle sometimes helps us walk down that road to happiness. See if this approach can help you with any family tensions you currently have – and if you have some pencils handy, why not colour the family tree here in?!



Who is the person you are concerned about seeing at your next family gathering?

What do they do that causes you to react in a negative way?

How does it make you feel?

How do you react to this behavioural pattern?

How would you like the next family gathering to play out?

How you would like to react if tension arises?

How would it feel to say goodbye to the old patterns and stories you've experienced? Be as honest as you can, as sometimes it's a tough tie to let go of.

I mentally go through this checklist when I know I'm facing a similar situation, and it helps me clear my mind of expectations. Freedom! You're in control. Get visualising.

WHAT DOES HAPPY FAMILIES LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up

Today's date:

What I'm grateful for:

.

Today's date:

What I'm grateful for:

.

Today's date:

What I'm grateful for:

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Today's date:

What I'm grateful for:

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Today's date:

What I'm grateful for:

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Today's date:

What I'm grateful for:

.

With so much negativity in the world it is important for us to show a bit of **positivity**, no matter how small, whenever we can. Write down or draw something that makes you smile here.



Now take a photo of this page and post it on social media!

Happiness shared!

Being **grateful** is easy if you start small. Give thanks for the teeny-tiny things in life and watch the power of that gratitude build into something great. These tiny **building blocks** give all of us a better perspective on what is going on around us and let us view the positives in tougher times. Write down small things you are grateful for in each box and watch the heart **fill up**.

A heart shape formed by 40 empty rectangular boxes, arranged in a symmetrical pattern. The top row has 4 boxes (2 on the left, 2 on the right). The second row has 6 boxes (3 on the left, 3 on the right). The third row has 8 boxes (4 on the left, 4 on the right). The fourth row has 10 boxes (5 on the left, 5 on the right). The fifth row has 12 boxes (6 on the left, 6 on the right). The sixth row has 10 boxes (5 on the left, 5 on the right). The seventh row has 8 boxes (4 on the left, 4 on the right). The eighth row has 6 boxes (3 on the left, 3 on the right). The ninth row has 4 boxes (2 on the left, 2 on the right). The tenth row has 2 boxes (1 on the left, 1 on the right).

How are you feeling today?

HAPPY

SAD

SPARKY

ENERGISED

LOW

OVERWHELMED

EXCITED

BOUNCY

NUMB

JOYFUL

DRENCHED

PRICKLY

FRUITY

HEAVY

STUCK

LOVING

CONFUSED

TIRED

SCARED

BUBBLY

FRAGILE

Summary

USE GRATITUDE.

If you're feeling down, noticing what you're thankful for can help you recognise the good in the world.

SEEK OUT LITTLE THINGS.

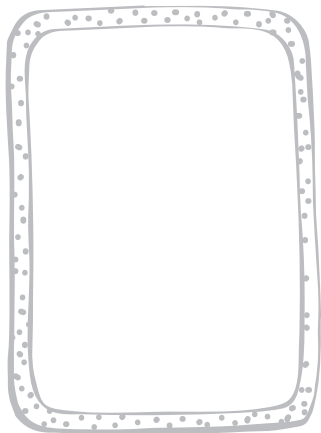
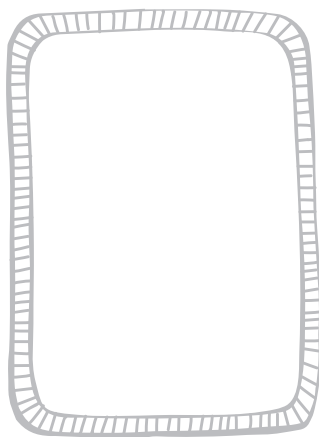
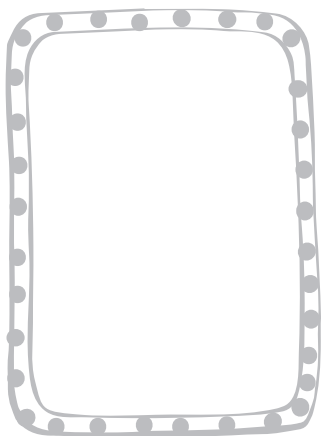
Look for small things to appreciate each day, not just momentous occasions.

THANK THE BAD STUFF.

Try to see the lesson, and be thankful for this stuff, too.

WHAT DOES HAPPY THANKS LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up



We all have packs and groups we fit into in life. It could be mates, family, work colleagues. A gang that you feel **proud** to be part of. Write down any packs you feel you belong in and what you can turn to them for, whether that's **laughter**, **understanding** or **comfort**, and know when times are tough you can gain strength from these people in your life.

THE SMILE CHART

Keep a record today of every time you smile by writing what made you happy on the faces. KEEP SMILING! It's such a beautiful sight for others to see and also a great way of getting your brain to catch up with what's going on physically!



WHAT DOES HAPPY SHARED LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up

What ten people or things in your life equal pure **love**?

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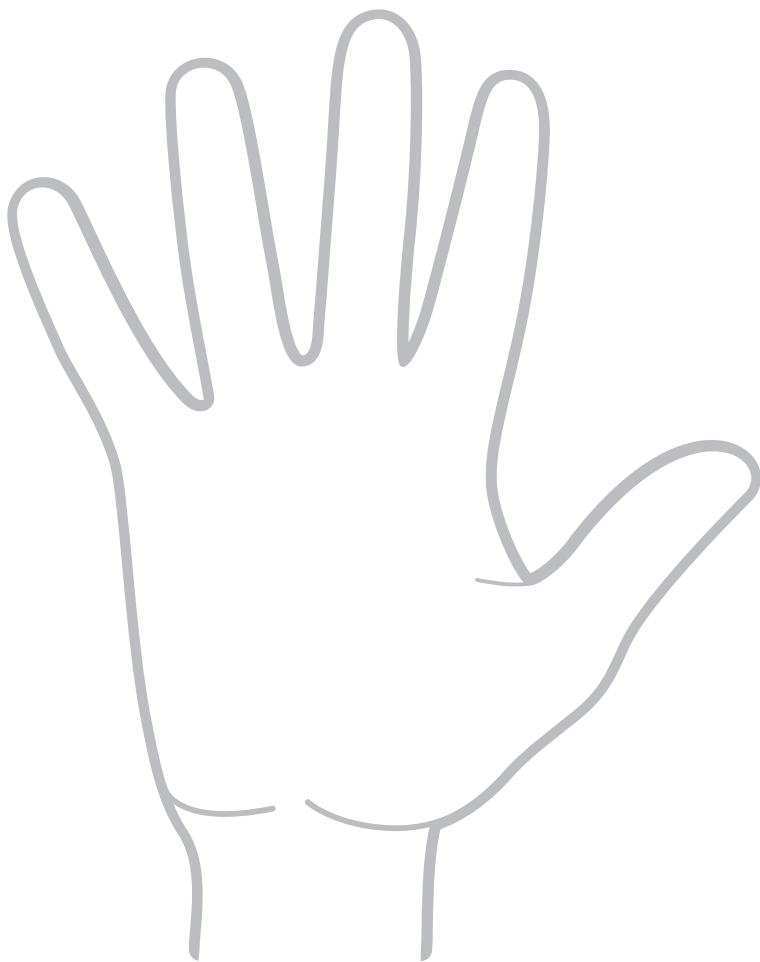
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Write a **positive** thing about yourself on each finger. Every time you look down at your own hands or wash them, remember these positives you have committed to. The power of self-love!

Who doesn't love receiving snail mail that isn't a bill?! Write a loved one a love letter, telling them all the things you love about them. Then cut out this page to post off to them today!



A large rectangular area defined by a dotted border, intended for writing a letter. Inside this area, there are ten horizontal dotted lines to guide the writing.



WHAT DOES HAPPY HEART LOOK LIKE TO YOU?

Write one word or draw a picture here that sums it up