

LIVE THE CHANGE FINDING HAPPINESS

Take a TYPICAL weekday and weekend day. Write a list of the moments of happiness you experience.

Now imagine your IDEAL weekday and weekend day. Explain what happens on these days.

Write a list of the moments of happiness you experience on your ideal day.

If you want to live more of your ideal days - who do you need to BE to create that?

What stories you are telling yourself about why you can't experience more happiness?

Are they true? If not, what are new stories you can replace them with?