

# The Guidebook to HAPPINESS

Are You Leaving Your Happiness to Chance?  
Learn Proven & Practical Solutions for  
Experiencing Real Happiness



## Let thy food be thy medicine

Hi there happiness.

I won't say too much here as there is plenty of stuff for you to get your teeth in to (sorry again ;-)) for this week. And here is where we are putting your newfound knowledge from watching the Webinar and reading the Bonus Chapter into practice. These activities will further cement what you have learned (or will learn) in this week and the weeks ahead.

### Activity 1: Awareness

Walk around your kitchen and start paying attention to the food on the benches (hopefully you have a fruit bowl), the food in the fridge, the food in the cupboard and in general around your house. How do they stack up when you start comparing them to the 'Good Stuff' and the 'Not so Good Stuff'? Get aware of what you are putting into your body. The more conscious you are, the better choices you will make. Know that your food greatly influences your health and overall happiness (and energy levels)

### Activity 2: Adding

What is one food source that is right up the pointy end of the healthy eating spectrum that you can add into your diet (write it down)?

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How can you get more of this into your diet on a daily or weekly basis? Make a commitment right now to add this 'superfood' into your diet in a bigger way this week. Write down below how you will add it into your diet; where you will get it from; when you will get it; and how you will prepare it.

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Now make it happen!

### **Activity 3: Removing**

What is one food source that is not on the path to health, happiness, vitality and longevity that you can remove or significantly reduce from your diet (write it down)?

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*(Possible suggestions: caffeine, sodas, fatty foods, high sugar foods, high processed foods, excessive cheese, unhealthy snacks, or highly processed chocolate and sweets)*

How will you remove or reduce this for the week? Make a commitment right now to remove (or greatly reduce) this 'low health food' from your diet in a big way this week. Write down below exactly how you will remove or reduce it from your diet.

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*Note that it is actually harder to reduce something than to cut it out. It requires less willpower to cut something out altogether because you don't have to deliberate over it, every time the choice comes up: 'will I or won't I?' Jack Canfield, one of the authors of Chicken Soup for the Soul, says: '99% is a bitch and 100% is a breeze.'*

Well done on this Weekly Workout. Learn, experience and grow!!

CARL MASSY

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