


An abstract graphic consisting of multiple overlapping, wavy lines in a spectrum of colors including blue, purple, pink, yellow, and green. The lines are dense and create a sense of movement and depth, resembling a stylized wave or a complex sound wave. It is set against a dark background.

The Happiness

Blueprint

UNLOCKING LIFELONG FULFILLMENT

A second abstract graphic, similar to the one at the top, featuring overlapping wavy lines in blue, purple, pink, yellow, and green. It is positioned at the bottom of the cover, mirroring the top design.

Jackie Foskett
Healing Hypnotherapy.

THE HAPPINESS BLUEPRINT ©

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INTRODUCTION & COURSE OVERVIEW



Think back to one of the happiest times of your life. Did it appear out of nowhere, or did you plan for it? Perhaps it was one of those unexpected delightful experiences that catches us off guard yet makes a lasting impression on our minds. Life feels quite good in these times, doesn't it?

Yet, there are also those times when life wakes us up on the wrong side of the proverbial bed. Feelings of frustrations, overwhelm, stress, anxiety, loss or general unhappiness seem to prevail. It doesn't feel good and it's hard to connect to any feeling of happiness.

Look at those two scenarios. Wouldn't it be great if you could have more of the former and less of the latter each day? Who wouldn't sign up for that reality?

The problem is that most people keep waiting for the universe to align in their favor and for everything to be "perfect" with the thoughts "I'll be happy when xyz

happens.” Achieving happiness doesn’t work that way. Instead, it requires us to take the reins of our destiny and create our own path to happiness.

That's what this course is designed to teach you: how to take charge and create your own happiness.

You will learn specific habits to guide you towards more happiness and fewer negative emotions. These proven methods for creating more enjoyment and engagement will affect all areas of your personal and professional life.

Our human minds have the incredible ability to transform our lives and create the reality we experience every day. Choosing to focus on a path of happiness, along with the tools, strategies and behaviors you’ll be learning, is the blueprint to creating a foundation of happiness.

The course is divided into four modules. Each module contains tips for creating a happier and more positive life experience. You are given a short list of bullet points to drive home the important lessons you learned.

Each module closes with a few exercises designed to give real-world examples of how you can practice what is taught in each module. Make sure you act on these exercises. Taking action imbeds the process work into your subconscious mind, otherwise, it’s all just theory. They will help you create and maintain personal happiness throughout your life.

Your journey begins with **Module 1: The Foundations of Happiness**. It is here that we define happiness from both personal and psychological viewpoints. You'll discover the role of emotions in dictating your happiness



and how gratitude, mindfulness, and compassion lead to a more enjoyable experience.

In **Module 2: Positive Thinking & Mindset**, we explore the truly transformative power of positive thinking. You'll learn that even in the most trying times, when negative thoughts and beliefs are plentiful, reframing these feelings into positive thoughts and attitudes can deliver happiness where you didn't think it was possible.

You may have developed belief systems that sabotage your attempts to create an enjoyable life. This module discusses overcoming these and other common mental barriers to happiness.

In **Module Three: Lifestyle & Happiness**, we look at how simple daily choices impact your level of contentment. This includes discussing how important physical health boosters like a smart diet, regular exercise, and restful sleep can also deliver emotional rewards.

Stress is the enemy of happiness, as you well know. This module gives you some tips for managing stress so it doesn't rob you of happiness. This includes establishing fulfilling routines and devoting time to hobbies you are passionate about. Module three closes with a look at the many benefits of healthy relationships, both personal and professional.

Module Four: Sustaining & Sharing Happiness, looks at the big picture. How can you use the happiness-generating techniques in this course for lifelong benefits? We will discuss strategies for sustaining happiness over time, including developing resilience and coping skills to help you recover from life's difficulties.

This course is all about taking control. You consciously take steps to create happiness in your life rather than hoping for the best. If you're ready, let's get started.

“Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy.” —Sarah Ban Breathnach



MODULE ONE: THE FOUNDATIONS OF HAPPINESS

Pursuing happiness is a fundamental aspect of the human experience, and understanding its foundations is essential for achieving lasting well-being.

HAPPINESS DEFINED

Happiness can be defined as an emotional state of well-being. You are content. Your current life experience is pleasurable and satisfying.

This is a very personal qualification. What makes you happy and content might not satisfy someone else. What brings another person joy may not matter to you. This is why you have to take ownership of your happiness.

Thinking your friends, family, job, or other outside influences will lead you to happiness is an unrealistic expectation. It keeps you from feeling satisfied and puts undue stress on others. The reality is that *you* are responsible for your emotional state every day. It should not be based on external influences. While you may find joy in being with your friends, family, and the other things in your life, creating happiness from within, is most sustainable.

What Matters to You?

Digging deeper into your personal and unique nature of happiness means understanding your values. You probably already have a good sense of your values; however, you may find, at times, that you act in a way that is contrary to them. This sometimes happens because we see others being happy and think if we copy their behaviors, we can be happy, too.

The issue with this copycat method is it needs to address who you are as a unique individual. You may enjoy some happiness by attempting to do what others are doing; however, your joy can be fleeting and unfulfilling if it doesn't align with your important belief systems and what matters to you.

Explore your values. What matters to you the most? This reflection outlines your path to happiness. Begin living your life in a way that addresses your values, and you will enjoy more fulfillment.

The Psychological Side of Happiness

Many people experience something called “runners’ high” after doing exercise. Their mood improves. They smile more. Life feels good overall. This emotional response isn’t an accident. When you exercise, your body produces chemicals that drive feelings of happiness and contentment.

That's a physical process. There is also a psychological aspect of happiness that needs to be explored.

Hearing a funny joke, getting off early from work, and watching a YouTube video that makes you smile are surface-level joys. Nothing is wrong with them; they can brighten a dull day for a few minutes. Unfortunately, the joyful feelings associated with surface-level activities usually disappear as quickly as they appear.

Looking at happiness from a psychological point of view means exploring a more complete experience. True happiness is a state of well-being from living on your

terms. You can enjoy temporary surface-level happiness, but you also want to create a sense of meaning in your life that leads to happiness and a deep level of fulfillment.

To achieve this innate level of happiness, let's look at the upside and downside of your emotions.

THE ROLE OF EMOTIONS IN HAPPINESS

How do you feel when you read the following two lists of emotions?

List 1:

- Joy
- Excitement
- Love
- Happiness
- Interest
- Gratitude
- Success

List 2:

- Loneliness
- Jealousy
- Sadness
- Fear
- Anger
- Rejection
- Criticism

The first list elicits positive feelings, right? Just reading the words probably made you want to experience them. The second list is full of negative emotions.

Experiencing them can feel very heavy emotionally and might actually cause physical pain as well. Both are normal and natural responses.

The reason you react to different emotions has a lot to do with powerful physiological processes that silently dictate your level of happiness.

Positive Self-Talk for a Happier Life

Your brain monitors your emotions. This emotional radar is always on, watching to see how you feel. As long as your thoughts are largely positive, your brain is pleased.

When your brain experiences pleasure, it releases chemicals that spread throughout your body, promoting feelings of contentment, happiness, and relaxation. Conversely, the chemicals released when your thoughts are primarily negative, can induce stress, anxiety, sadness and even depression.

In essence, when you feel happiness, it triggers other positive emotions, whereas feelings of sadness often give rise to additional negative emotions. This means happiness can be created by filling your life with experiences that trigger positive emotions.

THE POSITIVE PSYCHOLOGY PRINCIPLES

According to PsychologyToday.com, “Positive psychology is a branch of psychology focused on the character strengths and behaviors



that allow individuals to build a life of meaning and purpose—to move beyond surviving to flourishing.”

American Psychologist is a peer-reviewed American Psychological Association (APA) journal. In this respected journal's January 2000 millennial issue, for example, 15 articles were dedicated to positive psychology. The core of the scholarly research is that positive thoughts and actions can enable happiness.

This confirms what was mentioned earlier. You can create happiness regardless of your circumstances. You will inevitably move towards fulfillment and joy by putting certain behaviors into practice.

Psychiatrists and therapists who use positive psychology to treat their patients focus on character traits and habits that lead to happiness. They include resilience, positive thinking, cognitive reframing, coping skills, healthy lifestyle choices, and embracing a positive mindset.

We will cover these subjects in this course and give you specific techniques and strategies for using them to create a happier life now and in the long term. Let's start by exploring the role of gratitude, compassion, and mindfulness in developing and maintaining a life of happiness and fulfillment.

THE SIGNIFICANCE OF GRATITUDE, MINDFULNESS, AND COMPASSION

When you express gratitude, you're embracing thoughts like, 'I have a wonderful life, and I'm thankful for it.' These aren't just pie-in-the sky kind of thoughts. They reflect the attitude of appreciation of one's life and will provide genuine feelings of fulfillment and happiness.

Rarely, does someone say they are grateful for hard times, especially when they are in the midst of them. Nor do they express gratitude when they are unhappy. Instead, they are experiencing the opposite of gratitude and will be burdened down with negative feelings and physiological chemicals in their body.



This illustrates how feeling and expressing gratitude is linked to happiness, satisfaction, and bliss.

There is a similar relationship where mindfulness is concerned. The more mindful you are, the more self-awareness you have.

You see everything with an objective eye and without judgment. You are consciously aware of what is happening in your life.

This can open your eyes to more things to be thankful for, including your character traits and experiences. Mindfulness and gratitude often work hand-in-hand, leading you down a path of happiness.

Compassion Leads to Happiness

Compassion is a feeling that arises when faced with the suffering of another person, and you feel the need to do something to relieve that suffering. Feeling compassion and helping others makes you feel good.

Consider this scenario. You are watching television, relaxed and comfortable at home. You see a local charity commercial where a spokesperson talks about the need for financial help and volunteers to give of their time.

People who have benefited from the charity are interviewed, and you feel happy that they were able to improve their lives. The spokesperson says many others in your city need the same kind of assistance, and you can't help but be moved emotionally by this information.

You just had a jolt of compassion. You see the need to assist. Your feelings are so strong that they drive you to take action. You might call up the charity and ask how you can help.

While compassion often means encountering negative emotions, it leads to contentment and self-satisfaction because the pleasure circuits in your brain are activated, especially when you take a positive action. The result is a feeling that you did something great. You are happy with yourself for helping others and are rewarded with a rush of feel-good chemicals.

Stress and anxiety levels immediately drop. A sense of peace, happiness, and healthy self-pride develops. The positive feelings you experience provide an anchor to remind you to act compassionately in the future.

Your pleasure is strengthened when you act on a compassionate urge. Each time this happens, you experience longer-term happiness.

Putting Gratitude, Mindfulness, and Compassion into Action

To act mindfully, you must be aware. Start by dedicating daily moments to focus on your present experiences without judgment. You can be mindful while doing the dishes, exercising, reading, or moving through any part of your daily routine. Gradually, practice observing your thoughts and surroundings with curiosity and acceptance.

To practice gratitude, take a moment each day to reflect on what you're thankful for. Express your appreciation by either writing them down in a gratitude journal or acknowledging them mentally. Writing them in a journal gives you an extra boost of those feel good feelings as you imprint them on your subconscious mind.

Compassion does not necessarily mean that you have to take action. Start by actively listening to others without judgment, seeking to understand their feelings and experiences. Then, offer support, if warranted, or kindness to alleviate their suffering or promote their well-being.

These three practices can take you to a great place where you enjoy more momentary happiness and long-term fulfillment.

MODULE 01: IMPORTANT TAKEAWAYS

- Happiness is a state of emotional well-being that differs from person to person.
- You can create more happiness by employing strategies that enhance your joy and fulfillment, regardless of circumstances.
- When you think positively, your brain rewards you with happiness and relaxation; negative thoughts can lead to stress, anxiety, sadness and even depression.
- Compassion, gratitude, and mindfulness are three practices that lead to you to your happiness, fulfillment and contentment.

MODULE 01: EXERCISES

Think about three recent experiences where you enjoyed great happiness. Note any links to your important values and belief system.

	Happy Experience	Links to Your Values and Beliefs
#1		
#2		
#3		

Joy, excitement, love, happiness, interest, gratitude, and success. Consider these words and regularly. Write down what they mean to you.

Happy Words	What It Means To You
Joy	
Excitement	
Love	
Happiness	
Interest	
Gratitude	
Success	



HOMEWORK

Each day, express gratitude, practice mindfulness, and think compassionately.

MODULE TWO: POSITIVE THINKING & MINDSET



While some believe external factors determine their mindset, it is actually driven by conscious choice. You can choose the mindset you want to embrace every moment of every day. Let's dig deeper into our mindset to see how it can lead to more happiness and fulfillment.

THE POWER OF POSITIVE THINKING

For five years, international speaker and best-selling author Tom Corley studied the habits of 177 self-made millionaires. He discovered that 79% of wealthy people who made it on their own believed they would reach their goals before they ever started pursuing them.

In an article he contributed to CNBC, he states that "negativity is a nearly insurmountable barrier to success."

You might not care about becoming the next self-made millionaire. Even so, you can see the enormity of the role positive thinking plays in becoming a success. That's true in all aspects of your life.

The Mayo Clinic, an internationally respected health authority, reports that positive thinking provides the following benefits.

- A longer, healthier life.

- Lower rates of depression, cardiovascular disease, stroke, cancer, and respiratory conditions.
- Reduced risk of death from cancer and infections.
- Greater coping skills during stressful times.
- A healthier immune system.
- Lower levels of physical and emotional distress and pain.
- Improved physical and psychological well-being.

Those are incredible benefits you get simply from a positive mindset. You can enjoy a much more fulfilling and joyful life by reshaping your attitude from negative to positive.

Embrace Positive Thinking

Positive thinking is all about believing and taking positive action steps. You first decide that good things can happen for you. You approach each day by believing in success, happiness, and other positive experiences. Once you establish that mindset, you can:

- Identify negative thought patterns and address them individually to improve your mindset.
- Establish positive social connections by reflecting on the people you surround yourself with.
- Enjoy more daily positive self-talk.
- Schedule experiences and activities that have you feel good.
- See more things to be thankful for.
- Choose humor over frustration and negativity.
- Look for opportunities to smile every day.

- Establish a healthy lifestyle filled with self-care opportunities.
- Monitor your thoughts so they continue to move in a positive direction.
- Reshape how you look at events to see the positive in each.

COGNITIVE REFRAMING: TURNING NEGATIVES INTO POSITIVES

Have you ever challenged the way you initially thought of something? If so, you practiced cognitive reframing. This skill is important to develop as it lets you change how you perceive a situation, event, or emotion.

The inclination to embrace negative thoughts, even when inappropriate, is called negative bias. This was an important skill when early humans lived in a dangerous world where they could become prey or succumb to many illnesses that no longer exist today. The brain constantly watched for dangers, embracing negative "what if" scenarios.

While our world today is certainly different, our brains haven't changed much in that aspect. That's what causes this negative bias and is why many of the thousands of thoughts you have daily are negative. It's also why cognitive reframing is so important.

We discussed earlier how your mindset dictates your experiences. Look at the world through a negative lens, and that's all you'll see. Practice cognitive reframing and you can turn negative thoughts, experiences, or situations into a positive ones.



A Loss Can Be a Win

Mistakes are opportunities in the eyes of a positive thinker. They allow someone to start over with more information. Thomas Edison frequently failed before he succeeded when working on an invention. He embraced his failures, calling them lessons that improved his knowledge base. They showed him what wouldn't work so he could move in another direction.

You can do the same thing: practice cognitive reframing by starting with **identifying what you want to change**.

Here's an example:

During a conversation with a friend, you see it heading in the wrong direction, possibly towards a heated argument. You identify that this is something you want to change. Instead of focusing on the differences of opinion in this conversation, point out what you both believe in. Steer it in a more positive direction.

Here is another example of cognitive reframing at work.

A person has an obsessive fear of being involved in a car wreck. They think that the rate of car accidents is extremely high and therefore this fear and thinking is warranted. The more they think about it, the more their belief is reinforced whether or not it is accurate. In this case, cognitive restructuring involves **questioning if there is evidence for that belief**.

This person researches and finds that vehicular accidents in their city are well below the national average. This allows them to reframe their thoughts about driving and embrace a more positive viewpoint.

In this example, you see how a person discovers that not all of their thoughts are correct. It uncovers the negative bias of the brain we talked about earlier. When

people practice cognitive reframing, they are more likely to question their automatic and negative thoughts.



While you may not have total control over every aspect of your life, you do control your beliefs and how you respond to negative experiences and events. Give yourself permission to reframe negative

thoughts and choose more positive beliefs.

OVERCOMING COMMON HAPPINESS BARRIERS

Whether it's the pressures of modern life, personal setbacks, or mental and emotional challenges, the quest for happiness is frequently hindered. As previously mentioned, practicing cognitive reframing can help. You can also use the following tips to overcome mental barriers threatening your happiness.

Let Go of the Past

An unhealthy obsession with past struggles can be a mental hurdle to happiness. Just because something negative happened previously doesn't mean it will be repeated. The past cannot be changed, but how you perceive it can. Opting to reframe the past and let it go brings great relief and opens the path to take the steps for a better life filled with more joy and happiness.

Simplify Your Life

Don't equate quantity with quality of life. More does not mean better. More possessions mean more responsibility, stress, upkeep, and a bigger investment of time and energy, limiting opportunities for happiness and joy.

Practice minimalism. You don't have to sell every possession you own. Just minimize where it makes sense. Get rid of duplicate items and things you no longer use or want. Think before you make a purchase. Let go of obligations that do not align with your life goals.

Simplifying your life allows you to focus on the important things that bring you joy and happiness.

Clear Your Mind of Negative Thoughts

Neuroscientists tell us that we have as many as 60,000 thoughts per day, most of which are negative. When your thoughts start pushing you away from happiness, pause and clear your mind. Look at your situation objectively.

This practice will often show you that your unconscious and automatic thoughts have no basis in reality. They are your prehistoric survival instinct trying to protect you from danger. You can then choose happier, more positive thoughts instead.

Change Your Environment

Your mental outlook sometimes gets its cues from its physical surroundings. If you have a messy and disorganized home, car, or workspace, clean it up. If your environment is filled with toxic people and negative experiences, remove yourself. When you upgrade your environment, you upgrade your mindset.

Permit Yourself to Be Happy

There is no one more deserving of happiness and success than you. Let go of self-imposed limitations, guilt, or the belief that you don't deserve it. Permit yourself to be happy. Embrace self-compassion. Recognize your worthiness.

Remember, happiness is created internally. You have full control of whether or not you are happy. When the world seems intent on handing you emotions like frustration, grief, and sadness, tell yourself you deserve happiness and joy.

MODULE 02: IMPORTANT TAKEAWAYS

- Positive thinking delivers a happier, healthier, and less stressful life.
- When you embrace positive thinking, you start each day believing in success, happiness, and a day filled with positive experiences.
- Cognitive reframing can help you change your perspective on challenging situations, enabling you to see them more positively.
- You can overcome mental barriers to happiness by letting go of the past, simplifying your life, clearing your mind of negative thoughts, changing your environment, and permitting yourself to be happy.

MODULE 02: EXERCISES

Look on the bright side! Practice two of the ten positive thinking actions we discussed. Write about how they made you feel.

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Identify a situation where cognitive reframing could be beneficial. Question your thoughts and emotions, then reframe your beliefs.

Situation You Should Reframe
What Are Your Current Thoughts & Emotions About It
Reframe The Situation More Positively

Take action on one of the five ways to overcome barriers to happiness.

Which Way Will You Use?

Reflect on How It Went:

[illegible]

[illegible]

MODULE THREE: LIFESTYLE & HAPPINESS



The things you do daily profoundly impact the joy you experience in life. Engaging in activities that align with your values and bring you fulfillment boosts feelings of joy, while poor lifestyle choices can harm your happiness.

THE IMPACT OF LIFESTYLE CHOICES ON WELL-BEING

Your lifestyle is created by the choices you make. Your daily habits can impact your physical, mental, and emotional health. Your approach to certain activities can help or harm your well-being. **The following *four pillars of contentment* can help you create more happiness in your life.**

Diet

A healthy diet balances your hormones, which influence your emotions. That's why adopting a healthy diet is important to boosting your happiness.

That means preparing more of your meals. Limit or eliminate highly processed foods – it's those items with a long list of ingredients you can barely pronounce. Eat fresh fruits and vegetables, drink filtered water, and ensure you eat plenty of dietary fiber.

Skip fast food and fried foods. Remove processed sugar from your life and watch your salt intake. Eat protein at every meal, and choose grass-fed beef, free-range, pasture-fed poultry, wild-caught seafood, and organic eggs.

Exercise

Here's a number to take note of - 150. That's the minimum number of minutes health authorities say we should exercise weekly for optimum physical well-being. Break it down however you like.

You can enjoy five 30-minute sessions or ten sessions of 15 minutes each. The key is hitting that 150-minute mark and focusing on **moderately intense physical activities**.

An easy way to judge whether you have built up to a moderate activity level is to try to sing. If you can talk but not sing while exercising, you are performing at a moderately intense level.

Sleep

Adequate sleep is a cornerstone of overall well-being, as it plays a crucial role in physical, mental, and emotional health. Additionally, quality sleep is closely linked to mood stability, cognitive sharpness, and resilience to stress, all of which contribute to a heightened sense of well-being and a better quality of life.

To improve your sleep, establish a consistent sleep schedule by going to bed and waking up at the same time every day. This regularity helps regulate your body's internal clock. In addition, create a relaxing bedtime routine. Activities like reading a book, practicing deep breathing, or gently stretching can signal your body that it's time to wind down.

Social Interactions

Humans are inherently social creatures, and engaging with others provides connection, belonging, and emotional support. These interactions promote mental and emotional well-being, reducing feelings of loneliness and isolation.

Moreover, socializing can boost self-esteem, improve communication skills, and foster community, leading to a more fulfilling and meaningful life. Building and maintaining relationships with friends, family, and acquaintances can lead to a richer and happier life.

CREATING A BETTER BALANCE BETWEEN WORK AND LIFE

Work can be very stressful. Even when you love your job, impossible deadlines and an overloaded schedule can create a lot of anxiety. This leads some people to focus more on their personal lives than their careers. Their work suffers, and they suddenly find their job in jeopardy.

On the flip side, workaholics often find themselves neglecting their home lives, leading to strained relationships and reduced overall life satisfaction. The relentless pursuit of professional success can lead to burnout and negatively impact their physical and mental well-being.

Individuals need to balance work and personal life to ensure that their relationships and overall quality of life are not sacrificed for their career ambitions. One way to do this is with meaningful routines.

What are meaningful routines?

Some routines are dull, like taking out the trash, writing reports, or paying



bills. They must be done, but nothing about them inherently makes you feel fulfilled.

Although, going back to cognitive reframing or the practice of gratitude, you could choose to reframe them and decide to feel grateful that you're able to take the garbage out, you are grateful you have the money to pay your bills, etc. This may not feel completely fulfilling, yet it can take the drudgery out of so called "dull" routines.

Other routines, though, will profoundly talk to you and bring balance to your life.

- Routinely performing random acts of kindness brings joy to others and increases your sense of purpose.
- Starting each morning by writing in a gratitude journal fosters a positive mindset and sets the tone for the day.
- Setting aside time each day to read something inspiring or educational can broaden your knowledge and perspective.
- Scheduling regular quality time with loved ones strengthens your relationships.
- Daily reflection brings a deeper understanding of oneself, improved problem-solving skills, boosted self-esteem and confidence, and a greater sense of contentment and happiness.

Simple routines you are passionate about can help you better balance your personal and professional lives by providing stability and fulfillment. These routines serve as anchors in your day, offering joy and relaxation that can offset stress and negativity.



HOBBIES AND PASSIONS ENHANCE LIFE SATISFACTION

Hobbies make you feel good. They lead to more satisfaction and a better work-life balance. Individuals who prioritize hobbies say they have greater happiness.

You don't have to paint a masterpiece or construct an elaborate bird feeder to receive positive benefits. In fact, you don't

have to be good at your hobby at all. Your mental health and well-being improve as long as you enjoy what you do.

The more passionate you are about your hobby, the more mental and physical health benefits you receive. When you engage in activities that genuinely ignite your passion, you experience a profound sense of joy and fulfillment. This emotional connection to your hobby can reduce stress, elevate mood, and boost overall mental well-being.

Furthermore, pursuing a passion often involves physical activity or mental stimulation, contributing to improved physical health and cognitive function. Whether it's a sport, art, music, or any other hobby, the enthusiasm and dedication you invest in it can transform your health, making it a valuable and enjoyable aspect of your life.

Engaging in hobbies provides a sense of purpose, fostering personal growth and well-being. It cultivates a deeper appreciation for your life and identity while strengthening your relationships with others. So, find something you truly enjoy and make it a regular part of your life.

THE BENEFITS OF HEALTHY RELATIONSHIPS

Healthy relationships are the cornerstone of a fulfilling and meaningful life. They encompass many connections, from family and friends to romantic partners and colleagues, and are pivotal in shaping our well-being.

The benefits of nurturing and maintaining healthy relationships extend beyond mere companionship. They encompass emotional support, improved mental health, personal growth, and a heightened sense of belonging.

People in healthy relationships enjoy higher levels of self-esteem and self-image. They empathize with others and are likelier to trust and cooperate with them.

Better physical health is another well-known and significant benefit of a healthy relationship. When you socialize and bond with others, your immune system strengthens. The risk of getting sick or falling victim to disease lessens. Multiple studies have shown that having strong social support helps a person recover from injury or illness quicker.

This is not surface-level happiness either. The longer you stay in a healthy relationship where both parties benefit, the deeper your sense of contentment. It becomes a lasting health booster. Incidentally, frequently engaging in healthy social experiences can increase your longevity. You live a happier and longer life.

MODULE 03: IMPORTANT TAKEAWAYS

- Your lifestyle choices directly impact your mental, physical, and emotional well-being.
- Your approach to diet, exercise, sleep, and social interactions affects how much happiness you experience.
- You enjoy a more fulfilling, happier, and balanced life when you engage in hobbies and pursue your passions.
- Pursuing healthy relationships gives you higher self-esteem and self-image. It can also bring marked improvement in your physical health.

MODULE 03: EXERCISES

Choose one of the four pillars of contentment and actively work on it.

Your Chosen Pillar of Contentment
Steps You Can Take to Work On It

Create and maintain a meaningful daily routine to help you achieve more balance and happiness. Brainstorm some actions and habits that could be a part of your new routine.

[illegible]

Find a hobby you enjoy and make it a regular part of your life. Reflect on how it benefits your life.

[illegible]

[illegible]



HOMEWORK

Do something today and every day to strengthen your relationships.

MODULE FOUR: SUSTAINING & SHARING HAPPINESS



While striving for present happiness is a common pursuit, the greater and more fulfilling objective is to attain lifelong well-being. The aspiration is not just to survive but to thrive, and factors like resilience, altruism, and community engagement shape this journey toward lasting happiness.

In this module, we delve deeply into the influencers of long-term happiness. Additionally, we provide practical daily actions that can lead to a happier and more fulfilling life.

STRATEGIES FOR SUSTAINING HAPPINESS

As you've already learned, sustaining happiness is an endeavor that goes beyond fleeting moments of joy. It involves implementing strategies and cultivating habits that promote enduring well-being and fulfillment. Here are a few proven strategies for keeping the happiness rolling so life is more fulfilling and joyful.

Frequently Step Outside Your Comfort Zone

The mental, emotional, and physical environments where you feel the most comfortable can be very limiting. You feel at peace and enjoy less stress in these environments because they don't challenge you. It may be comforting but can hold you back from having the best possible life.

While moving beyond your comfort zone can be scary, it can open a whole new world. Stepping into the unknown allows for personal growth and the revelation

of hidden talents and capabilities. Embracing this discomfort can lead to a significant boost in self-image and self-esteem. Courageously pushing the boundaries of your comfort zone ultimately places you in a happier and more fulfilling life, where you find joy in your newfound boldness.

Treat Yourself to Something Enjoyable

Treating yourself to something enjoyable, whether it's dinner at a fancy restaurant, a spa day, an outing with your best friend, or a leisurely afternoon with a good book, can provide a delightful break from the routine and infuse a sense of happiness into your day.

These moments of self-indulgence offer immediate joy and, when pursued regularly, contribute to life-long happiness.

Stop Comparing Yourself to Others

If you look at others and find yourself feeling inferior, inadequate or not as good at or any similar thoughts, it brings up negative emotions. You may decide to take action to do better, succeed, and temporarily feel more confident and happy.

The problem with comparing yourself to others is you will always find people who outperform you somehow, bringing back those negative thoughts and feelings. It's not worth your happiness to compare yourself to others.

Rather than compare yourself to others, focus on your unique strengths, aspirations, and personal growth goals. Compare yourself today with who you were yesterday or last year or some other time period. See the improvements you made within yourself. This fosters a healthier and more positive self-image that lasts.

Choose to Be Happy Today

Your existence unfolds solely in the present moment, as the past is unchangeable, and the future remains uncertain. To experience happiness, you must choose to embrace it now. This choice empowers you to navigate life's challenges with resilience and optimism.

By recognizing that "right now" is the only moment you truly possess and choosing to be happy, you can create a lifetime filled with bliss and fulfillment.

Help Someone Improve Their Life

Kindness brings joy to those receiving assistance and triggers a sense of fulfillment and satisfaction in the person giving. This sense of purpose and connection with others fosters a deep sense of well-being.

Giving creates a positive cycle where the happiness derived from helping others often leads to a greater desire to continue these acts of kindness, ultimately contributing to a more meaningful and contented life.

THE IMPORTANCE OF RESILIENCE IN MAINTAINING HAPPINESS

Resilience is key in maintaining happiness, allowing you to bounce back from adversity. In the face of setbacks, disappointments, or hardships, you can more easily maintain a



positive outlook and adapt to new circumstances.

Resilience allows you to see obstacles as opportunities for learning and growth, contributing to more happiness that can weather life's inevitable storms.

The first step in building resilience is to develop healthy coping skills. The following strategies can help you get back on track when life throws you a curveball.

Acknowledge Your Emotions

It's natural to experience a range of feelings when facing challenges and suppressing or denying these emotions can be detrimental. Instead, allowing yourself to acknowledge and accept your feelings can be incredibly liberating.

This process of emotional validation grants you the space to understand and process your reactions, ultimately leading to a sense of relief and clarity. By embracing your emotions without judgment, you pave the way for healthier coping strategies and more resilience.

Turn to Your Support Group

During challenging moments, having the support of like-minded individuals who genuinely understand your struggles can be an invaluable source of solace and resilience. Knowing you're not alone can provide comfort and validation, making even the hardest times more manageable.

This support network can serve as a lifeline, offering guidance, encouragement, and a reminder that you can weather life's storms and emerge even stronger.

If you don't have a support group of trusted individuals, create one today.



Practice Acceptance

Accepting unpleasant circumstances is a significant aspect of emotional maturity and resilience. Life is often unpredictable, and situations may unfold in ways that you may find challenging or disheartening. However, acknowledging and accepting these circumstances, rather than resisting or denying

them, allows you to cope more positively.

Acceptance doesn't mean agreeing with them. It doesn't mean giving up on your principles or values. It means recognizing that certain factors may be beyond your control.

This acceptance can lead to inner peace and less emotional turmoil and open the door to finding workable solutions or adapting to new realities. Ultimately, it empowers you to navigate life's complexities gracefully, promoting happiness.

Express Gratitude for All Aspects of Life

Expressing gratitude for the positive aspects of life cultivates a mindset of abundance and appreciation, reinforcing your happiness. However, extending gratitude to challenging or negative experiences can be equally valuable.

These negative moments often carry important lessons, opportunities for growth, and a chance to develop resilience. By acknowledging the silver linings or the insights gained from adversity, you find meaning and foster a sense of strength and wisdom to enhance your happiness and resilience.

Gratitude, when extended to all aspects of life, encourages a more balanced and harmonious perspective, ultimately contributing to a more fulfilling and meaningful existence.

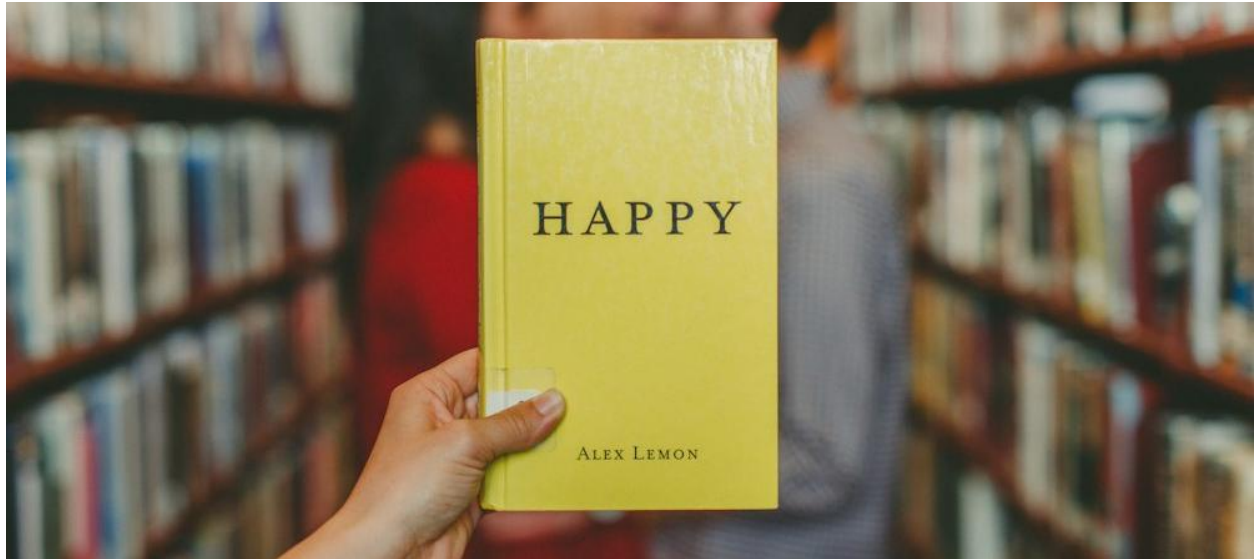
SHARING HAPPINESS THROUGH COMMUNITY INVOLVEMENT

Altruism often arises from a deep well of compassion. When you witness someone in distress, you naturally want to step in and offer assistance. However, this compassionate response is not always possible. There may be circumstances where you cannot directly change someone's situation despite feeling immense empathy for their suffering.

In such moments, your heart may ache for the individual in need, but practical constraints may limit your ability to help. Nonetheless, this doesn't mean you're powerless. Even when you can't directly alleviate someone's plight, you can still make a positive impact by engaging with your community in alternative ways.

- **Volunteer:** Offer your time and skills to local organizations or nonprofits focusing on various social issues, such as homelessness, hunger, or education.
- **Fundraising:** Organize or participate in fundraising events for charitable causes that help individuals in your community.
- **Mentoring:** Offer your expertise and guidance to individuals seeking personal or professional development. Mentoring can be a powerful way to empower others to overcome challenges and achieve their goals.
- **Donations:** Contribute to local charities or community programs by donating goods, money, or resources. Your contributions can make a significant difference in the lives of those less fortunate.
- **Community Building:** Organize events or activities that unite people in your community, fostering a sense of belonging and unity. Strengthening community bonds can have a positive ripple effect on individuals.

- **Spread Awareness:** Utilize your voice and social networks to raise awareness about important community issues. Sharing information and advocating for change can inspire others to get involved.



These indirect forms of assistance and involvement can profoundly impact your community and the individuals within it, allowing you to contribute positively even when direct intervention may not be possible.

MODULE 04: IMPORTANT TAKEAWAYS

- Sustaining happiness throughout your life is possible by following the five strategies you've learned.
- Resilience is key in maintaining happiness, allowing you to bounce back from adversity.
- To develop resilience, you must acknowledge your emotions, use your support group, practice acceptance, and express gratitude.
- Even indirect assistance can greatly impact your community and the individuals within it.

MODULE 04: EXERCISES

Be brave and take a small step outside of your comfort zone today. Reflect on how your actions created positive emotions.

Step You Will Take Outside Your Comfort Zone

Reflect on How It Went:

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[illegible]

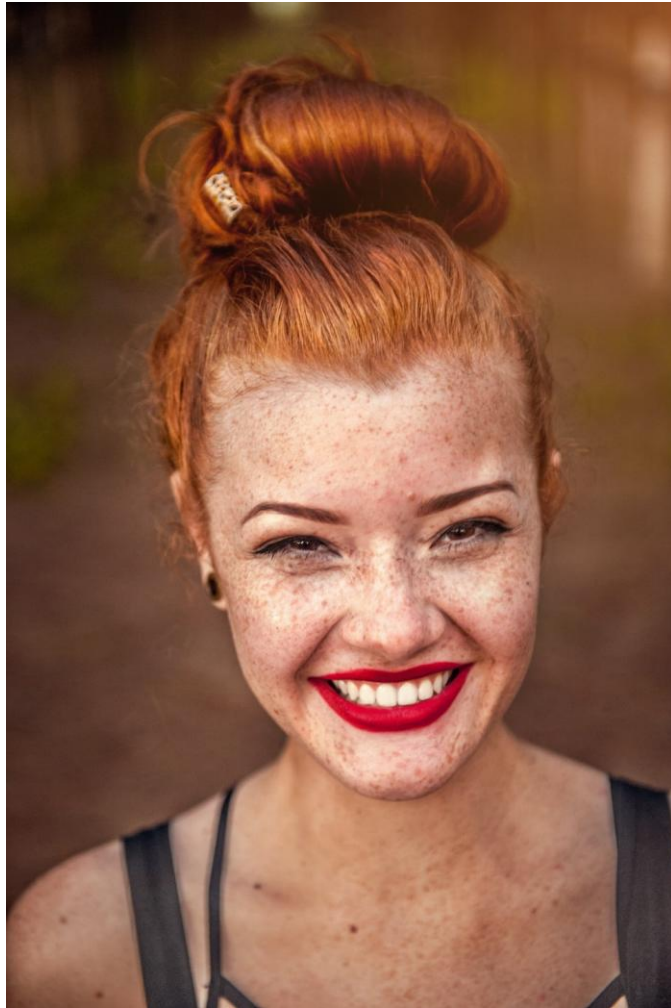
Review a recent setback you encountered. What healthy coping mechanisms did you use to move on with your life?

Recent Setback
Healthy Coping Mechanisms You Used To Move On

Express gratitude for a difficult time you overcame and how it helped you grow.

Difficult Time You Overcame
How Did It Help You Grow

FINAL REMARKS



Congratulations on completing this course! With your acquired knowledge and tools, you are better equipped to take concrete steps toward attaining happiness.

You delved into the meanings of happiness and fulfillment, examining them from psychological and personal angles.

You realize that happiness is a matter of choice, regardless of life's challenges. This means your entire well-being is within your control if you choose to embrace it.

You learned that the brain monitors your emotional state and watches for things that may harm or impede

your happiness.

You discovered that by shifting away from persistent negative thinking and leaning into positivity, the brain responds with a chemical reward, promoting relaxation and happiness.

You found that psychologists, psychiatrists, and neuroscientists agree that a positive mindset leads to positive life experiences. You explored how practicing gratitude, mindfulness, and compassion can set the tone for a positive mindset.

You explored cognitive reframing to transform negative thoughts into positive ones and learned strategies to overcome mental barriers to happiness.

You discerned the significance of lifestyle choices on well-being. Additionally, you discovered how to establish a fulfilling daily routine that includes pursuing hobbies for a healthier work-life balance.

Finally, you explored the importance of resilience for sustaining happiness over the long term and how to strengthen your resilience.

If you didn't complete the exercises, right now is as good a time as any. Start today to prioritize your happiness and give yourself the fulfillment you deserve.

A Word from Jackie Foskett, author of this e-book course:

I'm very grateful that you have chosen to read this e-book course and take on your Happiness using these strategies and practices as your blueprint.

If you would like more support in implementing any of these strategies or feel you need to dig deeper into what is keeping you stuck from having happiness as a solid foundation in your life, please reach out to me, Jackie Foskett.

As a hypnotherapist mind coach, I am passionate about guiding others on their path of happiness, joy and fulfillment.

I would be very happy to schedule a complimentary

"Breakthrough the Challenge of Change" phone session with you.

And, if you mention that you purchased this e-book course, you will receive a very special "Happiness Fee" on any *Series of Sessions* or Programs you choose to purchase.

You can connect with me in a 3 ways:

Email: Jackie@JackieFoskett.com

My website form: <https://healinghypnotherapy.com/how-can-we-help-you/>

Text or phone: [425-941-2051](tel:425-941-2051)

Lastly, I'd love to hear from you about your experience with this e-book course and how it helped you connect more to your own innate happiness.

Warmest regards,

Jackie Foskett of Healing Hypnotherapy

