

30 DAYS 30 HABITS

[Exercise Book]



30 DAYS OF HAPPINESS
30 DAYS 30 HABITS

MASTERCCLASS

DAY 1: HABIT #1



Organisation & Routine

Write down **YOUR 5 Priorities** in your life right now.

They might be: Family, health, saving for a holiday, kids, finishing a degree ect...

Five horizontal rounded rectangular boxes for writing, each preceded by a small orange circle.

Time Blocking

Grab out your calendar whether it's a physical one, google or outlook and lets start time blocking.

Firstly you are going to time block every priority you just wrote down. Create a calendar invite for each. These now become non-negotiables for you want your life to be organised but also fulfilled.

Remember: *It's not about doing MORE it's about doing the right things properly, productively and consistently.*

DAY 2: HABIT #2



Your Morning Routine

Introducing MIT'S (Your Most Important tasks)

I suggest at the end of every day you write down your MIT'S for the next day. Your MIT'S will consist of the 3 most crucial tasks you NEED to get done that day so the needle moves forward tomorrow.

Fill in the following:

Wake up time: (Keep consistent daily. Your body is like a clock and it gets used to waking up at the time time every day)

1st Hour of the day: (MITS)

2nd Hour of the day: (Get some sun and move your body)

3rd hour of the day: (Get ready for your day)

Tip: Make sure these are in your calendar on recurring daily. We want this morning routine to become a **HABIT.**

DAY 3: HABIT #3



Your Night-time Routine

After you finish your work day grab out a pen and paper and start writing out your EOD report. An EOD stands for (End of day report) which consist of questions you should answer to be prepared for tomorrow as well as assess what went well today.

EOD report template here:

List my 3 MITS (Most Important task) for tomorrow!

List everything that you have to do that is not scheduled in my calendar.

What did I do well?

What can I do better?

How can I help someone else tomorrow?

What are 3 things you can take action on to make your night time routine amazing?

DAY 4: HABIT #4



Words Of Affirmation

Affirmations are positive statements that can aid you in challenging and overcoming self-sabotaging negative thoughts, beliefs, and actions. When you repeat them often and believe what you're actually saying and the emotions you feel attached to the words, you can start noticing small yet positive changes in your life and thought processes.

Try these affirmations or try creating your own!

Attracting Affirmation

"I don't chase; I attract. Whatever belongs to me will find me."

Money Affirmation

"Money comes to me easily and effortlessly."

Confidence Affirmation

"I am worthy, I am confident, I am loved, and I choose to believe this."

You can find more affirmations like these in the resource tab at

www.30daystohappiness.com.au/resources

Learn More!

In the book **30 Days To Happiness** I show you how to create your own affirmations that are related to you and your needs!

Purchase Your copy at www.30daystohappiness.com.au

DAY 5: HABIT #5



Health is Wealth

Exercise

If you have your health, you will have fewer issues to deal with, less anxiety and negativity, and more motivation to live a happy and healthy life. To obtain good health, an invaluable asset, we need to adopt a healthy lifestyle.

Action Step:

Plan in your calendar/dairy when, where, what & how you will exercise and move your body this week!

WHEN:

WHERE:

WHAT:

HOW:

Learn More!

If you would like a personalised exercise program catered for you, your body type and lifestyle please email hollismithpt@gmail.com

Otherwise joining the Biz Fit Club and receive all the meal plans, exercise programs, coaching, macro trackers and more!

www.bizfitt.com

Thought for the day: Make exercise part of your daily routine and lifestyle.

DAY 6: HABIT #6



Health is Wealth

Nutrition

If you stick to the 'whole food rule' you can't go wrong.

Whole foods consist of anything from the ground, tree, vine or animal.

Whole foods are NOT anything that is Processed, full of preservatives and refined sugars.

Think WHOLE as in NATURAL.

Action Step:

Write out a daily meal plan for yourself with the 'WHOLE FOODS RULE' and see how you feel by the end of the week!

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

Snack:

Learn More!

If you would like a personalised meal plan catered for you, your body type and lifestyle please email hollysmithpt@gmail.com

Otherwise joining the Biz Fit Club and receive all the meal plans, exercise programs, coaching, macro trackers and more!

www.bizfitt.com

THE BIZ FIT CLUB

START YOUR 7 DAYS FREE TRIAL TODAY!

LEVEL UP & CREATE HIGH PERFORMANCE HABITS THAT STICK!

If you're looking to take control of your life you're in the right place. If you're struggling to stick to a routine, experiencing burn out or can't lose that stubborn belly fat, we give you everything you need to take action and create long lasting sustainable habits.

I've helped 100+ men & women gain control of their days, create high performance habits, become more productive & hit their health & fitness goals!

Get Access to:

- Exercise programs for your goal
- Meal plans for your body type
- Macro and measurement calculations
- Coaching videos to get results
- Be apart of a like minded community & More!

Join Here!

DAY 7: HABIT #7



Smiling

Most of us see the act of smiling as a voluntary response to things that bring joy or happiness in our lives. However, it can be the other ways around, too. Even faking a smile can improve your mood by instructing your brain to release happy hormones such as dopamine, serotonin, and endorphins.

Action Step:

1. Be conscious today to smile everywhere you go and make it a habit to smile when you're also unhappy. Trick that brain of your and take control!
2. Where is one location you could pick to remind yourself to smile. E.g. The car, bathroom, when you just wake in your room.



DAY 8: HABIT #8

Posture

Be mindful of your posture today and make sure you are tucking that stomach in, straightening that spine, pushing those shoulder back and your neck/chin is in proper alignment.

Here is a quick posture exercise I do daily. I have been doing this exercise daily/weekly for 12 years!!!!

https://youtu.be/aMX_trqrgXU

DAY 9: HABIT #9



Self Talk

Do you speak to yourself like you love yourself? If not, When was the last time you said that inner villain inside you to shut up?

Action Step:

Today, make it a challenge not to let one word or thought control how you feel. It's time to shut down that inner critic and speak to yourself as you love yourself.

Say these mantras - Say them out loud and proud every morning.

Everything I do today succeeds and prospers and it feels amazing

I am ready to receive all the good life has to offer!

I'm greeted with financial success everywhere I go

I am at home in my body and I feel peace and joy

Every day in every way I am getting better and better

I welcome miracles into my life today and it feels amazing!

DAY 10: HABIT #10

Saying Yes & No

Try This Exercise

Before you make your next decision and have to provide an answer, ask yourself these 5 questions, listen to your gut and then make a decision.

Is this going to serve me right now?

Does this person really need me and not just use me?

Is this an opportunity in 5 years time I will be thankful for? 4. Is this decision in line with my values?

Do I have anxiety or uncertainty about this decision? If so, why?

DAY 11: HABIT #11



Having Fun!

Having fun is something we forget to take part in when life gets busy and we have commitments. Maybe you feel like you're on a bit of a hamster wheel right now?

Action Step:

Plan something FUN you have been wanting to do for a while now. Do it now because time waits for no one!

A large, empty rectangular box with a black border, intended for the user to write down their plan for the day.

DAY 12: HABIT #12

Who you surround yourself with is who you become.

You need to start hanging out with people who bring out your best version and help you prioritise life the right way. They are the real MVPs. Your true friends and family love you more than you think. They are the ones who tell you when you are losing your way. They care enough to have those difficult conversations that most people avoid.

Action Step:

Who are the 5 closest people you currently surround yourself with?

Want to surround yourself with like-minded people? Join the 30 Days to Happiness community on Facebook. Let's keep each other accountable to live a happier life!

www.facebook.com/groups/30daystohappinesscommunity

DAY 13: HABIT #13



Forgiveness

Forgiving others, forgiving yourself and forgiving the world is crucial because as soon as you let go of all lack and resentment, you now have an opportunity to become abundant and filled with internal gratitude.

Action Step:

If you are having trouble forgiving yourself, the world or others, here are a few things you can do that may help.

- Write a letter to yourself
- Write a letter to someone you need to forgive. Write one letter and get all the emotion out on paper. Then...throw it in the bin! Then write another one and if you feel comfortable enough, give it to that person to read.
- Feel the emotion. Every time you feel that anger, unforgiveness, or anxiety, take the time to feel the emotion and understand where it is coming from in the body. Then say out loud "I choose to forgive (them or myself) even if I don't want to." This help so much with the forgiveness process so much rather than shoving it under the rug.

DAY 14: HABIT #14

Breathing & Stretching

You need to start hanging out with people who bring out your best version and help you prioritise life the right way. They are the real MVPs. Your true friends and family love you more than you think. They are the ones who tell you when you are losing your way. They care enough to have those difficult conversations that most people avoid.

Action Step:

Put into your calendar today where you will spend 5 minutes practicing deep breathing.

In my book 30 days to happiness, I take you through step by step breathing method to reduce anxiety and calm the body and soul. I also take you through specific stretches to relieve stress and help you sleep! For more stretching ideas, visit the resource tab at www.30daystohappiness.com.au/resources.

DAY 15: HABIT #15



White Space Thinking

When you intentionally spend time thinking with no music or distractions it allows you to naturally solve problems, be creative and come up with new ideas for whatever is going on in life. I call this white space thinking. I like to do it when I go for walks without music or laying in bed as I fall asleep.

Action Step:

Schedule in your calendar 10 minutes a day where you just sit down, go for a walk or lay down & just think. Let's see what comes out of it!

What new solutions or creative thoughts came out of it?

A large white rectangular box with a soft yellow glow around it, intended for the user to write their answers to the question above.

DAY 16: HABIT #16

Living Your True Purpose

I truly believe that everyone on planet earth has a purpose. If you think you don't know your purpose, you fool yourself. Because deep down, inside your mind and heart, you really do know the purpose you have been created for. You just haven't had the right chance to identify it.

Action Step:

Here are my 3 favourite questions to ask yourself to help one find their purpose:

1. What makes you the happiest and most fulfilled in life?
2. If I owned a bookshop with only ONE kind of book what would it be about?
3. What would you do every single day even if you didn't get paid for it?

In the happiness formula teachable course you will find a whole module on how to find, use and take action on your purpose which also comes with a purpose workbook which has changed the lives of 100's of people already to help them find their purpose.

Access it here: 30-days-to-happiness-formula.teachable.com

DAY 17: HABIT #17



Knowing Your WHY [Your reason to live]

Action Step:

In today's video I am going to take you through the 7 WHYS DEEP EXERCISE to help you find your why in different areas of your life and also help you understand your agenda and why before making a big decision.

What is one thing you want to know your WHY to?

What was the 7th WHY from doing the 7 reasons deep exercise?

DAY 18: HABIT #18

Letting Go

Letting go releases all the stress, doubt, and fear about a particular person or situation. Letting go releases anything that disrupts your happiness or no longer serves you in this journey of life.

Action Step:

Here is one of my favourite ways to let go of hurt, pain, anxiety or stress is to simply become aware of it.

- Feel the emotion, where it is coming from and why you are feeling like this.
- Then write down 20 positive outcomes of having this emotion.
- Then simply CHOOSE to let go and focus your attention and energy to something that makes you happy.

What were 3 emotions you felt & were aware of today?

THE HAPPINESS FORMULA

THE COURSE

Be the ruler of your own happiness. How to Find purpose, create amazing habits, live your dream life & wake up happy every single day!



Today you have come here and are here for a purpose. You want more in life. More in your health, wealth, finances, relationships, and personal development.

Maybe you have a clear vision of your goal or dream, but no action plan to get there.

You came here because you want to become happier on a daily basis. You want to wake up happy every single day. And you know what?

Every circumstance, traumas, past experiences & current experiences don't have to hold you back from reaching your full potential anymore.

You CAN wake up happy, every single day & live in purpose!

GET LIFETIME ACCESS FOREVER!

In the course you will experience:

- How to create habits that stick
- Find your purpose & use it for good
 - Creating your dream life
 - Financial habits for wealth
- Exercise routines & meal plans
- A like minded community & support
 - And lots more!

Get access Now!

30-days-to-happiness-formula.teachable.com

DAY 19: HABIT #19



GRATITUDE

Gratitude is one of the key elements of a happy & content life.

What would your life look like if you were grateful for absolutely everything?

Write down 5 things you are grateful for today...

-
-
-
-
-

DAY 20: HABIT #20

The Blame Game

Your happiness is your responsibility. Don't rely on a person, the environment, your job, your spouse, or even your children to make you happy.

Ask yourself...

What do I currently blame people for?

Who have I blamed in the past?

What is one way you can take ownership of these situations?

DAY 21: HABIT #21



Catch Your Words

Being in control all the time of what you say and think is hard. But it is a habit we NEED to adapt. Words have power and carry a certain energy. Therefore, every word that comes out of your mouth is like an affirmation, positive or negative

Action Step

List a few negative words or phrases you have caught yourself saying recently and write next to them what you could replace them with.



DAY 22: HABIT #22

Do What You Love

Think of, write down and schedule ONE thing you can do every day, every week, every month, and every year you love! This is one way to enjoy life, have something to look forward to, and increase your overall happiness!

WEEKLY

MONTHLY

YEARLY

DAY 23: HABIT #23



Stop Assuming and Start Consuming the Present

True happiness is when you are in a so-called “unhappy” situation but still can find purpose.

Action Step

What situation right now are you unhappy with or in?

How could you resolve this? E.g. change my outlook, talk to someone about other options

What situation or things have you thought would make you happy by actually did the complete opposite or didn't make you as happy as you thought you could be?

DAY 24: HABIT #24

Be the Leader of Your Own Happiness

Being happy is nothing but a state of mind. A state of mind that starts with you and you only. So, day 24 is all about taking charge of our own happiness.

ASK YOURSELF...

If in 12 months from now I am the happiest I have ever been and have had the most successful year of my life, what has happened?

DAY 25: HABIT #25



Financial Happiness

I believe that money does not define your happiness; it just gives you the opportunity.

Action Step

Write these affirmations on your wall and say them out loud every morning and night. I have to say, money affirmations changed my life, and they do work. You just have to do them every day and stay consistent.

- "Money does not define who I am."
- "My happiness is not defined by money."
- "I love money, and it allows me to enjoy my life."
- "I don't need money to make me happy."

Now, list a bunch of things that make you happy that do not have a monetary value or do not involve money.

DAY 26: HABIT #26

Happy Values

Values will distinguish the way you live your life. And that is why it is so important that you actually know and are in tune with your core values.

ACTION STEP

Write down your 5 values you believe & live by

A large white rectangular box with a thin black border, intended for the user to write down their five values.

Use the 220 values sheet if you get stuck at
www.30daystohappiness.com.au/resources

30 DAYS TO HAPPINESS

THE BOOK



Many people have a philosophy on what true happiness really is and how to reach it. Holly Smith the author of 30 days to happiness believes that internal happiness & joy comes from the habits that we build and live by on a daily basis. Habits are the foundation for any kind of change physical, mental, emotional, or behavioral. The focal point of this book is to create & build specific habits that will not just magically help you to become happier, but to maintain and understand where your true happiness comes from.

Within this book you will find 30 chapters with 30 happiness habits which have been designed to be adapted, implemented and read on a daily basis. If you can implement one habit each day in 30 days, you will see a shift within your health, mindset, habits and overall outlook on life. The habits in this book take work, but if implemented them and take action, you will become your most happiest content and authentic self with a clear understanding to why you are alive today.

Some habits included within this book are:



Wellness Habits



Self Belief



Letting Go



Financial Happiness



Finding Purpose

Get Your Copy Here!

www.30daystohappiness.com.au

DAY 27: HABIT #27

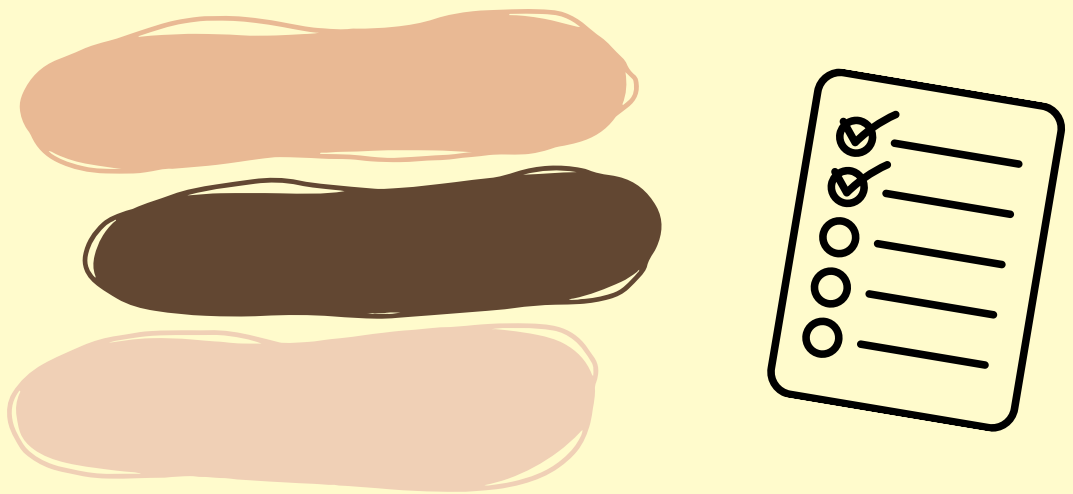


Just Do It!

Procrastination is a phenomenon that affects more than just humans. According to Newton's First Law of Motion, A body at rest will remain at rest unless compelled to move.

Action Step

What are 3 things you know you have been putting off that NEED to get done this week? List the down then schedule them in your calendar.



DAY 28: HABIT #28

Fail Faster

"Failure is not the opposite of success. It's a part of success."
-Arianna Huffington

ACTION STEP

1. Write down one thing you are scared to take action towards at the top of your page because you might be fearful you will fail.
2. Write down 19 times you could fail at this task. For example, I will hand out 19 resumes. If I do not get a callback, I will keep handing out resumes until I do.

DAY 29: HABIT #29



Finding Happiness In Failing

That is how strong your mind is. You believe what you want to believe. So, stop taking failure as a barrier in your journey towards happiness. It is all part of this marathon we all are running – the marathon called life.

Action Step

Write down and think back to a time you failed. Ask yourself...how can I find positives in this failure. Is this a failure or just a little challenge on the way to a big success!

A large, empty white rectangular box intended for the user to write their response to the action step.

DAY 30: HABIT #30

A Higher Power

Happiness is always in the present. We have to stop searching for it constantly and learn to live in the moment.

Remember, *happiness = contentment.*

ACTION STEP

How do you let go of everything you may not have control over?

Spend some time sitting down, eyes closed, no distractions and practice letting go and being grateful today.

WHAT NOW?

You maybe thinking....

"What happens after the 30 days?"

Its important to beheld accountable and continue these habits every single day until they become on autopilot.

Here are 3 way you can take action now to continue living a happier life.

1

The Happiness Formula Course: Be the ruler of your own happiness. How to Find purpose, create amazing habits, live your dream life & wake up happy every single day!

Join Here:

[30-days-to-happiness-formula.teachable.com](https://30daystohappiness.com.au/30-days-to-happiness-formula.teachable.com)

2

Happiness Forever: Be held accountable to live your dream life and create the action plan to get from a-b asap whilst creating amazing habits & work like balance through 1:1 coaching. **Book a clarity call here:**

<https://calendly.com/bizfitt/hsfitnesscoaching>

3

30 Days To Happiness: Already hundreds of copies sold around the world! Get your copy today and get a deeper understanding of specific habit and philosophies that will change your life forever!

Purchase it here: <https://30daystohappiness.com.au/>

Holly Smith