

A silhouette of a person jumping with arms raised in a celebratory gesture, set against a vibrant sunset sky with orange and yellow clouds. The person is positioned on the right side of the frame, with their arms reaching towards the top corners. The background is a gradient of warm colors, transitioning from a pale blue at the top to a bright yellow at the bottom, where the sun is setting. The overall mood is one of triumph and joy.

30 DAYS FOR A HAPPIER YOU

Are you ready to train yourself for happiness?
Then take the challenge.

Linda Chaccour

Dear Reader,

Welcome to "30 Days for a Happier You." And thank you for showing interest in exploring the concept of happiness. This workbook is designed to provide you with practical advice and actionable steps to enhance your happiness within just 30 days. It will allow you to delve deeper into various happiness practices and strategies that can help you increase your overall well-being.

Throughout the pages of this workbook, you will discover practical exercises, insightful reflections, and evidence-based techniques that have been proven to enhance happiness. These practices are designed to empower you to take an active role in your own happiness and make positive changes in your life. I would like to invite you to try these simple practices in your daily life, initially over a course of a month. It may be something you already do. If not then you may want to make it part of your ongoing routine if you find it useful.

By incorporating the happiness practices outlined in this workbook into your daily routine, you will have the opportunity to:

- **Develop Self-Awareness:** Through self-reflection exercises, you will gain a deeper insight into yourself, identify areas for growth, and align your actions with your core values.
- **Practice Gratitude and Mindfulness:** Through gratitude exercises and mindfulness practices, you will learn to appreciate the present moment, savor positive experiences, and cultivate a more optimistic and grateful mindset.
- **Prioritize Self-Care:** Taking care of your physical, mental, and emotional well-being is essential for happiness. This workbook will provide guidance on developing self-care routines, managing stress, and prioritizing activities that recharge and rejuvenate you.

This workbook is intended to you, so please write your personal ideas and insights derived from a true reflection of how you feel. There is no right or wrong answer here!

By committing to this journey and implementing the strategies outlined, you will pave the way for a more fulfilling and joyful life. Remember, the journey to happiness is unique for each individual, and it requires commitment, self-reflection, and consistent practice. happiness is a lifelong pursuit, and these 30 days are just the beginning of your transformative journey.

Thank you once again for choosing this workbook on happiness practices. I hope it brings valuable insights and practical tools that will support you on your path to a happier and more meaningful life.

Linda Chaccour

Happy reading!



People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within. Ramona L. Anderson



Are you ready to create greater happiness in your life and in your world?

Then your happiness Journey starts here!!!



How happy are you?

Take the Happiness Quiz and assess your overall happiness rating and start immediately improving your life today <https://emergehappy.com/happiness-test/>

Happiness...

Happiness is one of the humanity's oldest pursuits. We all want to be happy, whether we realize it or not, everything we do has the sole objective to make us happy. When you are asked what you want for you, your children and for those who you love in life, you will probably say I want them to be happy! Whether you want to have a great career, a bigger house, to travel the world, to marry and have a family... etc. In fact you just want to be happy"! right?

**Happiness is the most sought-after goal in the world ...
...but how many of us are truly happy?**

Don't you wonder why some people enjoy their lives no matter how challenging their situation is, while others cannot find peace no matter how hard they try?

Although our life styles are better than ever, we are unhappier than ever, the World Health Organization predicts that by 2020 depression will be rated as the second global illness after heart disease.

But why is that?

Simply it is because you forgot who YOU are. Happiness is your original nature, the inner feeling of fulfillment and the unbeatable sense of joy.

I really believe that everyone's purpose is to have a happy and fulfilled life. You might believe that a pay rise, a different career, an expensive car, a bigger house, an unforgettable vacation, or even a fitter body, would be the source of your happiness. Let me assure you that these false pursuits are more likely to deliver short-term pleasures than necessarily long-term satisfaction.

Then what is happiness?

You are happy when you are in total alignment with your values and in total harmony with your passion. The better you know yourself, what you love and what inspires you, the happier you will be. When you forget who you are, something odd happens... You start chasing and searching for happiness.

- Happiness is when you engage in positive and flourishing relationships with yourself and others,
- Happiness is when you cultivate a positive attitude towards life regardless of the circumstances and the negativity that surrounds you,
- Happiness is when you are taking care of yourself and your loved ones, living in appreciation and gratitude, accepting your body, growing your mind and living from your soul.
- Happiness comes from within, a sense of self-accomplishment and self-actualization that doesn't depend on external materialistic factors and other individuals.

Happiness is contagious and it is a choice which resides within each one of us. Choice is very powerful; Make the choice to be happy today! It starts with you, yet it is beyond you.

Happiness as defined by science...

Most of us probably don't believe we need a formal definition of happiness; we know it when we feel it, and we often use the term to describe a range of positive emotions, including joy, pride, contentment, and gratitude.

Researchers agree that happiness has three components: pleasure, engagement, and meaning. Pleasure refers to the “feel good” emotions, Engagement refers to living a “good life” (work, family, friends, and hobbies...). Meaning refers to using your strengths to contribute to a larger purpose.

Many of us just stop there, chasing things that feel good. But this is only half of the recipe. Engagement refers to living a “good life” of work, family, friends, and hobbies. (The balance between activities that bring meaning and pleasure and how often do we spend time on them + being in the flow). Meaning refers to using our strengths to contribute to a larger purpose that has significance to us. It lies in the goals we set for ourselves which need to be intrinsically meaningful. We could set ourselves the goal of scoring top grades in college or owning a large house, yet still feel empty.



To live a meaningful life, we must have a self-generated purpose that possesses personal significance rather than one that is dictated by society's standards and expectations.

When you combine pleasure and meaning, you've got happiness.



All three elements are important, however engagement and meaning make the most difference to living a happy life. So, a happy person enjoys positive emotions while perceiving life as purposeful.

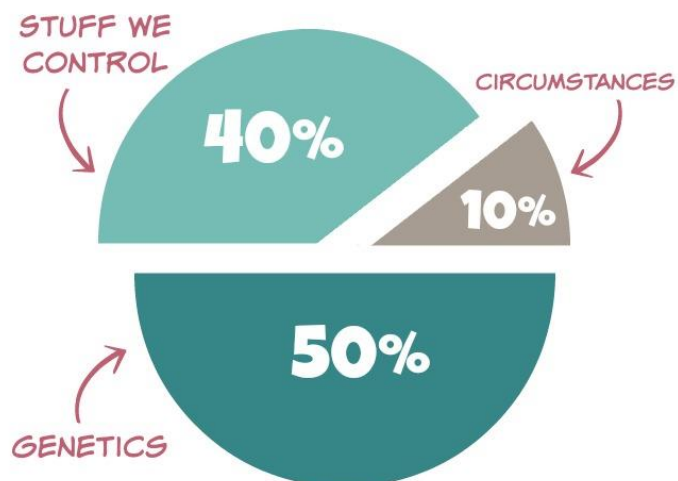
Happiness is your true nature, an inner feeling of fulfillment and an unbeatable sense of joy. As per Anthony Robbins, world premier success coach, two things in life makes you feel happy and alive which are growing and giving. Robbins believes that progress is what takes a person to be happy: in essence, all of us at some level want to feel like we are growing in all areas of life, work, family, emotions, finances, spirituality etc. When people ask me what it would take to be happy, I always tell them progress.

Progress = Happiness

If you are not where you want to be yet, but you feel that you are improving and making progress towards your goals, you will feel alive. On the other hand, it doesn't matter how successful you are, if you stop growing you start dying inside.

Some people seem to have been born happy...

Are some people born happier?



Some studies suggest that 50% of our overall happiness level is genetic, and 10% is determined by external circumstances such as wealth, social status, career, friends... while the remaining 40% is determined by our choices, thoughts, feelings, words and actions.

This is to tell you that you actually have the power to reverse your situation by putting our mind into reprogramming those 40%.

Research is now revealing facts about the effects of our genes on happiness. Epic genetic research stating that the functioning of the genes is determined by the environment the genes find themselves in, and the environment is made of nutrition and state of mind, mental attitude, personal choices.

When it comes to happiness you have 90 percent choice

You need to create your happiness. Just as each of us has a genetic predisposition toward a certain weight and must work to achieve and maintain our best weight, so too must we work to achieve and maintain happiness.



Why some individuals happier than others?

There are a number of beliefs that are attributed to how unhappy a person may be with their life. I would like to share with you 10 scientifically proven by research happiness myths / beliefs / blocks whatever you would like to name them to give you an ample idea of WHY?

- Thinking that happiness is a destination: Happiness is a choice, a journey and not a final Destination. Because we are happiness by nature, how can we aim for something we already are and have?
- Putting happiness in the future by adopting the famous “I will be happy when”... When you are caught up in the “I will be happy when”, happiness is always put off in the future, while truly the only time you can actually experience happiness is right here, right now!
- Confusing life pleasures with happiness: Many people believe that happiness is having fun at a party or the delight of a fine meal. These are all wonderful experiences to be cherished and cultivated but they are not happiness. They are only the definition of pleasure and chasing pleasure is not happiness.
- Thinking that money brings happiness: Money can buy happiness, but only if it used to do things not to have things. Spending your money on experiences especially with others produce lasting positive emotions that are meaningful.
- Thinking that you should be happy all the time: Give yourself the permission to be human and to experience the full extent of human emotions. Life is a series of ups and downs and it is not reasonable to be happy all the time. Do not fight negative emotions when they are appropriate and don't tell yourself you shouldn't be sad when something sad has happened. Learn to process, express positively and accept all your emotions.
- Relying your own happiness on things or on others: We might be naturally motivated to seek out things and people that bring us more intense forms of happiness. However, Happiness is an inside job and doesn't depend on anything but YOU.
- Wishing things were different: Living in total acceptance of the things we cannot change and control is essential for a happier life.
- Comparing your life and yourself to others: We tend to compare our belongings, status and our relationships with others which create many negative feelings and thoughts. Living in gratitude helps you stop this destructive habit.

- Getting stuck in your past and thinking too much in the future: Reliving painful memories and past events can affect you emotionally and mentally. You can also bring anxiety and worrying into your life by spending too much time in the future and imagining how your health, your finances or your relationships could fail. Be mindful and live in the present there is no stronger power than the Now!

Defying the negative beliefs that you have around happiness and building constant happiness boosters into your life will put you on the right path to become happier.

How can I live a happier life?

Happy individuals are not necessarily born with any supernatural powers, or extra vision, they have just developed different positive habits that we all deserve to learn. It is proven that happy people tend to enjoy better health, live longer, nourish closer friendships, and display more creativity and success in what they do.

Happiness is a complex state of mind, but there are skills that you can learn to cultivate more happiness in your life, they take a few minutes every day which can quietly but profoundly change the way how you see the world.

Practices as gratitude, optimism, the ability to give and receive love are highly predictive of happy people. Research shows that forgiveness, the pursuit of meaningful goals, meditation, and cultivating positive relationships with others also lead to greater happiness.

Why practice happiness?

In addition to making us feel good, studies have found that happiness actually improves other aspects of our lives. Here is an overview of some of the good stuff that research has linked to happiness:

- Happiness is good for our health: Happy people are less likely to get sick, and they live longer.
- Happiness is good for our relationships: Happy people are more likely to get married and have fulfilling marriages, and they have more friends.
- Happy people make more money and are more productive at work.
- Happy people are more generous. Happy people cope better with stress and trauma.
- Happy people are more creative and are better able to see the big picture.

People thrive when they are happier!



To get started on building your happiness, we will start by expanding on your own experience and definition of happiness.

Take a moment and think about what happiness means to YOU, note down whatever comes into your mind.

What does happiness mean to you?

Now think about specific things and situations that often make you happy. These could be activities, people, places or anything that comes to your mind.

What things make you happy?

Extensive scientific studies in the fields of positive psychology and neuroscience, conducted in the past decade, reveal that happiness is an attainable skill that can be cultivated by incorporating positive habits and practices that could potentially bring more joy into our life and the lives of those around us.

Can a few simple daily actions make YOU happier? I have the pleasure to share with you these scientific based activities that can spark greater joy in your days.

These are few of the many areas that scientific research suggests we can take action to make both ourselves and others happy.

Be Grateful

Be Grateful whenever is possible. We too often take our lives for granted. Learn to appreciate and savor the wonderful things in life, from people to food, from nature to a smile. In the process, we frequently miss opportunities for happiness and connection.

The more you practice gratitude, the more you will find things to be grateful for. Gratitude changes your brain; and it changes how you see the world. Being grateful is about much more than saying thank you, it is about not taking things for granted and having a sense of appreciation and thankfulness for life.

To start gratitude, you need to start by expressing it. Each day write down three good things that happened to you, they can be anything you feel good about or grateful for. Even on a bad day there are normally some things that we can feel good about as it just helps you focus your attention more on the positive, rather than dwell on the negative.

Describe three good things that happened to you today and why they were good. Try to include why you felt each of the things was really good.

Good Thing 1

Good Thing 2

Good Thing 3

Now repeat this activity at the end of each day for a week

Express Gratitude: Who are you really grateful for?

Think of three people who have been a really positive influence in your life and that you feel really grateful to. They could be a member of your family, an old teacher, long-lost friend, colleague or someone else who has made a real difference in your life

Person 1: Who is it and why are you grateful to them?

Person 2: Who is it and why are you grateful to them?

Person 3: Who is it and why are you grateful to them?

Now choose one of these people to write or to tell them how grateful you are; perhaps someone you have not thanked properly before.

Think about the impact this person had on you and write a text or tell them directly:

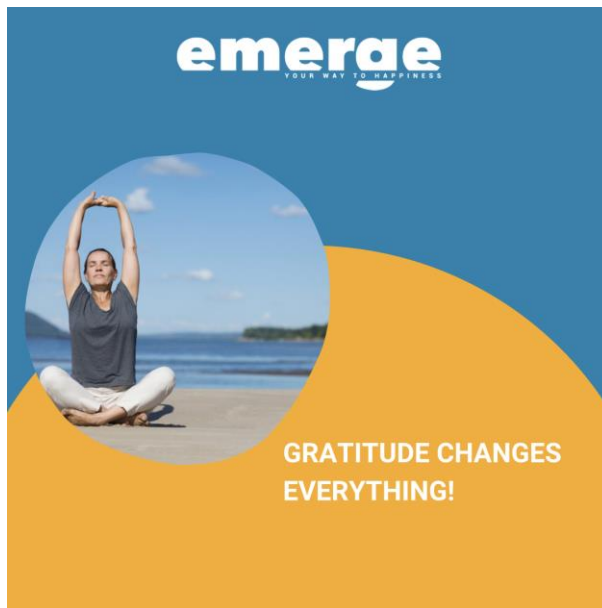
What specifically are you grateful for?

How did they help you?

How did it help make you the person you are today?

Try to be really in touch with the feeling of being grateful to the person as you do the activity.

Who did you write your letter of gratitude to? How did it feel?



Be Mindful

Do less and notice more!!

Mindfulness is a way of paying attention to the present moment. When we are mindful, we become more aware of our thoughts and feelings and better able to manage them.

Being mindful can boost our concentration, improve our relationships and help with stress or depression. It can even have a positive effect on physical problems like chronic pain. Anyone can learn to be mindful. It's simple, you can do it anywhere, and the results can be life-changing.

Many of us spend much of our time focused either on the past or on the future, paying very little attention to what is happening right now. Being mindful involves staying in the moment, spending more time noticing what is going on both inside ourselves and in our surroundings. Rather than trying to change things it involves accepting the way that things are, for better or for worse.



Practice mindfulness throughout the day. Pay attention to your thoughts, emotions, and sensations without judgment. Be fully present in the moment, whether you're eating, working, or engaging in conversations.

Mindful breathing: Start with a simple breathing exercise, focusing on your breath for a few minutes each day inhaling slowly and exhaling fully.

Notice your thoughts and emotions without judgment.

What did you realize?

Mindfulness helps reduce stress, increase self-awareness, and enhance overall well-being.

Be Kind

Research shows that when we say and do nice things for others, our brains light up in areas associated with pleasure and reward.

Doing nice things for others, it is something we all learned about since our childhood and it is recommended by all religion. Most of us assume that doing nice things for others is for their benefit but here is the secret, research shows that acts of kindness are a powerful way to increase your own happiness.

Conscious acts of kindness help to deepen the amount of social support which is the number 1 predictor of an individual's happiness. It helps you build more positivity around you especially at work, in your family... how lovely is life when compliments are flowing!!

Look for opportunities to spread kindness and make a positive impact on others' lives. Perform acts of kindness, both big and small. It could be offering a helping hand, donating to a charity, or simply offering a genuine compliment. By spreading kindness, you not only brighten someone else's day but also enhance your own happiness. The act may be large or small and the recipient may not even be aware of it. Ideally your acts of kindness should be beyond the kind things you already do on a regular basis.

“Kindness is the language in which the deaf can hear and the blind can see”

Use this sheet to keep a record of your acts of kindness. You can also note down, How you felt about doing them and whether you found them easy or difficult.

Day/date:	What did you do?	Who for?	How did it go?

Acts of Kindness to do today :

As the saying goes: "if you want to feel good, do good" - Continue for the next 30 days

Check up if someone needs help today
Remind someone how proud you are of them
Smile to someone
Nice gesture without any particular reason



emerge
YOUR WAY TO HAPPINESS

Focus on Solutions

Think of a situation that you've been complaining about. Rate how you feel about it on a scale of 1– 10, where 1 is "I'm the least satisfied about the situation" and 10 is "I'm the most satisfied."

what are the steps you could take to increase your satisfaction with this situation by 1 point?

Begin to take some of the actions you have listed. Start to notice times when you are a little more satisfied, and build on whatever you're doing that helps you.

"Happiness is not something ready-made. It comes from your own actions"- Dalai Lama

Look for the Lesson in challenging times

The most powerful life lessons are learned during difficult times, and I think you're going to agree with me that once you look back at what you've learned so far.

It is human nature to look for comfort. We all want to be happy, and at peace, always.

**BE PATIENT WITH
YOURSELF
NOTHING IN
NATURE
BLOOMS ALL YEAR**

#EmergeEmpowerment



However, sometimes life forces us to step out of our comfort zone. To face challenges, to go through tough times. Because when have we ever grown when in comfort?

It has never been easy for a seed to believe it can be a tree or the caterpillar to leave the comfort of her home to become a butterfly. Starting today, we shall change our perspective of how we look at difficult times. By looking at the powerful life lessons that we learn out of difficulty.

Ready?

- Sit quietly by yourself. Close your eyes and take a few deep breaths.
- Recall a specific situation that has caused you to feel wronged or to blame others.
- Picture the person or people involved, the setting, and what was said or done.
- Imagine taking several steps back and observing the situation from a distance, as though you were watching a movie on a screen.

What part of what happened can you take responsibility for?

Did you ignore signs that should have clued you in that there was a problem?

Did you act in a way that might have provoked the situation?

Did your thoughts or actions escalate the situation?

What is the lesson to learn from what happened? Do you need more patience or better boundaries? Do you need to listen more, say less?

Ask yourself: If this were happening for a higher purpose, what would that be?

Can you find the gift? Write down the most important thing you can do differently as a result of finding the lesson or the gift.

Love and Kindness meditation

Loving-kindness meditation (sometimes called “metta” meditation) is a great way to cultivate our propensity for kindness. It involves mentally sending goodwill, kindness, and warmth towards others by silently repeating a series of mantras.

When you first begin your loving kindness practice, use yourself as the sole subject during meditation. As you get more comfortable with the imagery and loving phrases, begin to add the visualization of others into your practice. Finally, direct loving kindness meditation toward difficult people in your life.

Research has found evidence suggesting that various populations who consistently practiced loving-kindness meditation experienced positive results. These impacts include improved emotions, life satisfaction, self-compassion, interpersonal interactions, and self-reassurance

Example of affirmations for loving-kindness meditation: “I love you” “I’m here for you” “You’re a good person”

This exercise expands your capacity for compassion by guiding you through the process of wishing loving kindness to yourself and others.

Find a quiet place and sit comfortably. Close your eyes.
 Take slow, deep breaths, being aware of the breath as it enters and leaves your body. Let your thoughts come and go easily. Repeat the following phrases silently:

*May I be safe.
 May I be happy.
 May I be healthy.
 May I live with ease.*

Continue feeling these wishes toward yourself for a minute or two or until you experience a sense of peace inside.

Now, move onto your friends and family. Picture one of them as you send the following wishes silently:

*May you be safe
 May you be happy
 May you be healthy
 May you live with ease.*

Continue sending these wishes until you feel a flow of love in your heart. Now send these wishes to all the living beings around the world. Continue until you feel a sense of expansion in your heart.

Identify your passion

For some people, living their passion seems to come naturally. They throw themselves into the pursuits they love with no regard for what society expects of them. But it isn't that easy for all of us.

You've made lists. You've asked your friends for advice. You've tried journaling and you've analyzed every thought you've ever had. Yet, you're still asking yourself "what is my passion?" That's because passion comes from the heart, not the head. Chances are, you already know what your passion is. You just need to connect with it.

Passion is the genesis of Genius – Tony Robbins

Identify a hobby or interest that brings you joy and dedicate time to pursue it. Whether it's painting, playing an instrument, or gardening, engaging in activities you are passionate about boosts happiness.

On a piece of paper list at least 10 things which will make your life and your work ideal. Complete the sentence, "When my life is ideal, I am _____."

- Now, think of four people you know who are not passionate about what they are doing in their lives. What do they talk about? Where is their attention focused?

- How do they treat the people they spend time with? List at least five behaviors you notice in these people.

- Do you see any of these behaviors in yourself? Can you see how any of these behaviors might sabotage your ability to live a purposeful life?

- List five things you can do in the coming week to start changing these behaviors to begin aligning your life with the things you wrote down in Step 1 so you can live the passionate, purposeful life you deserve.

Contribute to Something Greater than Yourself



Contributing to something greater than yourself will keep you humble and connect you to others in unpredictable ways. It will make you passionate, inspiring and interesting. When you contribute to something greater than yourself, you experience the ultimate form of happiness and fulfillment.

Studies indicate that the very act of giving back to a community boosts your happiness, health, and sense of well-being.

“If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.” Chinese Proverb

People get so consumed with the “struggle” of their daily lives, that they are unable to look outside of themselves. The “me” game serves us in the short-term, but it doesn’t create lasting happiness.

The best way to shift your mindset from one of scarcity to one of abundance is to focus on serving something that is greater than yourself.

- Take a moment and think about how you can make a small impact in your community, whether that’s volunteering, giving money to the less fortunate, or donating money to a cause that you are passionate about.

In a study published in *The Journal of Positive Psychology* researchers asked over 400 participants to report on how frequently they engage in different altruistic behaviors (such as volunteering) and how meaningful their life feels. Participants who were more altruistic reported a greater sense of purpose and meaning in their lives.

If we want to create a better world for generations to come, we need to take action.

“Nobody can do everything, but everyone can do something.” — Author Unknown

- How can you add value to your community, be a force for good, and encourage others to do the same?

- In what space could you have the biggest impact? We all have something to give. Take some time to reflect upon your natural skills and strengths and how you can contribute to others' lives.

It only takes one person to create a ripple of change. Be that person.

Practice improving your relationships

Relationships are the heart of happiness. "rich and satisfying relationships" are the only external factors that will move your happiness score from "quite happy" to "very happy." A common mistake we make is to get so busy pursuing happiness that we fail to give our best time, energy and attention to our best relationships. Remind yourself daily that happiness is in the connections you make, in the friendships you keep and in the love that exists between others.

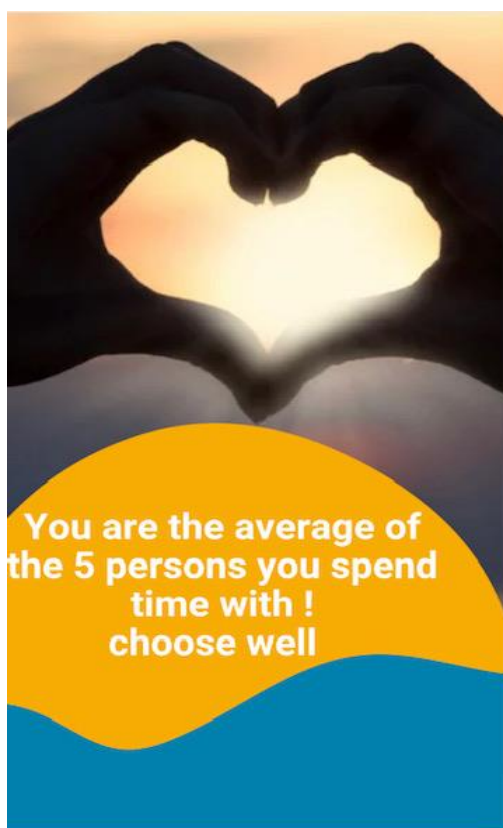
The quality of your life depends on the quality of your relationships, Anthony Robbins said that and he was right.

Today take some time to reflect on the key relationships and friendships in your life. Ask yourself:

Do I have meaningful relationships in my life? Do they bring me fun, positivity and growth?

How do I evaluate my friendships do I value quantity over quality?

Do I hang out with people who lift me up or put me down? Surround yourself with people who give you opportunities to grow.



Spend your time wisely.

How do you want to spend the valuable asset of your time? Think about how you spend your days and if you would like to make any changes. In your work, try to focus on activities that you are passionate about most of the time. Make sure you spend time doing things that are meaningful to you.

In your free time, engage in activities that are fulfilling and fun. It can be something that challenges you, such as a new sport or hobby, hanging out with a good friend, spending time in nature, or exercising, which relieves stress and bolsters your mental and physical health. Practicing meditation can also help you be more present and let go of worries and mind chatter.

Also make sure you make time for the most important people in your life.

And you must learn to rest. It is all about being versus doing. Growing up in a culture that values doing, many of us are excellent at multitasking, accomplishing our to-do list and running around all day long.

Digital Detox

In today's digital age, it's important to cultivate mindful habits around technology. Set boundaries on your screen time and prioritize offline activities. Take regular breaks from technology for a few hours especially social media. Spending too much time online can contribute to feelings of comparison, dissatisfaction, and disconnection. Disconnecting allows you to be more present and engage in activities that bring you joy.

Engage in activities that don't involve screens, such as reading a book, taking a walk, or spending quality time with loved ones. Disconnecting from the digital world allows for greater presence and rejuvenation. Use technology intentionally to support your well-being, such as accessing educational resources or connecting with positive online communities.

Imagine your Best Possible Self

Research suggests that building optimism about the future can motivate people to work toward that desired future and thus make it more likely to become a reality. This exercise asks you to imagine your life going as well as it possibly could and gives you the opportunity to write about this best possible future. By doing so, research suggests that you will not only increase your happiness in the present but pave the way for sustained happiness down the line.

Ask: "What's my vision of my best possible self?"

Imagine your life in ten years and that your goals have been accomplished. You are living your best possible life. Think about that in different aspects (health, wealth, family, work, hobbies..).

● My Best possible self

Declutter Your Space

Take time to declutter and organize your physical space. A clean and organized environment can have a positive impact on your mental well-being. Start small by tackling one area at a time, such as a drawer or a closet. Let go of items that no longer serve you and create a space that promotes peace and clarity.

Practice Self-Compassion

Be kind and compassionate toward yourself. Treat yourself with the same love and care you give to others. Practice self-acceptance, forgive yourself for past mistakes, and embrace your unique qualities.

Embrace Playfulness

Infuse your day with moments of playfulness and childlike wonder. Engage in activities that make you feel lighthearted and free. Play board games, indulge in a playful sport, or spend time with pets or children. Allow yourself to let go of adult responsibilities and fully embrace the joy of play.

Laughter has a profound impact on happiness and overall well-being.

Healthy Eating

Eating well-balanced meals supports physical and mental health. Fueling your body properly is important for sustaining your energy levels. Focus on incorporating nutritious foods into your diet. Include a balance of carbohydrates, proteins, and healthy fats to provide sustained energy. Stay hydrated by drinking plenty of water throughout the day.

Slow down and savor your meals by practicing mindful eating. Pay attention to the flavors, textures, and sensations of each bite. Eat without distractions, such as phones or TVs, and listen to your body's hunger and fullness cues. This practice promotes a healthier relationship with food and enhances the enjoyment of eating.

Reflect on Progress

Take time to reflect on your progress. Celebrate your achievements, no matter how small they may seem. Acknowledge the effort and dedication you've put into honing your skills. By recognizing your growth, you'll find motivation and a sense of fulfillment in your self-development journey.

Set aside a few minutes at the end of each day to journal about your experiences. Write about the tasks you completed, challenges you faced, and any insights or lessons learned. Reflecting in writing allows you to gain clarity, process your thoughts, and identify patterns or areas for improvement

<p>What are my goals?</p>	<p>What obstacles do I have?</p>	<p>Who can I ask for help? And what kind of help do I need?</p>
<p>What choices can I make?</p>	<p>What tools can I use?</p>	<p>How will I know I have reached my goal?</p>

Connect with Nature

Spend time in nature and soak up its beauty. Take a walk in a park, go hiking, or simply sit in a garden. Pay attention to the sights, sounds, and smells around you. Connecting with nature can be grounding, refreshing, and bring a sense of tranquility and happiness.

Let Go of Comparison

Avoid comparing yourself to others. Remember that everyone's journey is unique, and your worth is not determined by external factors. Focus on your own progress, growth, and personal achievements. Practice positive self-talk and embrace self-compassion and celebrate your own successes, no matter how small they may seem. Be kind and gentle with yourself, and challenge negative thoughts or self-criticism.

Incorporate positive affirmations into your daily routine. Choose uplifting statements that resonate with you and repeat them to yourself regularly. Affirmations help rewire your mindset and boost self-confidence. For example, say, "I am worthy of love and happiness" or "I am capable of achieving my goals."

Physical exercise

Exercise releases endorphins, which are natural mood boosters, and can also improve your physical health, leading to an increased sense of well-being. Engage in activities that get your body moving, such as walking, jogging, dancing, or yoga. Find an exercise routine that you enjoy and make it a regular part of your life.

Practice Self-Care

Prioritize self-care and make time for activities that nourish your mind, body, and soul. Engage in activities that promote relaxation, such as taking a warm bath, reading a book, practicing meditation, or enjoying a hobby. Taking care of yourself enhances your overall well-being and happiness.

Selfcare planner - Daily Ways You Love and Tend to Beautiful You

Today I am... <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
For my Body and brain - - - - - - -	For my spirit - - - - - - -
One Line Love letter to myself 	

Practice Forgiveness

“The weak can never forgive. Forgiveness is the attribute of the strong.” Mahatma Gandhi

There is no end to what the power of forgiveness can do. Whether you need to forgive others, or you need to forgive yourself, the spiritual process of forgiveness sets you free from the past and enables you to fulfill your true potential. Forgiveness will clear the bitterness away and stop your suffering.

Yes suffering! because if you want be happy and travel light in the midst of this life, you need to let go of past hurdles, anger and resentment you have towards your own self or towards any other soul, you need to forgive and make peace.

Nelson mandala quoted “Forgiveness liberates the soul. It removes fear...

Resentment is like drinking poison and hoping it will kill your enemies.” Nelson Mandela knew that forgiveness is not a gift we give others; it is a gift we give ourselves. It is the true freedom from pain and anger that can harm your body, mind heart and soul.

Ask yourself:

- ***What if everything that had happened to me in life really did happen for a reason?***
- ***What if any challenge I am facing and any pain I am feeling is there to serve me in the long run?***
- ***What if life was always happening for me and not to me?***

Your answers will help you find a higher meaning to your past hurdles, failure, a meaning that can support your growth and evolution into a better human being . Try it!

So how does one learn to forgive especially when the pain was and is still strong?

When you feel the need to forgive, it means that you need to raise your standards, elevate your belief system and make it better than the person who harmed you.

Follow the steps below to start your healing process:

Think about the person or the situation you need/ want to forgive

Acknowledge your feelings, thoughts and attitude towards that particular situation or person. Just be genuine and honest. Then express your desire to heal, forgive and let go of anger, resentment, disappointment...

Remind yourself of the benefits of forgiveness and its spiritual powers in general then think about the positive impact it will have on you or others if you chose to let it go.

Remember a past time when you found forgiveness in your heart, how did you do it, and why?

Put yourself in a state of gratitude, in a complete state of thankfulness to the gift of life that you have, the forgiving process becomes easier when you are in that state. Note that you cannot be in two different states at the same time, so if you are in gratitude state you cannot be in fear or in a pain state at all.

Cultivate a genuine compassion for those who have wronged you. Deepen your understanding that people sometimes they hurt others because they feel insecure, unappreciated, fearful, starving for love and lacking certainty.

Think about a role model, the great masters of forgiveness like Nelson Mandala, mother Theresa, or Dalai Lama, read their stories, and get inspired.

Remember a time when you were forgiven

Most people think that the act of forgiveness is the hardest and most impossible thing to do. Today I tell you, change your perception and your feelings and attitude will follow. Forgiveness gives you great power, makes you stronger over past mistakes and helps you move on. Forgiveness is the key to happiness. Remember a healed memory is not a deleted memory. Let go and just be amazed by what you see through the eyes of grace.

Learning and personal growth

Engage in activities that challenge and stimulate your mind. Continuous learning and personal growth can provide a sense of fulfillment and purpose.

Set realistic and meaningful goals for yourself. Having a sense of direction and working towards something you value can increase your motivation and happiness.

My Goals	
Goal 1	Action Plan
Goal 2	Action Plan
Goal 3	Action Plan

Let Go of Negativity

Identify negative thoughts and beliefs that hold you back. Challenge and reframe them into more positive and empowering perspectives. Practice self-compassion and forgive yourself for past mistakes. Surround yourself with positive influences and create a supportive environment.

Do I often have thoughts that limit me in some way?

Do I sometimes find my dreams inhibited because of my beliefs?

Identify and Overcome Your Limiting Beliefs

When do I make up excuses?

Is there any part of my life in which I tend to procrastinate?

Is there an instance in which I usually make assumptions?

What do I complain about?

What spurs your negative thinking patterns?

OVERCOME YOUR LIMITING BELIEFS

LIMITING BELIEF #1	LIMITING BELIEF #2	LIMITING BELIEF #3
<p>Am I positive this is true?</p>	<p>Am I positive this is true?</p>	<p>Am I positive this is true?</p>
<p>What are the consequences of this belief?</p>	<p>What are the consequences of this belief?</p>	<p>What are the consequences of this belief?</p>
<p>Replace your limiting beliefs:</p> <hr/>	<p>Replace your limiting beliefs:</p> <hr style="border-top: 1px dashed black;"/>	<p>Replace your limiting beliefs:</p> <hr style="border-top: 1px dashed black;"/>

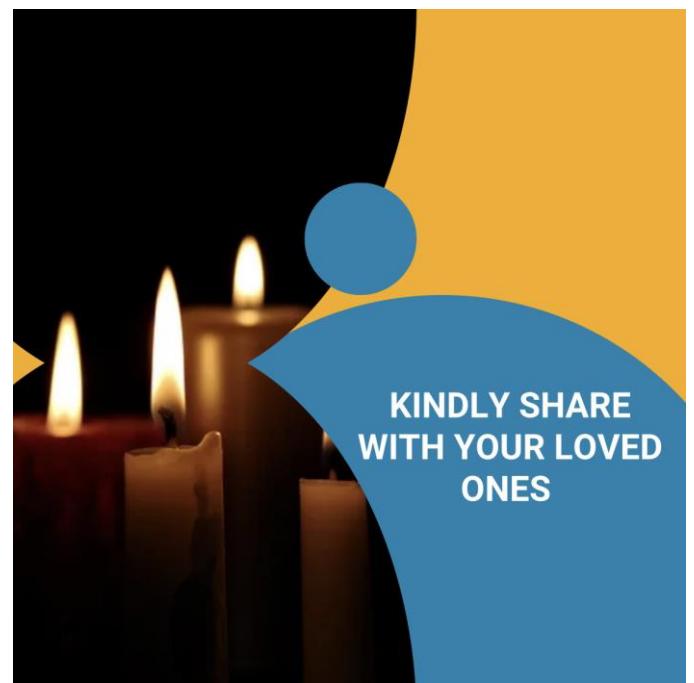
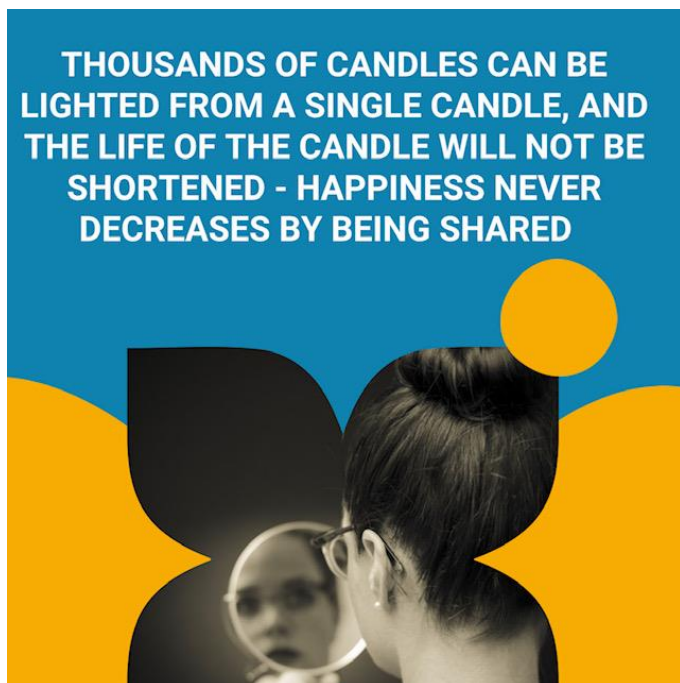
Congratulations on completing your 30-day journey to a happier you! Remember that happiness is an ongoing process.

Keep exploring, learning, and nurturing your happiness. You have the power to create a life filled with joy, fulfillment, and meaning. Remember, the path to happiness is a personal one. What brings happiness to one person may not necessarily apply to another.

Understanding one's own values, needs, and priorities is crucial in cultivating happiness and well-being. Additionally, seeking support from professionals, such as therapists, coaches or counselors, can be beneficial for individuals experiencing persistent unhappiness or mental health challenges.

You have the power to choose to be happier. The first choice you have is to make is to commit to the proven practices in this workbook.

To make any change you need to start taking actions. I would love to hear from you, email me on linda@emergehappy.com and let me know how these practices impacted your life in a positive way.



Empowering you lead a more meaningful and fulfilling life, build authentic relationships with self and others and enhance your experience of love, work, and play.

Our Story

Emerge is a visionary practice that draws inspiration from the tremendous transformation of a caterpillar into a majestic butterfly. Our name encapsulates the essence of our mission, which is to guide and empower individuals and organizations to undergo profound metamorphoses, emerging as their best selves by integrating the practices of the science of optimal human functioning in life and at work.

**14,000 +
Hours of Coaching And Training
12 +
Year Experience**

Just as the butterfly's emergence symbolizes freedom, beauty, and endless possibilities, our practice focuses on facilitating transformative experiences that enable you to break free from your limitations, unlock your full potential, and embrace positive change. We believe that every individual and organization possess the inherent ability to evolve, develop, and flourish.

Through our cutting-edge strategies and tools and the comprehensive range of high-quality programs, trainings, keynotes and personalized sessions, we help you cultivate resilience, enhance your skills, and foster a mindset of continuous improvement. We are committed to creating a safe and supportive environment that nurtures growth, enabling you to spread your wings and soar to new heights.

Because we believe that happiness is a skill that can be strengthened and cultivated, we are confident that you will notice improvements in yourself from the very first session as you develop your potential, and you will transform your ability to create an intentional, conscious and happy existence.

Emerge was founded in 2011 by Linda Chaccour who is passionate about the fields of neuroscience and positive psychology, the scientific study of what makes people thrive and lead meaningful and happy lives
www.emergehappy.com