

THE HAPPY PLANNER

Create a happier, healthier and
more positive you in 30 days.

WRITTEN BY

SARAH DOYLE

THE BETTER LIFE PROJECT

THE HAPPY PLANNER

The Happy Planner is a your roadmap to increased positivity and happiness. It is designed to take all the hard work out of how to cultivate happiness. Using positive thinking, done for you happiness exercises, mindfulness and gratitude the focus is on making each day a happy one. One day at a time!



THE HAPPY PLANNER

... and how to get started.

The Happy Planner is evidence based and takes an holistic towards cultivating happiness. Using a combination of prescriptive (done for you) happiness exercises, lifestyle suggestions and positivity practices we want to show you how to embrace the power of positive thinking and that happiness will work for you, when you work for happiness.

Each page corresponds to a new day and asks targeted questions to help train your mind to always find the positives.

HAPPINESS EXERCISES

Each happiness exercise has been inspired by research and proven to uplift and increase a persons mood.

GRATITUDE

Expressing thanks is one of the most effective ways of boosting happiness. Gratitude can mean appreciation, looking at the brighter side of life, counting your blessings or simply not taking things for granted. Wake up with positive intentions or go to bed with a light heart by expressing thanks for all you have.

POSITIVITY

Being an optimist does not mean that you will never have moments of despair, anxiety and discouragement. It means that you never let these thoughts take over your life. Positivity is a pathway to a happier and more fulfilled life.

THE HAPPY PLANNER

... and how to get started

I MOVE MY BODY

Develop small yet mighty habits around exercise and movement by taking stock of the choices you make everyday to move your body. It's not always going to be about the gym! Exercise is one of the most powerful tools you can use to increase your happiness, energy levels and wellbeing. Exercise makes you less likely to get sick, helps you sleep better at night and will boost your confidence and self esteem. Walks, slow jogs and cycles are a great place to start.

I NOURISH MY BODY

The right food has the ability to make us feel, perform and look great. Conversely, when we feed our body rubbish, we will feel like rubbish. Make sure to look at your GOOD MOOD PRINT OUT for more on the power of food to transform your mood.

NOTES

Use this section to reflect on your day. You can write down your high and low, wins and losses and how you feel.

The next two pages will break down each section, and show you a working example of how you can fill out each day.

My Day

Date:

DONE FOR YOU HAPPINESS EXERCISE

This is where you will find your happiness exercise.

MY PLANS FOR TODAY ARE

DAILY MINI GOALS

What are my mini goals for today?

TODAY, I AM LOOKING FORWARD TO

BUILDING HOPE & OPTIMISM

What is happening today that i am looking forward to? Big or small... it all counts!

THREE POSITIVE THINGS I SAW TODAY

POSITIVE THINKING

Train your brain to see the positives in every day.

THREE THINGS I FEEL GRATEFUL FOR ARE

GRATTITUDE

Trade expectation for appreciation and your whole day will change. You can do this when you wake up or before you go to sleep.

I MOVED MY BODY WHEN

EXERCISE

Moving your body is a form of self care. What choices did you make today to move your body? E.g take the stairs, walk to work, stretch in the morning.

I NOURISHED MY BODY WITH THIS

GOOD MOOD FOOD

What food did you eat to nourish your mind and body?

WHAT IS HAPPENING TOMORROW THAT I AM LOOKING FORWARD TO

BUILDING HOPE & OPTIMISM

What plans do I have for tomorrow that I am excited about? Big or small... it all counts!

NOTES

DAILY REFLECTION

How do you feel? What have you learned bout yourself?

My Day

Date:

Today I want you to carry out a random act of kindness with out expecting anything in return.

MY PLANS FOR TODAY ARE

Go to work. Do my happy exercise in the evening. Go for a 15 minute walk and call my mom!!! Arrange to go to cinema over weekend.

I AM LOOKING FORWARD TO

I am looking forward to some fresh air, I haven't taken a walk in ages! Catching up with Anne about her weekend and talking to mom.

TREE POSITIVE THINGS I SAW TODAY

1. I saw someone smile at their phone.
2. I heard a kid shout bye to his dad when he was leaving for work.
3. Leaves falling off trees. Finally feels like Winter.

THREE THINGS I FEEL GRATEFUL FOR ARE

1. I am grateful for to my mom. She really is the most selfless person I know.
2. The bus driver saw me running and waited.
3. My lunch, it was worth preparing. So tasty!

I MOVED MY BODY

When i ran for the bus. Took a walk and chose the stairs instead of the lift.

I NOURISHED MY BODY

Warm porridge with fresh fruit in the morning. A nice salad for lunch. Lots of water.

WHAT IS HAPPENING TOMORROW THAT I LOOKING FORWARD TO

Tomorrow is a half day at work so I think i might go shopping and try out a new recipe for dinner.

NOTES

I felt good today. I really felt good buying lunch for the homeless person I see on my way to work everyday. His name is Jim. Think I might buy him a coffee tomorrow too, or maybe bring him a blanket. Nights are getting cold.

The background of the entire image is a light pink color with a repeating pattern of cherries and leaves. Each cherry is depicted with a simple outline, a small stem, and a single leaf. The cherries are arranged in a grid-like fashion, with some leaves floating between them.

The 30 Day Journal

My Day

Date:

Today I want you to carry out a random act of kindness with out expecting anything in return. Buy some food for a homeless person.

MY PLANS FOR TODAY ARE

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My Day

Date:

You know that friend you have been meaning to get in touch with for a while? You have been so busy lately that you just keep thinking "I'll call her tomorrow". I want you to arrange a catch up - grab a coffee !

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My Day

Date:

Walk for at least 40 minutes. Leave your phone and music player behind. Start to get to know yourself, listen to your thoughts and BE IN THE MOMENT.

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My Day

Date:

Buy 2 plants! One plant is for your desk in work and the second plant is for your home.

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My Day

Date:

Today I want you to cook something something, from scratch, for dinner. Preparing food can be relaxing so keep the TV off, put your phone in another room and enjoy. Set the table. Break out the fine china. Light a candle. Put on some sexy music. Enjoy!

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My Day

Date:

I want you to write a thank-you letter to a person in your life that you love and care for. Reflect on the difference this person has made in your life and all they have done for you. Put a stamp on the envelope. Post the letter!

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My Day

Date:

Think about an issue that makes you feel bad about yourself (your body, relationships, career, living circumstances, qualifications etc). Write a letter to yourself from the perspective of an imaginary friend – a friend who is unconditionally loving, kind, accepting and compassionate of you. What would this friend say to you from a place of unlimited self compassion.

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My Day

Date:

I want you to shake up your routine. Go to a different coffee shop for your morning fix, get off the bus or train a stop early and walk the rest of the way or take your lunch at a different time.
Variety is the spice of life.

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My Day

Date:

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My Day

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Today, I want you to buy yourself a beautiful bouquet of flowers.

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My Day

Date:

Today, I want you to laugh. Pick your favourite comedian and watch one of their shows. Grab some popcorn and make yourself comfortable :)

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My Day

Date:

Walk tall. Walking with an upbeat stride might make you feel happier, Your physiology influences your psychology.

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My Day

Date:

Do something nice for someone else today. It could be helping y our colleague who is struggling with their work, or brining a dinner home for your mom and dad.

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Listen to happy music and think about something that makes you feel good.

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My Day

Date:

I want you to meditate. Meditation may be helpful in lowering stress levels and reducing symptoms of mild depression, and has been linked with emotional well-being and improved sleep. Use the Headspace App.

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My Day

Date:

Enjoy a nice cup of tea (or coffee). Noticing and appreciating life’s small pleasures can literally rewire the brain for happiness by shifting the brain’s negativity bias. Have a bickie too.

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My Day

Date:

Helping others could go a long way towards helping yourself.
Research has found that ***volunteering*** can boost happiness, ease depression and even help you live longer.

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My Day

Date:

Using your journal, I want you to think of 3 happy times. Feeling nostalgic about the past can make you feel happier and more optimistic about the future.

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My Day

Date:

Have you ever felt completely immersed in one single activity or event, a moment when all energy is focused on one thing and the rest of the world fades into the distance. This is called flow. What do you do to experience this?

MY PLANS FOR TODAY ARE

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My Day

Date:

I want you to spend money on someone else. Have you noticed that your colleague in works needs a new pen, or maybe a friend hasn't stopped talking about a new body wash? Surprise them and notice your happy mood soar.

MY PLANS FOR TODAY ARE

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My Day

Date:

Bin your negative thoughts. I want you to write your negative thoughts on a piece of paper and throw in the bin. Research shows that people who physically discarded a representation of their thoughts, they mentally discarded them as well.

MY PLANS FOR TODAY ARE

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My Day

Date:

Social psychologist Amy Cuddy has shown how ‘power posing’ ; standing in a confidence posture even when we don’t feel confident can affect levels of testosterone and cortisol in the brain and improve our chances of succeeding. Fake it, till you make it!

MY PLANS FOR TODAY ARE

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My Day

Date:

Reflect on one of the happiest and most rewarding parts of this journey for you so far. What did you learn about yourself? Write three things down in your journal that signify how strong you are becoming.

MY PLANS FOR TODAY ARE

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I AM LOOKING FORWARD TO

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My Day

Date:

I want you to buy happiness today! But wait, here me out....Spend money on maintaining strong bonds with friends and family and on looking after your health. Buy experiences, not things.

MY PLANS FOR TODAY ARE

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My Day

Date:

Chat to someone. A simple chat can boost your happiness but don't forget that a conversation is a two way street so be a good listener as well.

MY PLANS FOR TODAY ARE

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My Day

Date:

Have fun and play. Call you best friend or you sister and arrange a play date with your nieces and nephews. Having fun and playing is such an obvious way to improve happiness and is also backed by a lot of research.

MY PLANS FOR TODAY ARE

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I AM LOOKING FORWARD TO

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My Day

Date:

Say no! Remember, when you say no to others you say yes to yourself. Saying no is important in order to make sure you aren't taking on too much and that you are setting clear boundaries.

MY PLANS FOR TODAY ARE

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I AM LOOKING FORWARD TO

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My Day

Date:

Today I want you to write down 10 more things on your happiness to do list.

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My Day

Date:

Today is a COMPLAIN FREE DAY! I want you to consciously strive for positive thoughts all day. When you notice negative self talk or thoughts begin to grow, I want you to replace with a positive one.

MY PLANS FOR TODAY ARE

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My Day

Date:

Reflect on one of the happiest and most rewarding parts of this journey for you so far. What did you learn about yourself? Write three things down in your journal that signify how strong you are becoming.

MY PLANS FOR TODAY ARE

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*Congratulations
You did it!*