



HAPPINESS ACADEMY WORKBOOK



by Aimee Bucher

visit aimeebucher.com for the full academy course





Hello Friend!

I'm so excited you are starting the Happiness Academy! So many people are just going through the motions every day and not fully living. But not you! You are ready to take the next step!

This course is designed to help you discover where you're blocking your happiness so you can take action to fully live the life you deserve and want to live!

I would LOVE to hear about your experiences as you go through this course!

Join the conversations at facebook.com/aimeebuch!



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Intro to Happiness — How Satisfied are You with Each Area of Your Life?

Rank your satisfaction with each life area on a scale of 1 to 10. (1 = not even remotely satisfied. 10 = completely satisfied with this area of life.)

Physical Health & Fitness	1	2	3	4	5	6	7	8	9	10
Daily Habits & Routines	1	2	3	4	5	6	7	8	9	10
Physical / Living Environment	1	2	3	4	5	6	7	8	9	10
Intimate Relationships	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Other Family	1	2	3	4	5	6	7	8	9	10
Social Relationships	1	2	3	4	5	6	7	8	9	10
Career / Work	1	2	3	4	5	6	7	8	9	10
Mind & Intellectual Development	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Personal & Spiritual Development	1	2	3	4	5	6	7	8	9	10
Giving Back / Volunteering / Service	1	2	3	4	5	6	7	8	9	10
Fun, Enjoyment, Recreation, & Entertainment	1	2	3	4	5	6	7	8	9	10
Legacy / Hopes & Dreams / Bucket List	1	2	3	4	5	6	7	8	9	10

MODULE #1

Intro to Happiness — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Energy Leadership — Levels Chart*

Level 7

Winning and losing are illusions

I have completely objective thinking. I have no judgement. I am fearless.
I can tap into and use any of the lower levels at will

Level 6

We always win

I experience synthesis, joy, fearlessness. We are all connected and one. There is no good or bad, nothing to improve. I can easily access my intuition.

Level 5

We all win or we don't play

I am at peace. I seek to reconcile all. I am calm, confident, powerful.
I understand you. I have inner peace and fulfillment.

Level 4

You win

I am concerned and compassionate. I want to serve. I am caring, giving, supporting, & helping — focused on you winning and succeeding.

Level 3

I win

I am responsible. I forgive and seek cooperation. I can rationalize anything.
I tolerate, compromise, and explain away resentment, stress, & disappointments.

Level 2

You lose

I feel conflict and anger. I am defiant and will use force to get what I want.
I seek control. I feel stressed & frustrated.

Level 1

I lose

I am a victim. I feel apathetic. I am lethargic. I feel guilt, fear, worry, self-doubt, lack of confidence. I avoid making decisions.

*This chart contains my interpretation of the copyrighted work of Bruce D Schneider and the Institute for Professional Excellence in Coaching (iPEC).

Energy Leadership — Levels Chart* pt. 1



*This chart contains my interpretation of the copyrighted work of Bruce D Schneider and the Institute for Professional Excellence in Coaching (iPEC).

What are the primary energy levels you see in each area of your life?

_____	physical health
_____	daily habits & routines
_____	physical / living environment
_____	intimate relationships
_____	parenting
_____	other family relationships
_____	social relationships

What stands out to you?

Energy Leadership — Levels Chart* pt. 2



*This chart contains my interpretation of the copyrighted work of Bruce D Schneider and the Institute for Professional Excellence in Coaching (iPEC).

What are the primary energy levels you see in each area of your life?

_____	career / work
_____	mind & intellectual development
_____	finances
_____	personal & spiritual development
_____	giving back / volunteering / service
_____	fun / enjoyment / recreation / entertainment
_____	legacy / hopes & dreams / bucket list

What stands out to you?

MODULE #2

Energy Leadership — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Core Values pt. 1 — List of Values

Above and Beyond	Attention to Detail	Cheerfulness	Contentment
Abundance	Attentive	Citizenship	Continuity
Acceptance	Attentiveness	Clean	Continuous Improvement
Accessibility	Attractiveness	Cleanliness	Contribution
Accomplishment	Autonomy	Clear	Control
Accountability	Availability	Clear-Minded	Conviction
Accuracy	Available	Clever	Cooperation
Accurate	Awareness	Cleverness	Coordination
Achievement	Balance	Clients	Cordiality
Activity	Beauty	Collaboration	Correct
Adaptability	Being the Best	Comfort	Courage
Advancement	Belonging	Commitment	Courtesy
Adventure	Benevolence	Common Sense	Craftiness
Adventurous	Best	Communication	Craftsmanship
Advocacy	Best People	Community	Creation
Affection	Bold	Compassion	Creative
Affective	Boldness	Competence	Creativity
Aggressive	Bravery	Competency	Credibility
Aggressiveness	Brilliance	Competition	Cunning
Agility	Brilliant	Competitive	Curiosity
Alert	Calm	Competitiveness	Customer Service
Alertness	Calmness	Completion	Customers
Altruism	Candor	Composure	Daring
Ambition	Capability	Comprehensive	Decency
Amusement	Capable	Concentration	Decisive
Anti-Bureaucratic	Careful	Concern for Others	Decisiveness
Anti-Corporate	Carefulness	Confidence	Dedication
Anticipate	Caring	Confidential	Delight
Anticipation	Certainty	Confidentiality	Democratic
Appreciation	Challenge	Conformity	Dependability
Approachability	Change	Connection	Depth
Approachable	Character	Consciousness	Determination
Assertive	Charity	Consistency	Determined
Assertiveness	Cheerful	Content	Development

Core Values pt. 1 — List of Values

Devotion	Engagement	Feelings	Guidance
Devout	Enjoyment	Ferocious	Happiness
Different	Entertainment	Fidelity	Hard Work
Differentiation	Enthusiasm	Fierce	Harmony
Dignity	Entrepreneurship	Firm	Health
Diligence	Environment	Fitness	Heart
Direct	Equality	Flair	Helpful
Directness	Equitable	Flexibility	Helpfulness
Discipline	Ethical	Flexible	Heroism
Discovery	Ethics	Fluency	History
Discretion	Exceed Expectations	Focus	Holiness
Diversity	Excellence	Focus on Future	Honesty
Dominance	Excitement	Foresight	Honor
Down-to-Earth	Exciting	Formal	Hope
Dreaming	Exhilarating	Fortitude	Hopeful
Drive	Experience	Freedom	Hospitality
Duty	Expertise	Fresh	Humble
Eagerness	Exploration	Fresh Ideas	Humility
Ease of Use	Explore	Friendly	Humor
Economic Security	Expressive	Friendship	Hygiene
Economy	Expressiveness	Friendships	Imagination
Education	Extrovert	Frugality	Impact
Effective	Exuberance	Fun	Impartial
Effectiveness	Fairness	Generosity	Impious
Efficiency	Faith	Genius	Improvement
Efficient	Faithfulness	Giving	Inclusiveness
Elegance	Fame	Global	Independence
Empathy	Family	Goodness	Individuality
Employees	Family Atmosphere	Goodwill	Industry
Empower	Family Happiness	Grace	Informal
Empowering	Famous	Gratitude	Inner Harmony
Encouragement	Fashion	Great	Innovation
Endurance	Fast	Greatness	Innovative
Energy	Fearless	Growth	Inquisitive

Core Values pt. 1 — List of Values

Insight	Making a Difference	Patience	Prepared
Insightful	Mastery	Patient-Centered	Preparedness
Inspiration	Maturity	Patient-Focused	Present
Inspiring	Maximizing	Patient-Satisfaction	Preservation
Integrity	Maximum Utilization	Patients	Pride
Intelligence	Meaning	Patriotism	Privacy
Intensity	Meekness	Peace	Proactive
International	Mellow	People	Proactively
Intuition	Members	Perception	Proactivity
Intuitive	Merit	Perceptive	Productivity
Invention	Meritocracy	Perfection	Profane
Investing	Meticulous	Performance	Professionalism
Investment	Mindful	Perseverance	Profitability
Inviting	Mindfulness	Persistence	Profits
Involvement	Moderation	Personal Development	Progress
Irreverence	Modesty	Personal Growth	Prosperity
Irreverent	Motivation	Persuasive	Prudence
Joy	Mystery	Philanthropy	Punctuality
Justice	Neatness	Play	Purity
Kindness	Nerve	Playfulness	Purpose
Knowledge	No Bureaucracy	Pleasantness	Pursue
Lawful	Obedience	Pleasure	Pursuit
Leadership	Open	Poise	Quality
Learning	Open-Minded	Polish	Quality of Work
Legal	Open-Mindedness	Popularity	Rational
Level-Headed	Openness	Positive	Real
Liberty	Optimism	Potency	Realistic
Listening	Order	Potential	Reason
Lively	Organization	Power	Recognition
Local	Original	Powerful	Recreation
Logic	Originality	Practical	Refined
Longevity	Outrageous	Pragmatic	Reflection
Love	Partnership	Precise	Reflective
Loyalty	Passion	Precision	Relationships

Core Values pt. 1 — List of Values

Relaxation	Self-Respect	Surprise	Usefulness
Reliability	Selfless	Sustainability	Utility
Reliable	Selflessness	Sympathy	Valor
Resilience	Sense of Humor	Synergy	Value
Resolute	Sensitivity	Systemization	Value Creation
Resolution	Serenity	Talent	Variety
Resolve	Serious	Teamwork	Versatility
Resourceful	Service	Temperance	Victorious
Resourcefulness	Shared Prosperity	Thankful	Victory
Respect	Sharing	Thankfulness	Vigor
Respect for Others	Shrewd	Thorough	Virtue
Respect for the Individual	Significance	Thoughtful	Vision
Responsibility	Silence	Thoughtfulness	Vital
Responsiveness	Silliness	Timeliness	Vitality
Rest	Simplicity	Timely	Warmth
Restraint	Sincerity	Tolerance	Watchful
Results	Skill	Tough	Watchfulness
Results-Oriented	Skillfulness	Toughness	Wealth
Reverence	Smart	Traditional	Welcoming
Rigor	Solitude	Traditionalism	Well-Being
Risk	Speed	Training	Willfulness
Risk Taking	Spirit	Tranquility	Winning
Rule of Law	Spirituality	Transparency	Wisdom
Sacrifice	Spontaneous	Trust	Wonder
Safety	Stability	Trustworthiness	Work/Life Balance
Sanitary	Standardization	Trustworthy	Worldwide
Satisfaction	Status	Truth	Zeal
Security	Stealth	Understanding	
Self-Awareness	Stewardship	Unflappable	
Self-Motivation	Strength	Unique	
Self-Responsibility	Structure	Uniqueness	
Self-Control	Succeed	Unity	
Self-Directed	Success	Universal	
Self-Reliance	Support	Useful	

Core Values pt. 1 — Values Discernment

List a value that you've identified as a core value and thoroughly examine it with the questions below to determine if this value is truly one of your core values.

VALUE: _____

WHO ELSE IN MY LIFE HOLDS/HELD
[] AS A CORE VALUE?

HOW CLOSELY ALIGNED DO I
FEEL WITH THAT PERSON?

WHERE DO I SEE
EVIDENCE OF []
IN MY DAILY LIFE?

HOW HAS []
FACTORED INTO A
MAJOR LIFE DECISION?

HOW IS MY LIFE
BETTER BECAUSE
OF []?

NOTES

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Core Values pt. 1 — My Core Values

List the 5-10 values you have identified as your core values. Remember, these may very well change or shift over time. That's normal! You might even shift this list before the end of the course! That's OK. It's part of the process of figuring out who you really are and it can take time to strip away all the layers of who you've been told you're "supposed" to be over the years.

Value:

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Core Values pt. 1 — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

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DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Physical Health	>	>	>	>	>	>	>	>	>	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Daily Habits & Routines	>	>	>	>	>	>	>	>	>	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Physical / Living Environment	>	>	>	>	>	>	>	>	>	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Intimate Relationships	>	>	>	>	>	>	>	>	>	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value. (If you're not a parent, skip this page or change it to something else.)

Parenting	>	>	>	>	>	>	>	>	>	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Other Family Relationships	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Social Relationships	>	>	>	>	>	>	>	>	>	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Career / Work	>	>	>	>	>	>	>	>	>	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Mind & Intellectual Development	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Finances	>	>	>	>	>	>	>	>	>	>	
	>	>	>	>	>	>	>	>	>	>	
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Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Personal & Spiritual Development	>	
	>	
	>	
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	>	

Observations. What stands out to you in this chart? What patterns do you see?

MODULE #4

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

[illegible]

Observations. What stands out to you in this chart? What patterns do you see?

MODULE #4

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

[illegible]

Observations. What stands out to you in this chart? What patterns do you see?

Core Values pt. 2 — Core Values Alignment

List your core values in the boxes on the right. Mark on the arrows how closely this area of life is aligned with each value.

Legacy / Hopes & Dreams / Bucket List	>	>	>	>	>	>	>	>	>	>	
	>	>	>	>	>	>	>	>	>	>	
	>	>	>	>	>	>	>	>	>	>	
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	>	>	>	>	>	>	>	>	>	>	

Observations. What stands out to you in this chart? What patterns do you see?

MODULE #4

Core Values pt. 2 — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Happiness with Your Physical Health – Internal Narratives

Look at yourself in the mirror. Write down the first three thoughts that come to your mind.

THOUGHT #1:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

THOUGHT #2:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

THOUGHT #3:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

Happiness with Your Physical Body — How Well Are Your Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?
What do you want to change?

Value:

Value:

Value:

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Value:

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Value:

Value:

Happiness with Your Physical Health — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

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MODULE #6

Happiness with Your Daily Habits & Routines — What is Your Daily / Weekly Schedule?

Fill in your daily/weekly schedule. We'll use this for a point of reference as you evaluate your happiness with your daily habits and routines,

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
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11:30							

Happiness with Your Daily Habits & Routines — How Well Are You Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?
What do you want to change?

Value:

Value:

Value:

Value:

Value:

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Value:

Value:

Value:

Happiness with Your Daily Habits & Routines — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

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DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Happiness with Your Physical / Living Environment — Environmental Tolerations

What are you tolerating in your living spaces? Use this page to draw or make a list.

Happiness with Your Physical / Living Environment — Environmental Energizers

What energizes you in your living spaces? Use this page to draw or make a list.

Happiness with Your Physical / Living Environment — How Well Are You Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?

What do you want to change?

Value:

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Happiness with Your Physical / Living Environment — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

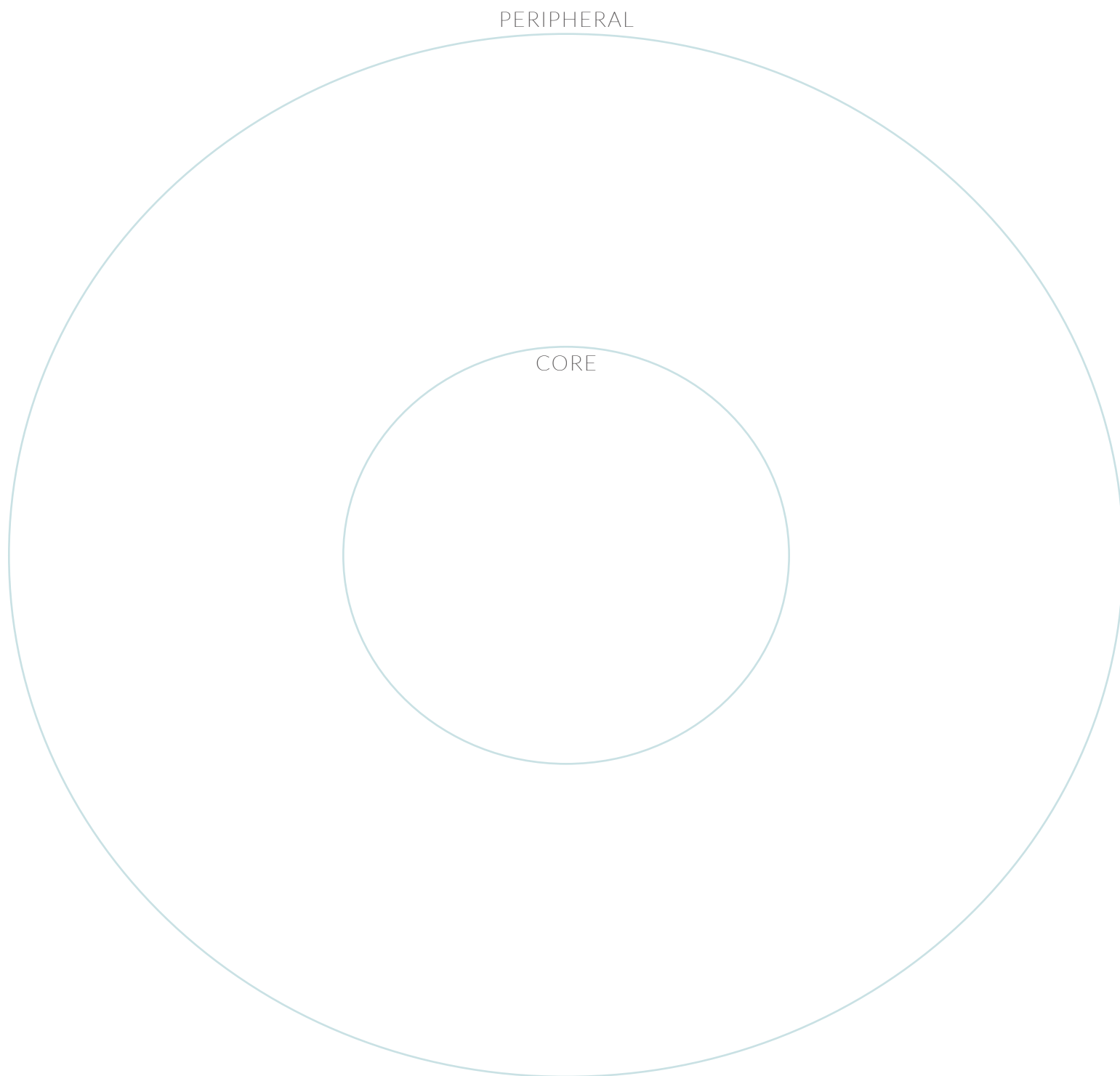
DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.

Happiness with Your Relationships pt. 1 — Tribe Map

PART 1: Write the names of people in your tribe. Include parents, children, family, loved ones, friends, co-workers, acquaintances, etc. Indicate the strength by putting stronger relationships closer to the center.



Happiness with Your Relationships pt. 1 — Tribe Map

Study your tribe map on the previous page. What stands out to you? Do you see any patterns? Use this page to journal your observations.

[illegible]

Happiness with Your Relationships pt. 1 — How Well Are Your Core Values being Honored in Your Relationships?

Value:

Value:

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Value:

Value:

Value:

Choose one relationship for the focus of this exercise.

List each of your core values below. In the circles, **rank the relationship** on a scale of 1 to 10 how much each value is honored within the context of this relationship. (1 = not at all. 10 = completely honoring this value.)

Answer these questions in the space below:

What value numbers stand out to you? Why?
What do you want to change?

Happiness with Your Relationships pt. 1 — How Well Are Your Core Values being Honored in Your Relationships?

Value:

Value:

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Value:

Choose one relationship for the focus of this exercise.

List each of your core values below. In the circles, **rank the relationship** on a scale of 1 to 10 how much each value is honored within the context of this relationship. (1 = not at all. 10 = completely honoring this value.)

Answer these questions in the space below:

What value numbers stand out to you? Why?
What do you want to change?

Happiness with Your Relationships pt. 1 — How Well Are Your Core Values being Honored in Your Relationships?

Value:

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Value:

Choose one relationship for the focus of this exercise.

List each of your core values below. In the circles, **rank the relationship** on a scale of 1 to 10 how much each value is honored within the context of this relationship. (1 = not at all. 10 = completely honoring this value.)

Answer these questions in the space below:

What value numbers stand out to you? Why?
What do you want to change?

Happiness with Your Relationships pt. 1 — How Well Are Your Core Values being Honored in Your Relationships?

Value:

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Choose one relationship for the focus of this exercise.

List each of your core values below. In the circles, **rank the relationship** on a scale of 1 to 10 how much each value is honored within the context of this relationship. (1 = not at all. 10 = completely honoring this value.)

Answer these questions in the space below:

What value numbers stand out to you? Why?
What do you want to change?

Happiness with Your Relationships pt. 1 — How Well Are Your Core Values being Honored in Your Relationships?

Value:

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Value:

Choose one relationship for the focus of this exercise.

List each of your core values below. In the circles, **rank the relationship** on a scale of 1 to 10 how much each value is honored within the context of this relationship. (1 = not at all. 10 = completely honoring this value.)

Answer these questions in the space below:

What value numbers stand out to you? Why?
What do you want to change?

Happiness with Your Relationships pt. 1 — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.




DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

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Happiness with Your Relationships pt. 2 — Tribe Map Marking & Journal

Turn back to your tribe map in MODULE 8 and mark each name according to the type of relationship you have with that person. After you've marked your tribe map, study it. What do you see? Do any patterns emerge? What stands out to you? Journal your observations & thoughts here.

-  Energizing
-  Draining
-  Neutral

Happiness with Your Relationships pt. 2 — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Happiness with Your Career / Work — How Well Are You Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?

What do you want to change?

Value:

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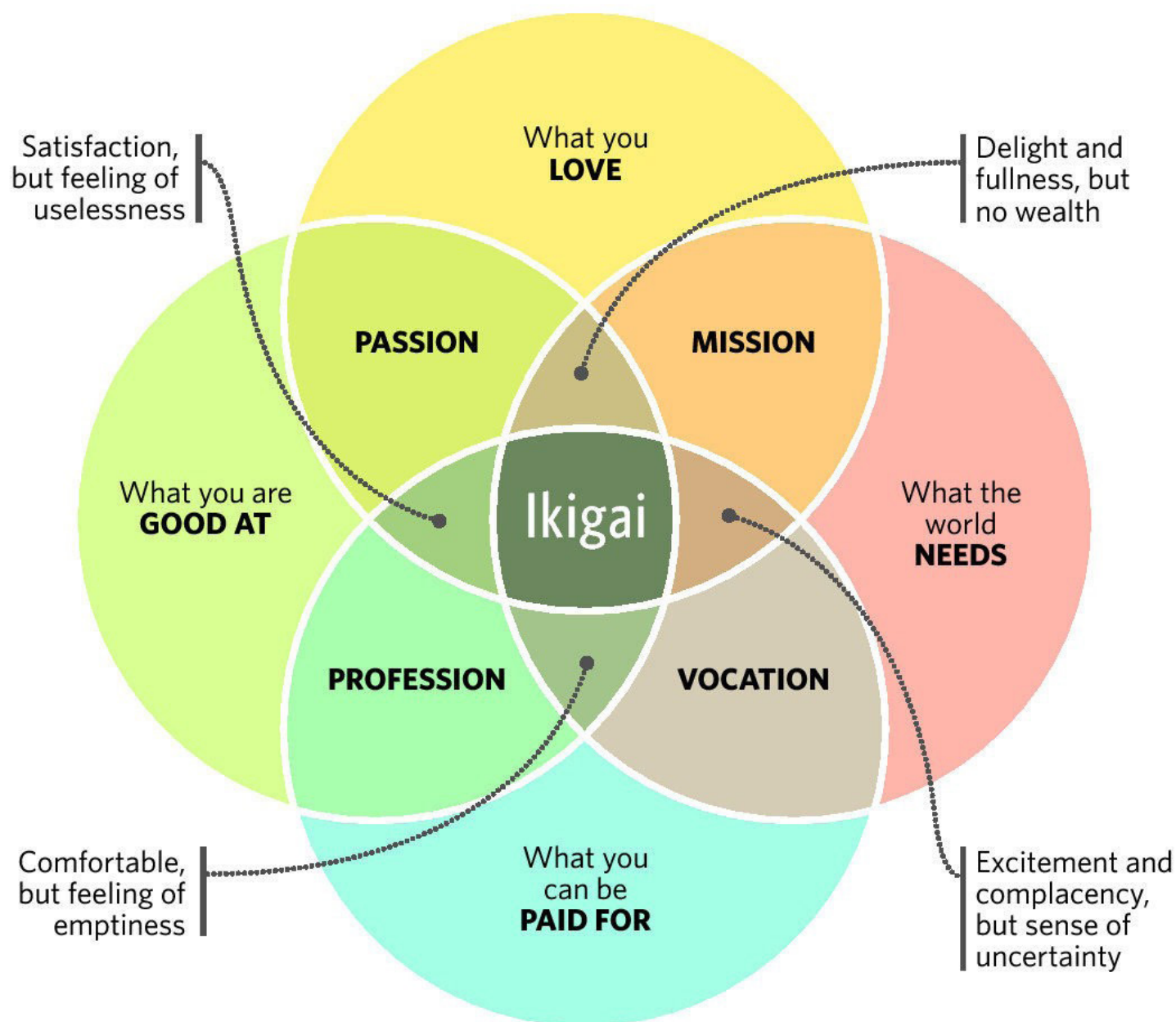
Value:

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Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SOURCE: dreamstime

TORONTO STAR GRAPHIC

Happiness with Your Career / Work — Ikigai

Brainstorm ideas for each circle. Dig past your surface thoughts to the ideas that might seem unrealistic or even “crazy.” Let go of expectations and allow yourself the freedom to dream way past what others might fill in for you in these circles.

What you
LOVE

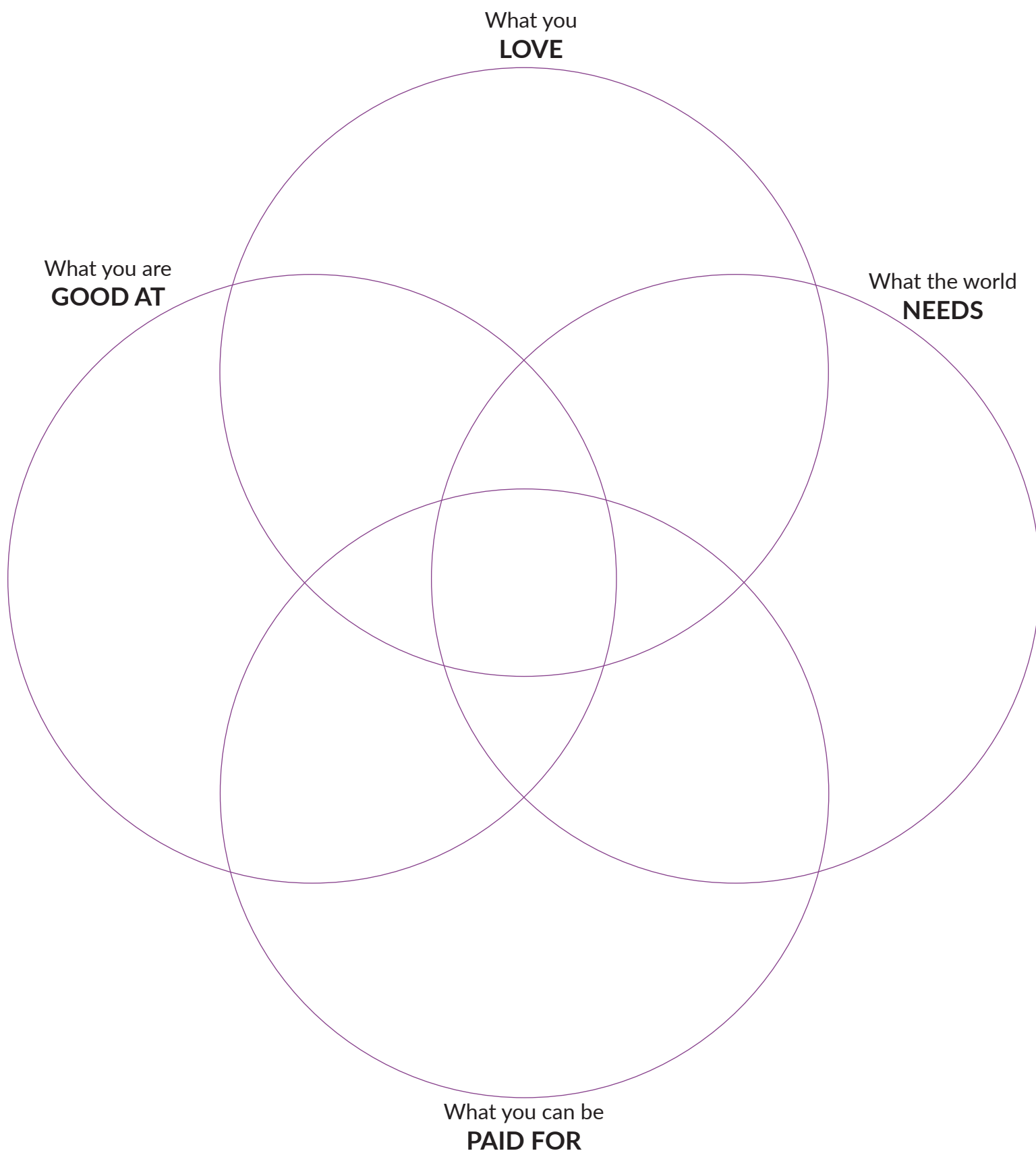
What the world
NEEDS

What you are
GOOD AT

What you can be
PAID FOR

Happiness with Your Career / Work — Ikigai

Pull the most compelling ideas from the previous page and write them here. Where do you see connections? What patterns are emerging?



Happiness with Your Career / Work — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Happiness with Your Mind / Intellectual Development — Three Things

Seek out three new ideas and journal about them below.

NEW THING #1:

How did I feel during and after learning this new thing?

What other things does this make me want to learn more about?

NEW THING #2:

How did I feel during and after learning this new thing?

What other things does this make me want to learn more about?

NEW THING #3:

How did I feel during and after learning this new thing?

What other things does this make me want to learn more about?

Happiness with Your Mind / Intellectual Development — How Well Are You Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?

What do you want to change?

Value:

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Value:

Value:

Happiness with Your Mind / Intellectual Development — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Happiness with Your Finances – Beliefs

What are your beliefs around money and your personal finances? Write them here.

MONEY BELIEF #1:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

MONEY BELIEF #2:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

MONEY BELIEF #3:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

Happiness with Your Finances — How Well Are You Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?

What do you want to change?

Value:

Value:

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Value:

Happiness with Your Finances — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

What does personal and/or spiritual development mean to you? What is most important to you in this area of your life? Journal your thoughts.

This image shows a single 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.

Happiness with Your Personal / Spiritual Development — How Well Are You Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?

What do you want to change?

Value:

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Happiness with Your Personal / Spiritual Development — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Happiness with Your Giving Back / Volunteering / Service — Exploring

CHANGE

What do you
want to change?

IS IT WORKING?

How do you
want to feel?

FEELINGS

How do you feel about
each of these?

ACTIONS

How are you currently
volunteering / giving back?

Happiness with Your Giving Back / Volunteering / Service — How Well Are You Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?

What do you want to change?

Value:

Value:

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Value:

Value:

MODULE #14

Happiness with Your Giving Back / Volunteering / Service — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

Happiness with Your Fun, Enjoyment, Recreation, & Entertainment – Beliefs

What are your beliefs around having fun? Write them here.

WHAT I BELIEVE ABOUT HAVING FUN #1:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

WHAT I BELIEVE ABOUT HAVING FUN #2:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

WHAT I BELIEVE ABOUT HAVING FUN #3:

Where does this belief come from?

How true is it?

What do you want to do with this belief?

MODULE #15

Happiness with Your Fun, Enjoyment, Recreation, & Entertainment – Journal Page

This image shows a single 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.

Happiness with Your Fun, Enjoyment, Recreation, & Entertainment — How Well Are Your Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?

What do you want to change?

Value:

Value:

Value:

Value:

Value:

Value:

Value:

Value:

Value:

MODULE #15

Happiness with Your Fun, Enjoyment, Recreation, & Entertainment — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.

You die today. What will your obituary say?

Date & place of birth. Parents' names. Childhood (siblings, stories, schools, friends). Marriage (date, place, spouse name). Children. Grand children. Education. Employment (jobs, activities, stories). Awards & other recognitions. Military service. Hobbies, sports, interests. Charitable, religious, fraternal, political affiliations and positions held. Achievements. Disappointments. Unusual attributes, humor, stories, quotes, poems.

This image shows a single 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.

Now, write your obituary the way you want it to read after you've lived a long, full life. You've lived the life you truly wanted to live and you've died at a ripe, old age. What does this obituary say?

[illegible]

Happiness with Your Legacy / Hopes & Dreams / Bucket List — How Well Are You Honoring Your Core Values?

List each of your core values below. In the circles, rank yourself on a scale of 1 to 10 how much you are honoring each value in this area of your life. (1 = not at all. 10 = completely honoring this value.)

Value:

Answer these questions in the space below:

What value numbers stand out to you? Why?

What do you want to change?

Value:

Value:

Value:

Value:

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Value:

Value:

MODULE #16

Happiness with Your Legacy / Hopes & Dreams / Bucket List — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

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DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

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Fear Setting — Fear Setting Worksheet

DEFINE

What is the worst
that can happen?

PREVENT

How do I prevent it?

REPAIR

If it happens,
how do I fix it?

BENEFITS

What do I gain with
successful prevention
or repair?

COST

What is the cost of
taking no action?

Fear Setting — Fear Setting Worksheet

DEFINE

What is the worst
that can happen?

PREVENT

How do I prevent it?

REPAIR

If it happens,
how do I fix it?

BENEFITS

What do I gain with
successful prevention
or repair?

COST

What is the cost of
taking no action?

Fear Setting — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.

Life Vision — How Satisfied are You with Each Area of Your Life?

Rank your satisfaction with each life area on a scale of 1 to 10. (1 = not even remotely satisfied. 10 = completely satisfied with this area of life.)

Physical Health & Fitness	1	2	3	4	5	6	7	8	9	10
Daily Habits & Routines	1	2	3	4	5	6	7	8	9	10
Physical / Living Environment	1	2	3	4	5	6	7	8	9	10
Intimate Relationships	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Other Family	1	2	3	4	5	6	7	8	9	10
Social Relationships	1	2	3	4	5	6	7	8	9	10
Career / Work	1	2	3	4	5	6	7	8	9	10
Mind & Intellectual Development	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Personal & Spiritual Development	1	2	3	4	5	6	7	8	9	10
Giving Back / Volunteering / Service	1	2	3	4	5	6	7	8	9	10
Fun, Enjoyment, Recreation, & Entertainment	1	2	3	4	5	6	7	8	9	10
Legacy / Hopes & Dreams / Bucket List	1	2	3	4	5	6	7	8	9	10

Life Vision — Final Course Wrap Up

What are the primary thoughts, ideas, or insights that have come up during this course?

INSIGHT

Are there long-term actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single page of white paper with evenly spaced horizontal grey lines, resembling notebook paper or a template for writing. The lines are thin and extend across the width of the page. There are no margins, text, or other markings present.

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

This image shows a single 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.

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

DAILY JOURNAL

What thoughts are coming up for you today? Use this space to write about them.

[illegible]

BIG TAKAWAYS

List one big insight from each module here

HAPPINESS SCORE MOD 1: _____

HAPPINESS SCORE MOD 18: _____

MODULE 1

MODULE 2

MODULE 3

MODULE 4

MODULE 5

MODULE 6

MODULE 7

MODULE 8

MODULE 9

MODULE 10

MODULE 11

MODULE 12

MODULE 13

MODULE 14

MODULE 15

MODULE 16

MODULE 17

MODULE 18