



Simple Steps to a Happier You

WORKBOOK

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WORKBOOK: Simple Steps to a Happier You

Your Simple Steps:

Commit to living every day with more joy and gratitude.

1. Do the exercises in this workbook to prepare yourself for the process.
2. Find a place in your home, office or outdoors where you can practice gratitude exercises (and pray, if you have strong spiritual beliefs) too. Make sure it is a place where you can:
 - ✓ Be uninterrupted
 - ✓ Be quiet
 - ✓ Find maximum inspiration and peace
3. Make a list of everything in your day-to-day life that you are grateful for. If it helps, go through the alphabet: Use it as a prompt, finding at least three things for each letter.

Make You Happy:

1. I am grateful for:

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____
- G. _____
- H. _____
- I. _____
- J. _____
- K. _____
- L. _____
- M. _____
- N. _____
- O. _____
- P. _____
- Q. _____
- R. _____
- S. _____
- T. _____
- U. _____
- V. _____
- W. _____
- X. _____
- Y. _____
- Z. _____

The Simple Steps

4. Read [4 Breathing Exercises for Beginners: Air Out Your Stress](#), by Vinaya Saunders.
5. Check out [Pranayama Breathing Videos](#); or find your own preferred meditation/yoga breathing video on the net.

Use your chosen video(s) to familiarize yourself with mindful breathing.
6. Read [5 Ways to Rewire Your Brain for Meaningful Life Changes](#), and familiarize yourself with the five essential steps to make new habits stick.

Make You Happy

Try each exercise at least three times during the morning: find one that is most comfortable for you.

- Practice breathing in a mindful way. If you think yoga will be your preferred form of exercise, be sure to breathe in—and out—through the nose.
- You may be surprised, at first, to discover that what sounds absurdly simple is much harder than you imagine. If you are following a video, you will probably notice that you cannot sustain the breath duration as long as the instructor does. Do not compare what you can do with the instructor. Keep in mind that you are new and will not be able to perform as the instructor ~ yet 😊

The Simple Steps

Make You Happy

Assess your eating habits.

Make a list of foods you love ... and foods you hate. When you are done, go through the list and ask yourself for each food item or dish:

- ✓ What do I love/hate about it?
- ✓ How does it make me feel when I am eating it?
- ✓ How does it make me feel afterward?
- ✓ Am I bringing emotion or guilt to eating this food?

7. Examine your food habits. Decide how you are going to change ... and **what one food habit/food you are going to start with.**

Decide the best way to go about it.

And remember, you can start small—the important thing is to stick to that change consistently.

2. My preferred breakfast foods:

- ☐ I do not eat breakfast every day.

3. My preferred lunch foods:

- ☐ I do not eat lunch every day.

4. My preferred supper foods:

5. My most usual snacks:

The Simple Steps

8. Read <https://www.binauralbeatsmeditation.com/the-science/>. Explore the site. Learn what each brain wave affects.
9. Listen to several music samples. If you are choosing music that energizes you and sharpens your focus do not listen in the evening ... & music that relaxes you or even helps you sleep in the evening.
10. Check other ambient meditation music (or guided meditations) out on your platform of choice:
 - ☐ Google Play
 - ☐ Spotify
 - ☐ YouTube
 - ☐ Other _____
11. Explore mindfulness and gratitude journals.

Find:

 - ☐ A form that is right for you
 - ☐ Digital or paper?
 - ☐ Basic or in-depth?
 - ☐ Large or small?

Make You Happy

Download the music you plan to use in your meditation and breathing exercises—or for other forms of exercise.

- ☐ Look at different types of gratitude and mindfulness journals online.
- ☐ Look for a physical journal that delights you and suits your style.
- ☐ Make a decision and purchase your journal of choice.

- Graphic/visual or text-based?
- Daily, weekly or monthly?

The Simple Steps

Evaluate your current level of exercise.

12. Is it enough? Do you need to increase how much you exercise? Perhaps a different type of exercise?
13. Do you warm up and cool down adequately, when exercising? Does your exercise routine incorporate slow stretches at the beginning and end?
14. Decide whether or not you would like to explore the different forms of yoga ... or another type of breathing-centered exercise.
15. Decide whether or not you want to learn this online or take a local class

Make You Happy

- Create a new exercise plan—even if it's changing one detail about your current exercise routine.
- Bookmark and/or sign up for your chosen online yoga or _____ course.
- Decide which local yoga or _____ studio you want to take classes with.
- Book an introductory assessment or session.
- Check what amenities are available at the facility.
 - Showers
 - change room
 - additional services such as massage or Reiki
 - Drinks, (water, hot drinks, cold drinks)
- BE SURE TO ASK FOR A LIST of what clothing and equipment you will need to:

- Purchase prior to your first class
- Bring/wear to your first class

The Simple Steps

Commit to doing at least three things differently, every day.

16. Determine what “stories” you tell yourself about your own habits, your life, your health, your finances and other people that are keeping you stuck.

Make You Happy

1. Choose from familiar, repetitive activities such as writing or going somewhere you go every day.

Analyze your habits.

- ☐ What do you take for granted and do on auto-pilot?
- ☐ What routes do you always take?
- ☐ What snack do you always eat? At what time or on what specific occasion?
- ☐ Start doing this differently, whenever you can.
- ☐ Create a way to REMIND YOURSELF to embrace this practice

2. Decide what you are going to do about these.

- ☐ Do Byron Katie’s [The Work](#)
- ☐ Seek the assistance of a professional
- ☐ Join an accountability group
- ☐ Just change it
- ☐ Other _____

The Simple Steps

Make You Happy

**Make a
commitment to
read at least one book for
creative and/or spiritual self-
improvement.**

17. Find visual props you can use for inspiration, to promote gratitude and mindfulness.
18. Make plans to “fill your well” by choosing activities to do that will inspire and refresh you, putting you back in touch with your creative side.

■ Check out:

[The Artist’s Way: A Spiritual Path to Higher Creativity](#)

Other books:

■ Beautiful photographs, paintings or posters

■ Photographs of loved ones; of happy times

■ Plants, flowers

■ Objects such as sculptures, ornaments, wind chimes

■ Image quotes you wish to print out and display

■ Affirmations you wish to print out and display, to claim as your own

■ Visit an art gallery or museum:

■ Go for nature walks

■ Visit a conservatory (hothouse plants)

■ Other:

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