

Find Your Happy

FIND YOUR HAPPY

My Happiness Journal

COMPLETED BY:

DATE:

Using this Journal

You may have heard that it takes 30 days to create a habit and with this journal we're trying to create a Happiness Habit!

The next 31 pages will help you record your thoughts and progress as you make the choice to be Happy making happiness an integral part of your life.

At the end of each day ask yourself the questions, write down your answers and don't forget to include any thoughts you might have concerning your quest to happiness.

Here are a few things to help you on your way.

1. Write the word HAPPY in large letters on a sheet of paper and put it where you'll see it upon waking every day.
2. Make a choice to be Happy each day – each minute or hour if you need to.
3. Make a choice to be Happy no matter what happens to you each day.
4. Ask a friend to help you with your goal to be Happy in any circumstance.
5. Meditate or pray about your circumstances and how you can be Happy because of or in spite of them.

1. Was I Happy Today?

2. Did I complain about anything? What was it and why wasn't I happy?

3. What kept me from being happy all day today?

4. How did my happiness or lack of happiness affect others today?

5. What more could I have done to be happy today?

If you want to be happy, be. - Leo Tolstoy

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Happiness is the secret to all beauty.
There is no beauty without happiness. - Christian Dior

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Happiness comes from within and is found in the present moment by making peace with the past and looking forward to the future.

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The key to happiness is letting each situation be what it is instead of what you think it should be.

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The secret of being happy is accepting
where you are in life and making the most out of every day.

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Happiness often sneaks in through a door
you didn't know you left open. - John Barrymore

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Don't put the key to your happiness in someone else's pocket.

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We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather recognizing & appreciating what we do have - Frederick Koenig

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Happiness is not a goal; it is a by-product. -Eleanor Roosevelt

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For every minute you are angry you lose sixty seconds of happiness.

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Happiness is not the absence of problems,
it's the ability to deal with them. - Steve Maraboli

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Being happy doesn't mean that everything is perfect.
It means that you've decided to look beyond the imperfections.

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The grass is greener where you water it.

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Find out where joy resides, and give it a voice far beyond singing.
For to miss the joy is to miss all. - Robert Louis Stevenson

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Nobody can take away your pain, so don't let anyone take away your happiness.

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Never search your happiness in others, it will make you feel alone.
Search it in yourself and you will feel happy even when you are left alone

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Everyone chases after happiness not noticing that happiness is right at their heels.

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To fall in love with yourself is the first secret to happiness. - Robert Morely

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Love is the master key that opens the gates of happiness. - Oliver Wendell Holmes

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Choose your thoughts carefully. Keep what brings you peace, release what brings you suffering. And know that happiness is just a thought away. - Nishan Panwar

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Happiness is a direction, not a place. - Sydney J. Harris

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It's not happiness that brings us gratitude. It's gratitude that brings us happiness.

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Happiness can be found even in the darkest of times if one only remembers to turn on the light. - Albus Dumbledore

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The happiness of your life depends upon the quality of your thoughts. - Marcus Aurelius

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You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life. - Albert Einstein

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Learn to let go. That is the key to happiness. - Buddha

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Happiness is the art of never holding in your mind the memory of any unpleasant thing that has passed.

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When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us. -Helen Keller

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When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened.-Winston Churchill

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Action may not always bring happiness; but there is no happiness without action. -
Benjamin Disraeli