

A Gift of Happiness!



Why A Gift of Happiness? This is **your** life! Are you happy?

“Most folks are about as happy as they make their minds up to be.”

~ Abraham Lincoln

We believe that happiness is an essential ingredient in an Extraordinary Life. However, our experience in coaching thousands of people tells us that not everyone considers happiness and whether or not they have it. We live in a culture where people in general do not have an awareness of what happiness truly is for them, and most people don't allow themselves to believe that happiness is okay or desirable.

At The Extraordinary Leader we see it quite differently! We believe that happiness is a choice. Instead of waiting for the stars to be aligned and the perfect moment to arrive to be happy, we know that happiness can be created every day, week, month and year. A bit of happiness can be part of all that we do and all that we are. Deciding to live this life in happiness is an absolute choice, no matter the circumstances that life throws you.

“The foolish man seeks happiness in the distance; the wise grows it under his feet.”

~ James Openheim

“Remember, happiness doesn't depend on who you are or what you have; it depends solely on what you think.”

~Dale Carnegie

You have received this workbook as a gift. We challenge you to get serious about happiness! We invite you to define what happiness is for you and put as much of it into your life as possible. We hope that you are stirred. We hope that you get excited, get creative and that you will have fun with these exercises. We hope that this tool finds a place in your life throughout your year - monthly, weekly and daily.

An Extraordinary Leader inspires others to strive to be their best in all areas of their lives. As well as adding more happiness in your life, we hope you will share this information with people that are important to you. Perhaps you could support others in their pursuit of happiness. (Oh and by the way, if you are part of our Extraordinary Leader Program, we would challenge you to experience *Extraordinary Happiness!*)

Take this on!

Get inspired!

Invent!

Discover!

Ignite!

Imagine!

Decide!

**How will you use this tool?
Maybe you will:**

- Create a happiness action plan for your year
- Use it as a tool to re-energize in challenging times
- Ritualize your actions into daily habits of happiness
- Consciously journal and learn about your own happiness
- Become a student of happiness
- Give it to someone who needs a little happiness

Now...let's get to the details.

Consider our five senses.

Happy Sights!



Take a good look! What visual images make you happy? Think of pictures, poems, quotations, or movies that make you happy. Reflect on the people or places that bring you happiness. Visualize your favorite vacation spot. What happy sights come to mind?

Happy Sounds!



Listen carefully! What are the sounds that make you feel great or bring a smile to your face? It could be an old familiar sound, a song, a recording, a voice.

Happy Smells!



Take a big sniff! What smells make you happy? What smells immediately make you feel good? Is it associated with a time of year, being in nature, foods, a certain perfume or a special occasion?

Happy Tastes!



What tastes make you happy?

This could literally mean the tastes your experience when you put something in your mouth but it could also be preferences or an expression of a style. What tastes make you feel happy?

Happy Feelings!



Feel it! What feelings make you happy?

This could be something that comes from the sense of touch or a feeling that you have experienced at special moments or with special people.

"Well," said Pooh, "what I like best, " and then he had to stop and think. Because although Eating Honey was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called.

~A.A. Milne

A Happiness Journal

Many people look at happiness as something you either *are* or *are not* in a particular moment. If our happiness is based on what is happening to us or what is going around us, happiness can become difficult. This puts people in pretty vulnerable positions because they can't control all the external things that might impact happiness. This means there are a lot of people with so much to be happy about, but they are unhappy. The only way this makes sense as a strategy is if you actually get happiness from being unhappy. If you do not, then how about taking on the challenge of putting your happiness in a journal?

If you are already in the habit of keeping a journal, perhaps you could make happiness a part of this regular exercise. If you do not journal we encourage you to try it for a short period of time. Start with a one-week happiness journal. On a daily basis notice the moments, the events, or the details that have brought you happiness. If you want to be really creative then add pictures, ticket stubs or anything that helps you remember the comments and particulars of the situation.

If you aren't interested in daily journaling, then start in a list format. Simply make note of things that happen in a particular week so at the end of the year you have a record of Extraordinary moments of happiness. If the idea of taking the time to record happiness seems daunting, then start by using the lines below to list or journal about happiness one day at a time.

“Enjoy the little things, for one day you may look back and realize they were the big things.”

~Robert Brault

Now for the real fun part –

25 Things I like to do that *do not* cost money!

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“Happiness is like the penny candy of our youth: we got a lot more for our money back when we had no money.”

~Mignon McLaughlin

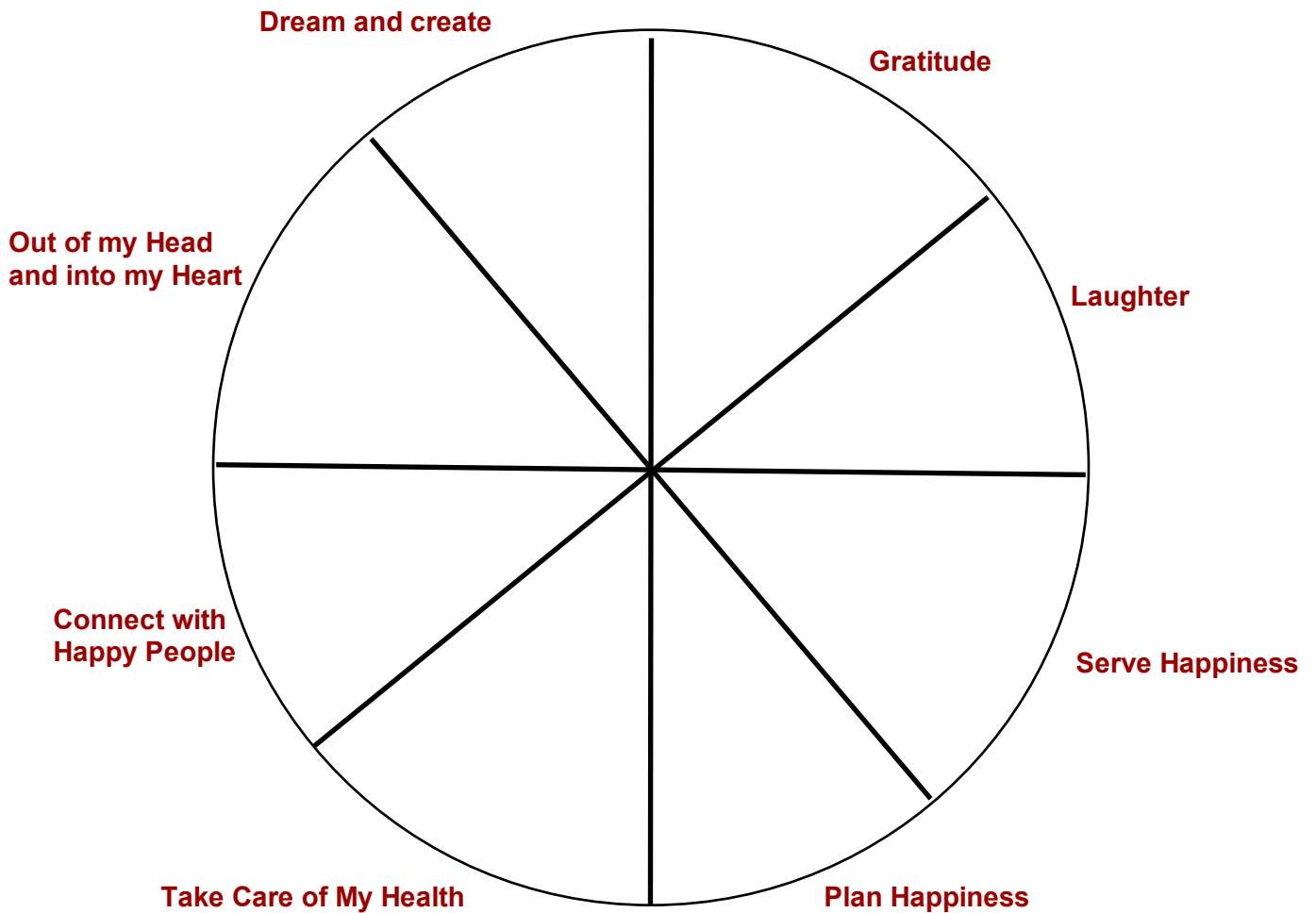
25 Things I like to do that *do* cost money!

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The Wheel of Happiness

The eight sections in the Wheel of Happiness represent *balance*.

Take a look at your personal life as if it had eight areas that you decided are critically important to your happiness in life. If the centre of the wheel represents zero and the outer edge is ten, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. When you've finished, shade in each area to get a feel for the true shape of your wheel. The new perimeter of the circle represents your level of balance in the Wheel of Happiness. If this were a tire on your car of life, how bumpy would the ride be?



Gratitude

What are you thankful for?

- Make sure you keep a running list and refer to it often.
- Why do you feel so fortunate?
- Express your gratitude daily!
- Go out and change the world – daily!

Laughter

“I am thankful for laughter, except when milk comes out of my nose”

~Woody Allen

What if it truly is the best medicine?

- Seek out reasons to laugh everyday.
- Find humor and goodness. Laugh at the truly funny things in life – not at the expense of others.
- Lighten up!
- Tell your face how happy you are!

Serve Happiness

Give happiness away. Make others feel joyous.

- Act as a role model – be the first to smile. Make it a contest!
- Become a brilliant “acknowledger” of others. Tell them what you appreciate about what they do and about who they are.
- Be contagiously happy
- Give the gift of happiness to every person you meet today.

Plan Happiness

Do you put happiness onto your daily schedule?

- Do at least one thing every day that you love to do.
- Set up all of your environments for happiness.
- Decide to be happy for the rest of your life – no matter what the future circumstances may be.

Take Care of My Health

How are you treating your “temple”?

- Visit your doctor regularly.
- Create a new set of health standards and a health plan – follow it religiously!
- Gather some resources. Find a mentor.
- Read the book “Younger Next Year” by Chris Crowley and Henry S. Lodge, MD
- Decide on good nutrition and plenty of exercise for the rest of your life!

“Happiness is nothing more than good health and a bad memory.”

~Albert Schweitzer

Connect with Happy People

“To the world you may be just one person, but to one person, you may be the world.”

~ Josephine Billings

Who are you hanging around? What are they doing to you?

- Increase the time you spend with happy people. Decrease the time you spend with those who are miserable or neutral.
- Seek out others who are happy.
- Decide to be the group leader!

Out of my Head and into my Heart

What are your passions in life? Find them – now! (Plan as though you don't have much time left!)

- Make sure that you are connecting with the things in life that are truly important to you.
- Think back – what did you love to do as child? What did you always want to do as an adult?
- Get clear on your personal vision, mission, and values. Are you living them?
- Seek adventure. Try something you have always wanted to do.
- Do one thing every day that is uncomfortable.

Dream and Create

- Get some help from a child!
- Dream often. Dream Big. Make it a habit.
- Write down your dreams and create a plan.
- Stop judging yourself and others. Think and dream anyway!
- Read the book *Happy for No Reason* by Marci Shimoff

“And the day came when the risk it took to remain tight in the bud was more painful than the risk it took to blossom.”

~ Anais Nin

Time to Plan!

As the old saying goes...If we don't take time to plan, we are planning to fail. If you have a busy life, one of the best exercises to do is to schedule in the things that are *important*. Program them into your calendar days, weeks and even months in advance. Similarly, if we don't plan time for the things that make us happy, everything else will take precedence, and we end up with nothing but a busy life.

Consciously put happiness into practice. Make a habit of happiness. Imagine what it will be like when the practice becomes habit and then becomes just the way you are. Why are you so happy? It is just the way I am! I choose happy and for some reason I am attracting a lot of other people who are choosing happy too.

Consider all of the exercises you have completed in this workbook. Go back with a highlighter and emphasize those that stand out for you and that you really want to take action on. Consider happy things that you would like to commit to in four different time frames. What are some things that you might put into your plan for a year, a month, a week and a day? Many people say "I will be happy when..." We say that is good! But make sure it is not too far out. That's why putting happiness in your life on a regular basis will help ensure that you are living a life of happiness. Start with the big picture of one year and gradually refine your plan into the shorter time frames. Let's get at it...

Plan a Year!

Looking a year out, what are some happy things that you will decide on? Plan for something or a few things you would like to have happen within the next year. These may be things that you may not be able to do all of the time but would be great things to look forward to. Maybe it is one big event or trip. Perhaps it is a special day. What if you could get some other people to play along? What things will you *do, be or have* that will make this year the happiest yet?

Plan a Month!

What are the happy highlights you see for this month? This is a great thing to do on the last day of one month or the first of the current one. Maybe to start you could schedule a happy day! What things will you *do, be or have* that will make this month Extraordinarily happy?

Some final thoughts about Happiness!

“What a wonderful life I’ve had! I only wish I’d realized it sooner.”

~Colette

“If you are not happy here and now, you never will be.”

~Taisen Deshimaru

“Some pursue happiness, others create it.”

~Author Unknown

We hope you are open to receiving this gift and giving it to others. As well as giving this workbook to others, please also pass on your happiness. Imagine what life will be like when you *decide* to live happiness. How do you see your life changing? Imagine how the lives around you will change as well!

Please note that you don’t have to be unhappy to benefit from this workbook. In fact, if you are already happy, we challenge you to take happiness to a new level.

We often notice that some people are not unhappy, but rather, just bored. We believe that boredom is the enemy – in individuals and in organizations. It is time to engage. It is time to infuse joy and happiness. Take it on!

This is what we would ask of you:

- Take on the happiness challenge!
- Challenge others!
- Let us know about your results (we will post them in our Extraordinary Leader Message Board area to inspire others).
- Spread happiness everyday.
- Consider joining us in the Extraordinary Leader Program.

If we can help you with this project or support you and/or your organization in any way, please contact us:

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