

Happiness
is the
journey
not the
destination.

INTRODUCTION

A happiness journey is for everyone. The objective is to create a life style that maximizes your personal happiness that, in turn, radiates to those around you. Key values to strive for are joy, satisfaction and engagement. Feelings that we hope to diminish are guilt, anger, boredom and remorse.

Since we are all different, each journey will be unique. There are commonalities, based on the fact that we all experience similar conditions, behaviors, feelings and actions but the choices and decisions you make for yourself are purely for your well-being. The following material can be used as a road map for your journey. It can be followed or you can take your own route. The ultimate trip is all about the actions you create to boost your happiness.

Preparation:

- Examine your definition of happiness, make adjustments to your definition, if need be. Write your definition down and refer to it often. It is fine if it changes from time to time...
- Identify what brings you joy, satisfaction and engagement
- Identify actions that will give you joy, satisfaction and engagement
- Resolve to discipline yourself to feel grateful for each day, ordinary or not
- Keep track of how your journey is going...starting now. Get a notebook and pen to chart your progress
- Contemplate virtues you would like to develop (examples: silence, order, frugality, humility, cleanliness)
- Make a 3 column chart: column one is for a list of OBJECTIVES and actions that will make you happier, the second column is for current status of the condition...(I use a 10 point scale), the third column is for the status of the condition after each week, (Friday will be our recording day)
- LIST YOUR 12 OBJECTIVES FOR THIS YEAR
- LIST ACTIONS TO achieve each objective

It is time to get started on the journey. A journey takes planning and action so let's get going. Buckle up and start your engines, we are on the move.

12 suggested objectives

1. Boost Energy/well-being
2. Enhance Relationships/commitment
3. Strive to Achieve/work
4. Let It Go/power
5. Play More/leisure
6. Build Friendships/friendship
7. Stewarding/budget
8. Prepare/eternity
9. Grow Passion/learn
10. Pay Attention/mindfulness
11. Gain Contentment/attitude
12. Contemplate/happiness

Reference: The Happiness Project by Gretchen Rubin
Adaptation: Michelle Nardi 1/2016

January

THEME: BOOSTING ENERGY

Goals: Well-being

- Set a realistic bedtime and stick to it
- Start exercising 30 minutes a day and add 1 minute each day for the month
- Tackle a nagging task...30 minutes each day until completed
- Act like you want to feel
- Clear, restore, organize just one wall in a room each day or week this month (your choice)
- Record your progress each Friday

January: Journal a sentence or thought each day based on the comments below.

1. What you do daily is more important than what you do once in a while
2. As the universe changes life is what you make of it
3. Happy people are healthier, friendlier, resilient, creative, helpful and likable
4. Happiness can be anywhere you are...you don't have to look for it. You can make it
5. Make time for what makes you happy, it matters
6. Failures have value if you learn from them
7. Think of happiness as an exercise
8. Happiness should be a forward motion
9. A constant effort can breed accomplishment
10. Perfect is not always better than good
11. Strengths and weaknesses can be interchanged with practice
12. If you want to learn a teacher is always available
13. Your happiness can spread to others
14. Sleep and exercise can influence happiness
15. Enhance your sleep patterns to their fullest potential
16. Define "play" then add it to your daily calendar
17. Build your enthusiasm and let it bloom
18. Be curious. Explore what is making others happy
19. What you like is spontaneous. What you do with what you like is a choice
20. Unhappiness and depression are different...seek immediate help for depression
21. Defining a problem with objectivity can create a reasonable solution
22. Practice the one-minute rule: immediately do all tasks that can be done in one minute
23. Put everything in its place and bask in the peace and satisfaction
24. Happiness is here and now...breath, smile and be comforted
25. Your morning sets the tone for your day
26. Focus on the positive aspects of what you don't like to do
27. Correcting and improving your own faults and bad habits is enough for you to deal with
28. A great deal of skill is required to be and act happy
29. If you do not think you are happy you cannot be happy
30. Make someone happy can create happiness for yourself
31. Heavy or light...your choice

February

THEME: ENHANCE RELATIONSHIPS

Goals: Commitment

- Quit nagging
- Don't expect praise or appreciation
- Fight fairly
- Don't dump
- Give love
- Record your progress each Friday

February: Journal a sentence or thought each day based on the comments below.

1. Calculations are not a part of love
2. Love does not include keeping score
3. It is gratifying to show love
4. Kindness creates confidence in both the giver and the receiver
5. Being dismissive and or argumentative limits the ability to show love
6. The things that go wrong often are the most memorable
7. Share happy news and funny incidents
8. A happy experience can grow or shrink depending on the focus that is placed on it
9. Emotional well-being is influenced by the moods and emotions of those around you
10. Predictions are not facts
11. Kindness in thinking creates profoundness
12. Close relationships are more common to those who express affection
13. Make time for individuals who are close to you
14. Showing sincere love is a stone in the path to perfection
15. Bring people together
16. Friendships are part of a wise persons life
17. Birthday wishes are an annual reminder of friends and associates near and far
18. No time is wasted when expressing love
19. Nonjudgmental awareness is a gift to and for everyone
20. Learning should last a lifetime
21. There is a positive in every challenge. It is our responsibility to find each positive
22. Time is well spent when wandering, playing and going off of your expected path
23. Enjoy each element of each season of each year
24. Passion is critical to professional success
25. Build a team around you that will support your efforts, encourage you and share your interests
26. Make your environment as pleasant as possible
27. Everyone has natural talents that they can build on
28. Too many choices can be confusing...limited choices can be more satisfying
29. Learn the differences between accidental and necessary limitations, then proceed with what best meets your needs

March

THEME: AIM HIGHER

Goals: Commitment

- Launch a website or blog
- Find the whimsy within a failure and enjoy it
- Ask for help
- Work smart and realize that to do so is a gift

March: Journal a sentence or thought each day based on the comments below.

1. List three wants and balance them with three needs
2. Make and stick to a decision. Enjoy the control, efficacy, and the responsibility
3. Set aside regret and reservations about being happy
4. Think about feeling good and living in a healthy environment
5. We are happy when we are growing
6. Feeling right is about living the life that is right for you
7. Change your life to something that feels right to you
8. Documenting you progress can validate your effort
9. Reduce stress by doing a repetitive action...walk, rock, sing, dance
10. "Whoever is happy will make others happy too." Anne Frank
11. You become larger when you learn something new
12. With success comes failure. With failure comes success
13. Reach out past what you can grasp
14. Internal beauty must be present before you can see it outside of yourself
15. Mind fog can diminish and distort real happiness
16. Develop the ability to adapt to new circumstances
17. Happiness or misery, choose the direction of your path
18. I am what I am
19. The feeling of pleasure diminishes over time. Document the pleasure and feeling before it leaves you
20. You don't have to reject your life to be happy. You can choose a fresh start
21. List what you enjoy and what you wish you enjoyed. Strive for balance.
22. An immediate boost of energy and mood lifter can be achieved by a short exercise routine
23. Thoughts come to you while walking
24. Act the way you want to feel
25. Clear out the junk in your brain and living space
26. Evaluate how you view yourself
27. You can only change yourself
28. Strive to find the resources that make you truly happy
29. Know what you like
30. What is fun for you, matters
31. The natural you is the one that is most beautiful and most likeable

April

THEME: LIGHTEN UP

Goals: Commitment

- Sing in the morning
- Acknowledge the reality of people's feelings
- Be a source of happy memories
- Take time for the activities in your life

April: Journal a sentence or thought each day based on the comments below.

1. Knowing adversity helps you appreciate prosperity
2. Keep a list. Do a little each day and stay calm. A little progress every day is a good goal
3. Work not done can make us more tired than the work we do
4. Deciding to do a task is often harder than actual doing the work it takes to get the task done
5. Having to clean something to find something you are looking for means that you don't clean enough
6. Money spent to get things in order is worth every penny
7. Aim high then you will always be going in the right direction
8. Have extra space for the sheer joy of it
9. Take 15 minutes before you go to bed to tidy up so that you have less to do the next day
10. Singing in the morning sets up a happy mood for the day ahead
11. Acting happy creates a happier reality
12. It takes discipline, energy and generosity to be lighthearted
13. A cheerful attitude can create the ripple effect
14. Appreciate the humor of others
15. Don't take yourself so seriously
16. Find the positive element in the activities you normally don't want to do
17. Examine the beauty in tranquility
18. Spending money wisely contributes to happiness
19. Save money for what you want to do
20. Save money for what you need to do
21. A purchase loses its pleasure factor after you become accustomed to having it
22. Don't underestimate the pleasure and value of receiving small delights
23. The days are long but the years are short
24. Strive to be the person you want to be everyday, starting today
25. Find the value in every moment and the ordinary in daily life
26. If something is truly worthless why have it?
27. Appreciate the ability to eat, walk, hear and see
28. Contemplate death and what you need to do or be so that you will have no regrets
29. Gratitude is a key to happiness. Consider this fact
30. There can be frightening aspects to pleasing yourself

May

THEME: BE SERIOUS ABOUT PLAY

Goals: Leisure

- Find more fun
- Take time to be silly
- Go off the path
- Start a collection

May: Journal a sentence or thought each day based on the comments below.

1. Each season of the year brings to mind...
2. Remembering why I am grateful
3. What in nature brings me calm?
4. Trees, stones, nature in general, what do they teach me?
5. Gratitude brings freedom from nature
6. Understanding and discipline are two attributes that need spiritual guidance
7. "KOAN" learn what it means and contemplate its meaning
8. Examine your personal design
9. Eat better. Eat less, Exercise more
10. A burning candle can sometimes be company, enough
11. Contemplate keeping a food diary. Take action if needed
12. What faults need mending?
13. We are what we do
14. "Fake it till you feel it" is an effective strategy
15. Picking up on the moods of others
16. Others picking up on my moods
17. Holding on to anger is like holding on to hot coals
18. Acknowledging bad feelings allows good feelings to return
19. When does expressing anger help and when does it hurt?
20. Releasing emotional injury allows it to disappear
21. Action and feeling go together
22. Fight right
23. Feeling well is made easier when taking care of yourself first
24. Keep it simple
25. Laugh at yourself. Laugh out loud
26. Laughter makes you happier
27. Nagging is destructive
28. How happy do I want to be?
29. Hearing complaints is tiresome
30. Reciting complaints is tiresome
31. A stories end is not its goal

June

THEME: FRIENDSHIPS ARE IMPORTANT

Goals: Enhancing Relationships

- Remember birthdays
- Be generous
- Stop gossip
- Be on time
- Make at least one new friend

June: Journal a sentence or thought each day based on the comments below.

1. Playing with a friend
2. Don't pretend to know what you really don't know
3. Add fun time between tasks you don't care for
4. There is great value in doing something without thought of potential gain
5. There is a creative balance between ability, enthusiasm and willingness to practice and learn
6. Surprise can stimulate the mind...make surprise a positive experience
7. Just be happy, you don't always have to be working at the process of being happy
8. Just don't stand in one place, keep moving
9. Add new experiences to your list of your life time activities
10. Make **now** the fun part of the day
11. Make the journey a happy time, reaching the destination gives no guarantees
12. Check your temperament
13. View your circumstances with imagination and humor
14. Examine habits and look for potential enhancements
15. Making a joke may be healthier than making a drama
16. Feelings don't deny them...articulate them
17. It is a blessing not to blame others
18. Recognize what others do with gratitude
19. Beauty is everywhere, make sure you see it
20. What others are living with is a mystery...strive for patience
21. Teen years
22. Gossip hurts
23. Pay a compliment rather than utter a complaint
24. Inflicting pain can't feel good
25. Criticism ensures a negative response
26. Consider a boomerang before speaking ill of someone
27. Silence can be a loud response
28. The quality of your friends reflects your values
29. Do you respect what you do for yourself and others?
30. I would rather receive kindness on a regular basis than candy on Valentine's day

July

THEME: BUY SOME HAPPINESS

Goals: Spend modestly

- Indulge in a modest splurge
- Buy something you really need
- Give a modest gift
- Enjoy a treat with your best friend

July: Journal a sentence or thought each day based on the comments below.

1. Urgent and important, keep your priorities straight
2. Friendships are fluid
3. Giving support and receiving support do not need to be equal to be happy
4. America the beautiful
5. New friendships and old friendships both are precious
6. Be there when needed
7. Imposing is not a flattering trait
8. It takes 13 good comments to negate 1 bad one
9. Peace of mind blooms in kindness
10. It is easier to prevent pain than to recover from it
11. Self restraint
12. If it causes self shame...don't do it
13. Think first and act later.
14. Tidy is easier on mind and self
15. Messy adds to drama and chaos
16. If you do a task and expect a response, you have done it wrong
17. Abundance is more than enough and often too much
18. Don't grow out of enjoying the present moment
19. Efficiency and results don't always have positive outcomes
20. Passions are for everyday not just when you can make the time
21. Happiness was made for everyone to have
22. Find your passions and enjoy them
23. Happiness is mind calming
24. Milestones generate change
25. Striving for perfection is often more enjoyable than obtaining it...if you ever do
26. Enjoy what you have
27. More is not always better
28. If you like something, enjoy it...all else, let it go
29. Gratitude eases disappointment
30. Do what you like, like what you do
31. Being alone should never be boring

August

THEME: CONTEMPLATE THE NEXT LIFE

Goals: Eternity

- Research and learn about world catastrophes
- Create a gratitude notebook
- Contemplate how your spiritual leader would behave

August: Journal a sentence or thought each day based on the comments below.

1. Good manners should be learned and always practiced
2. Bring joy and calm to others
3. A hot temper is never tranquil
4. Tranquility is a happy place
5. Forbearance
6. Kindness never requires an apology
7. Give encouragement, its free and appreciated
8. Build confidence, it is a task that won't make you sweat
9. Magnanimity, often is on the high road
10. Stay on the high road
11. Optimism is true moral courage
12. Laughter can lighten most lodes
13. Whimsy, where does it fit in your life
14. Goofiness, zest, enthusiasm, humility, innocence, readiness, engagement...words to ponder
15. Recover, how does it apply
16. Slow and easy
17. Let what you have make you happy
18. Be happy with what you have
19. 17 and 18 are different...consider their difference
20. If it is worth doing it is worth doing well
21. What about those who do not want to be happy?
22. Minimize drudgery by thinking of it as a donation
23. Know your limits
24. Stretching boundaries
25. Help others enjoy their work
26. Express joy
27. You can do more that you think
28. Do your work and enjoy your accomplishment
29. Give your time, it is spending well done
30. Brainstorm
31. Best or Better?

September

THEME: PURSUE A PASSION

Goals: Books

- Write a book
- Make time
- Forget about results
- Master a new technology

September: Journal a sentence or thought each day based on the comments below.

1. Give something up
2. Spend time with things you like
3. Get something done and off your plate
4. You don't know what you don't know
5. If you liked it when you were 10 you probably like it now
6. If you don't enjoy something it is o.k.
7. Give yourself permission to dislike something
8. Appreciate a collection and the aspects of collecting
9. Indolence, come to terms with it
10. Work is good when you can do it, you don't do it to much, and you have success at it
11. The happy outperform the unhappy
12. Work and play, the line between them is best blurred
13. The best approach is to blend novelty and routine
14. The more value you place on your work the happier you are
15. If once is enough let it go
16. If you are happy others will be happy
17. If you make others happy you will become happier
18. Real good is glorious
19. Evil causes no good
20. The I in happiness is important to remember
21. You need hobbies
22. Relaxing fun needs no skill or action
23. Challenging fun is both demanding and rewarding
24. Accommodating fun requires effort
25. Happiness has many sides
26. Efficiency does not always mean happiness
27. Exploration, experimentation and digression can be components of happiness
28. A wise man finds all knowledge interesting in some way
29. Curiosity is a valuable tool for finding happiness
30. A collection of good ideas will give you possible options for the future

October

THEME: PAY ATTENTION

Goals: Mindfulness

- Meditate
- Examine on true rules
- Stimulate the mind in new ways
- Keep a food diary

October: Journal a sentence or thought each day based on the comments below.

1. Show an interest and ask open ended questions
2. "One can have no smaller or greater mastery than mastery of oneself." Leonardo da Vinci
3. Make your own happiness
4. Hold yourself accountable for your resolutions, review them each day
5. What do you see in the mirror
6. You can not make someone happy all by yourself
7. If you have just one close relationship you will never be lonely
8. Avoid fooling yourself
9. Give and receive support
10. Be true, be transparent
11. Your environment influences your happiness
12. You are who you are
13. Examine false choices
14. Resources and opportunities are two great gifts that you should use with joy and wise actions
15. Make someone laugh, it will cheer you up
16. Silliness brings happiness
17. Connecting with others fits in with most personalities
18. You can change things with time but time, itself, won't change things
19. Use things that irritate you to understand something about yourself
20. Appreciate your body and what it can do
21. Make your home a haven of joy
22. Honor your blessings with gratitude
23. Have a place in your imagination and memory that will bring you peace with just a thought
24. Ordinary life can bring inconspicuous virtue
25. It is up to you to find the advantages in every day
26. Pretensions are seldom gratifying
27. I need to... feel secure, feel good about what I do, be loved, feel connected to others, have balance in my life
28. Self reverence, self knowledge and self control give us power and control
29. Money is a bad master
30. Take an inventory of all that you have
31. Make the most of what you have

November

THEME: KEEP A CONTENTED HEART

Goals: Attitudes

- Laugh out loud
- Use good manners
- Give positive reviews
- Find a place of refuge

November: Journal a sentence or thought each day based on the comments below.

1. Relive a happy experience
2. Consider a softness of manner and easiness of approach
3. Record your special moments
4. Be yourself
5. See it, retain it and use it
6. Instead of trying to control, try balancing
7. Feel nature, live within it
8. Love back
9. Be Lovable
10. Tenderness is worth the effort
11. Enjoy a like minded friend
12. There is beauty in the details of daily life
13. Every little action can build a great big effort
14. Learning is a life long gift to use all of your life
15. Don't waste money or time on things you really don't want or need
16. How we think is often how we act
17. There is a short enjoyment in instant gratification
18. True contentment is hard to define and harder to achieve
19. There is great value in working hard for something that you value having
20. Enthusiasm is a form of social courage
21. Dreaming of having money often gives you more pleasure than actually having it
22. Enthusiasm lightens the heart and mind
23. Home can have many doors to walk in and out of
24. Traditions, enjoy them or at least be patient about your part in them
25. Good Health, a clear conscience, a place to call home. The trifecta of happiness
26. Consider... something to do, something to love, something to hope for
27. Consider...humility, modesty and a willingness to be pleased
28. Can being happy be a habit?
29. Does inaction sap vigor from your mind?
30. Everything has beauty and something of interest

December

THEME: YOU ARE READY TO GO

Goals: Happiness

- Enjoy the last days and nights of this year
- Stay on the journey
- Repeat your journaling annually

December: Journal a sentence or thought each day based on the comments below.

1. Family traditions can be adjusted or adapted
2. Aim and balance
3. Express joy
4. Play is a valid action
5. Anticipate, savor, express joy, and form happy memories
6. To only work is a bad habit
7. This may be your last moment
8. If you are given a last hour who would to talk to?
9. A cheerful disposition creates happy memories
10. The time you enjoy wasting is not wasted time
11. Create a tradition that gives you comfort and happiness
12. If someone is better than you, become their equal
13. Politeness is delicate and well thought of
14. Carry a picture with you that puts a smile on your face and joy in your heart
15. Observe in silence
16. Document a happy holiday experience
17. Truth is in facts not perceptions and opinions
18. Who is the master of your time...you or technology?
19. Envy, how can you make it helpful?
20. What you desire may suffocate your spirit
21. Good or bad, you have the choice
22. If you have to try to be good, does it mean you are bad?
23. You have the ability to master and fully understand many things
24. Remember the smells that have brought you happiness
25. Even in the most ordinary day, time is precious and every minute counts
26. Limit what disturbs your happiness, minimize fear, grief and desires
27. Sunny rooms influence happiness
28. Dilute tension the moment you feel it
29. Happiness, consider all its parts
30. Review you life and build on the highlights
31. Congratulate yourself and rest well tonight...a year of growth

Tomorrow is day one. Be kind to yourself, smile, sing out loud and enjoy each moment.