

**The**  
**Guidebook to**  
**HAPPINESS**

**Personal Journal**



**Carl Massy**

BONUS:

# Personal Journal

What you don't measure you don't notice. With that in mind, before we get started, I have a quick exercise for you to do that has proven insightful for numerous clients and me over the years. On the following table record in the 'Start' column your current levels of happiness in key areas of your life. When you have finished the book and implemented the strategies within it, fill in the 'End' column to measure your progress.

Here's to onwards and upwards as your consciousness expands to new heights!

<b>Categories</b>	<b>NUMBER 1</b>	<b>NUMBER 10</b>	<b>Start</b>	<b>End</b>
<b>Daily Joy</b>	I dread my days.	I can't wipe the ridiculously huge smile off my face.		
<b>Optimism</b>	Life is there to break me.	I have complete trust and faith in life to give me everything I ask for.		

Categories	NUMBER 1	NUMBER 10	Start	End
<b>Gratitude</b>	I am not really grateful for anything.	I am so grateful for the life I have and everything in it. I say 'thank you' to life/ the universe ALL the time.		
<b>Enthusiasm</b>	I hate anything new or different and I am not interested in trying.	I love life, love its changes, can't wait to experience more. I'm jumping out of my skin.		
<b>Passion</b>	I have no idea what it even means.	I feel vibrant energy coming from my core that overflows into everything that I do.		
<b>Energy Level</b>	I have no energy.	It is ridiculously high. I could power a small village off my excess energy.		
<b>Consciousness/ Self-Awareness</b>	I feel like a hamster on a spinning wheel. Knee-jerk reactions rule.	I own 100% of my thoughts, actions and results and can change them as required.		
<b>Purpose</b>	I have no clue, no plan and no interest.	I have a definite plan on how to live my highest purpose and achieve ALL my goals.		

<b>Categories</b>	<b>Where a number 1 would be...</b>	<b>And a number 10 would be...</b>	<b>Start</b>	<b>End</b>
<b>Knowledge &amp; Wisdom</b>	I don't know why I feel, act or behave the way I do. I am clueless.	I have a deep understanding of how the mind and body are integrated and how I can get results.		
<b>Self Love</b>	I hate myself. I consciously/sub-consciously hurt myself.	I have deep love, approval and respect for myself. I don't need external approval at all.		
<b>Integrity</b>	I am totally out of alignment with integrity and often lie to myself and others.	I am 100% honest with myself and others regardless of the consequences.		
<b>Sense Of Happiness</b>	I am unhappy. I am not enjoying life. Life sucks!	I love my life. I love the planet and everyone in it. I love myself.		

### **Happiness Strategies**

In the following pages you will see all of the Happiness Strategies from The Guidebook to Happiness. I strongly encourage you to do all of the Happiness Strategies while reading through the book or while you are doing the mini Happiness Course.

**KNOWLEDGE + ACTION (EXPERIENCE) = WISDOM**

## Chapter 1: Happiness Strategies

1. What is one important goal that you have in your life right now? Pause for 2 minutes to write this down now, or jot down a time to do so in your diary. When you have written down your goal, set aside a time at least once a day for the next 30 days to practice visualizing your life with the goal already achieved. How does it feel to have reached it? Get all of your senses involved in the mental movie you make and get as emotionally engaged as possible. Visualizing is like a muscle. The more you use it, the stronger it will get.

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2. Over the next 30 days, catch yourself out if you use the words ‘I DO NOT WANT’. Practise quickly replacing it with the image of what you DO WANT in your life. If you are having any problems with this, ask the nearest 6-year-old to help out.

## Chapter 2: Happiness Strategies

1. Work on defining your purpose or higher meaning in life. Your purpose does not need to be too specific, but more of a guiding philosophy and theme for your life.

My Purpose is (or might be related to):

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2. Write down your Top 10 Goals in Life. Even if you put no science or strategy into the attainment of these goals, just by writing them down you have increased the likelihood of attaining them by about 400%.

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

3. Do a Goal Setting course. I highly recommend either the WorldsBIGGESTGym™ *Become an ELITE Goal Setter* course or the *30-Day Happiness Challenge*. Brian Tracy, a renowned business and success coach and entrepreneur, also conducts some great goal-setting programs. Past participants have suggested that learning how to set goals was more valuable to them than their 4-year university degree. Setting goals is definitely one essential KEY to being happier in life.

[www.elitegoalsetter.com](http://www.elitegoalsetter.com)      [www.30dayhappinesschallenge.com](http://www.30dayhappinesschallenge.com)

### Chapter 3: Happiness Strategies

1. Take a break from blaming external gremlins for the next 7 days.
2. When something does not work out, look closer at what you could have done differently or better, or where your efforts might have been more usefully applied.
3. If you make a mistake, first look in the mirror and acknowledge that you are a member of Tribe Homo Sapien and that all of us in that tribe make mistakes. Then think of what ‘good’ action you can take to bring your life and those around you back into balance.

## Chapter 4: Happiness Strategies

1. For the next 7 days choose one Daily Ritual and do it every day.

My Daily Ritual is: \_\_\_\_\_

2. Then for the following 7 days add a second Daily Ritual to your first and do both of them every day.

My 2nd Daily Ritual is: \_\_\_\_\_

3. Then for the next 4 weeks, add an additional Daily Ritual each week, until at the end of 6 weeks, you are doing all 6 of the Daily Rituals.

My 3rd Daily Ritual is: \_\_\_\_\_

My 4th Daily Ritual is: \_\_\_\_\_

My 5th Daily Ritual is: \_\_\_\_\_

My 6th Daily Ritual is: \_\_\_\_\_

## Chapter 5: Happiness Strategies

1. Determine one of your goals.

My Goal is:

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2. At the top of the page in your journal or whiteboard, write your solution-oriented question, 'How can I achieve [insert your goal] and have fun at the same time?'

How can I achieve and \_\_\_\_\_  
have fun at the same time?

3. Write down 10 to 20 things you can do that will help you achieve your goal to the standard and within the timeframe you want while having fun at the same time.





## Chapter 6: Happiness Strategies

1. Instead of complaining, exaggerating for negative effect, criticizing or gossiping over the next week, stick to the plain old facts that are 100% true, 100% of the time.
2. Go to [www.acomplaintfreeworld.org](http://www.acomplaintfreeworld.org) and take the 21-Day Challenge (which takes much longer than 21 days to complete).
3. Know at the deepest level that rather than enriching or improving your life, complaining is only making it less fun. Choose a new habit. Focus on what is positive in each situation.

## Chapter 7: Happiness Strategies

1. Practicing gratitude takes less than 2 minutes a day to perform and provides you with a remarkably disproportionate amount of positive benefit for your investment.
2. Make the practice of gratitude a daily ritual (best done first thing in the morning and last thing at night), by either saying (preferably aloud) to yourself or writing down in a journal 5 to 10 things, or as many things as you can think of in 2 minutes, that you are grateful for.

I am so grateful for:

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3. Become an expert at saying, ‘Thank you very much’, ‘I really appreciate what you have done for me’, ‘Thank you, life (or God, the Universe, Mother Nature, Infinite Intelligence, etc.)’. In fact – become a GRATITUDE FANATIC and see the powerful new results coming your way.

## Chapter 8: Happiness Strategies

1. Practice the *full yogic breath*. Breathing in through your nose, allow your lower lungs to fill by the use of your diaphragm (letting your stomach slightly protrude as you do so), then use your floating ribs to draw into the middle lungs and finally the upper chest to fill the last part of the lungs. Do this exercise while sitting up straight, standing (with hands resting on the navel) or lying down. Do this in the morning and at night (5 to 20 controlled breaths) or at times when you feel stressed. Stay aware of your breath and body.
2. Join a yoga or meditation class a couple of times a week. But be warned. It will definitely improve the quality of your life.

## Chapter 9: Happiness Strategies

1. If you did not do the *kinaesthetic exercise* part way through the chapter, stop and do it now, or in the next 24 hours. And if you meet the person of your dreams in asking a complete stranger to help you do this exercise, I would like an invite to the engagement party (and can I bring one guest along as well?)
2. For the rest of this month I want you to overcompensate by being 100% honest with every person that you deal with. Here comes another caveat: I am not responsible for any slaps, kicks, punches, sneers, flying frying pans or other projectiles launched at you, or for any physical harm that may occur, as a result of your being 100% honest for the said period.
3. If you need some motivation on being 100% honest, I recommend that you watch the Ricky Gervais movie, *The Invention of Lying*.
4. Do not assume that someone does not need to hear or cannot handle hearing the truth from us. Who are we to know what is required for the bigger picture in their life and for them to be the best person they can be? So when someone asks, ‘Do you like this music I have created after slaving away on it for the last 6 months?’ it might be in their best interest for you to tell them, ‘Actually, if I was to be 100% honest with you, and

this is only my unqualified opinion, I personally don't like the music. But that is just my opinion.' This might lead the person to consider their target market more closely and ensure that the marketing effort is better directed to it. In the end, your being honest may end up making them an extra \$100,000 in sales.

### **Chapter 10: Happiness Strategies**

1. Go to *www.guidebooktohappiness.com* and download the free Values-Based Decision Making tool to help with future decision making.
2. Use the VBDM tool with a decision you are faced with at the moment.
3. Live your life in alignment with your highest values.

### **Chapter 11: Happiness Strategies**

1. Write a list of all the physical activities that you enjoy doing, or would like to learn to do. Examples include horse riding, salsa dancing, hiking, adventure racing, bike riding, dancing around the office (one of my favorites), taking the dog for a walk, roller blading, ice skating, rock climbing, weight lifting, boxing, martial arts, and practicing yoga and pilates.

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2. Schedule the days and times that you will do these activities each week. Do at least 3 physical activities a week, 4 if you want a silver star, or 5 if you want a gold star! Circle them above.
3. Do some physical activity today, even if it is just walking on the spot in the lounge room during an advertisement break on the television. Did you know that Nelson Mandela, when he was in his 5 m<sup>2</sup> (54 ft<sup>2</sup>) prison cell on Robben Island for 18 years, walked on the spot for up to an hour most days to stay fit and healthy? Do you have any excuses now?
4. Seek the help of a professional or others if you need help getting the best out of your physical activities.

## **Chapter 12: Happiness Strategies**

1. Read *Eat To Live* by Dr Joel Fuhrman to broaden your understanding of food and disease prevention. Another one of the most informative books on nutrition is *The China Study* by Dr Colin T Campbell.
2. Become more conscious of what you eat. Ask yourself, ‘What has the highest amount of NUTRIENTS for the lowest number of calories?’
3. Start having a daily green drink. Your health and vitality will improve and you may even lose weight.

## **Chapter 13: Happiness Strategies**

1. Know that you are in control and can make conscious decisions (by thinking with the neocortex) as to what meaning you are going to give, or take, from a particular event.
2. Always breathe before you respond. It will make you smarter. Practically and scientifically.
3. I acknowledge that it is sometimes hard to change our habitual thinking. That is why it is important to bring even more consciousness (thinking) to our responses. The more you notice your pattern of thinking (or

labelling), the easier it will be to change. And if you need help with changing your thinking, there is support available. You can take up the WorldsBIGGESTGym™ *30-Day Happiness Challenge*, or see a Life Coach or NLP Practitioner. Changing your thinking is the key to changing your life.

Some of the thoughts or thinking I need to change (by first being aware) are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### **Chapter 14: Happiness Strategies**

1. Drink more water every day (at least 8 to 10 glasses a day).
2. Drink water before a meal, which will generally cause you to eat less.
3. Stop at 2 cups of coffee (8 ounces or 250mls) or caffeinated drinks a day.

### **Chapter 15: Happiness Strategies**

1. Turn your mobile phone off or set it to silent mode overnight.
2. Aim to sleep at least 7.5 hours a night. If you generally sleep fewer than 7.5 hours, conduct a 7-day trial to see if 7.5 to 9 hours sleep makes a difference to your energy and concentration levels.
3. Block out the following on your calendar:
  - a. At least one day off a week.
  - b. At least 2 to 4 consecutive days' break every month (where you do ZERO work). That includes no emails!



2. Limit time with family members who don't support your direction or philosophies in life. It doesn't mean your love for them diminishes, but as I tell my family, 'I love you, it's just that I love living in the countryside, in a place where I cannot speak the language and there are fewer rules.'
3. Tune in to your intuition. With any decisions you make over the next week, ask yourself, 'How do I feel about this?' Really listen to the message you are given.

## **Chapter 17: Happiness Strategies**

1. Pay extremely close attention to the words you use for the next 7 days. Listen to the language that people are using around you. Is it positive or negative? Empowering or disempowering? If it is negative or disempowering, excuse yourself, or just turn around and run in the opposite direction as fast as you can!
2. Pay attention over the next 7 days to the words you use internally. Are you being kind to yourself or a total bitch? If you are being a bitch, then demand that security throw him or her out of the corridors of your mind by choosing positive language internally.
3. Do the I CAN / I CANNOT exercise within the next 24 hours. Be brave and change that person's life beside you for the better as you teach them how they can better choose their language, and allow them to help you in the same way.
4. Read Dr Darren Weissman's book, *The Power of Infinite Love and Gratitude* to more fully understand the power of our words on our bodies and minds. Also check out the movie, *What the Bleep Do We Know?*, or read Louise Hay's book, *You Can Heal Your Life*, both of which highlight the impact of the language we use on our bodies, minds and happiness in life.

## Chapter 18: Happiness Strategies

1. Place yourself on a *should* diet for the next 7 days. No *shoulds* allowed!
2. Pay particular attention to when you are tempted to use should and correct yourself by focusing on the reality of the situation. Ask yourself, why should it be so? This turns your beautiful conscious mind onto action mode and is likely to open the door to many other possibilities, which you may have previously overlooked.

One of example of me shoulding was:

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What I would have been more beneficial is:

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3. The next time you get annoyed, frustrated, or angry, pay attention to where your thinking takes you. Were you about to dive into shoulding? Notice it. Catch yourself out. Work on a solution based on the reality to take yourself out of it.

## Chapter 19: Happiness Strategies

1. Expand your mind and body by learning something new in the next 90 days. Perhaps you can learn a new physical skill, or take a short course on a topic that will enhance your business or personal life. You might even like to take on the WorldsBIGGESTGym™ *30-Day Happiness Challenge*. My new thing is:

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2. Contribute beyond yourself in the next 7 days. Remember:
  - a. Contributing doesn't just mean giving money. Being there to listen to someone's story about the challenges or hardships they have faced in life makes a massive impact. Treating another person with compassion, respect and as an equal can be worth much more than just money.
  - b. Never think that you don't have anything to offer. Offer what you can, when you can. It is the act of contributing and your sincerity that count.

I can contribute to:

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3. Include an element of contribution in your life on an ongoing basis. It might be to a person, group, or cause, or for people, animals, or the environment. Tap into the power of giving on your way to a life of deep fulfilment and happiness.

I can contribute in the future to:

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## Chapter 20: Happiness Strategies

1. Identify a 'negative' emotional event.

My negative emotion event was:

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2. Do the Sherlock Holmes and search hard to find the good in it.
3. Write down the good that you took from the event so you start to view the event as a positive learning experience. This act of changing the picture you have in your mind is called ‘reframing’ and is a very powerful NLP tool. The better you get at reframing, the greater the levels of happiness you will experience on a daily basis.

The positive I found was:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

4. Be willing to let go of any negative emotion you had attached to the event (which is easier with all the positive lessons you took from it).
5. Express gratitude for the valuable lessons and experience the event brought you. It is through experience that our wisdom and mind grow.

## Chapter 21: Happiness Strategies

1. For the next 30 days, face your fears and do it anyway. You have everything to gain.

Fears I can face include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

2. On a fresh page in your journal, write down an event in your life that you label as a failure or setback. Split the page into two columns, each named 'Positive lessons I learned' and 'How I can use those positive lessons to my best advantage in the future'. Get writing. (Writing the details down helps you become less emotional and therefore able to more effectively use your mind when searching for answers to your questions.)
  
3. Once you reframe an event from a negative to a positive (because now the event is helping you learn and grow) you will also feel empowering emotions when you think about the event.

The event was:

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<b>Positive lessons I learned</b>	<b>How can I use these positive lessons to my best advantage in the future?</b>

<b>Positive lessons I learned</b>	<b>How can I use these positive lessons to my best advantage in the future?</b>

