

# 7 DAYS TO INSTANT HAPPINESS

*A Mini Guide* 

# W E L C O M E

*Hi There!*

Discover the secrets to jumpstart your happiness journey with our free mini-guide. In just 7 days, you'll receive daily tips, exercises, and inspiration to boost your mood and well-being. Start experiencing more joy in your life today!

Happiness is an essential part of our lives, yet it can be challenging to cultivate. We often get caught up in the stresses of daily life and forget to prioritize our happiness. That's why we've created this free mini-guide to jumpstart your happiness journey.

Our mini-guide is designed to be easy to follow and accessible to everyone. Whether you're dealing with stress, anxiety, or just feeling a bit down, our tips and exercises will help you feel more positive and energized.

It's about time you start experiencing more joy in your life!

*♥ Katie*

## **ABOUT KATIE**

Happiness Consultant. #1 Best Selling Author, Public Speaker, Online Entrepreneur, Coffee Addict, Champagne Lover, List Maker, Box Checker, Recovering Lawyer, Matching Family Pajamas Enthusiast, Dreamer.

A small-town girl from Minnesota living her best life right outside of Washington, DC, with her two kids and adorably patient husband.





## DAY 2: DAILY GRATITUDE PRACTICE

*Day 2 is all about gratitude – a cornerstone of happiness.*

### *Your task:*

Let's play a little game of gratitude! First, name three things that made today special. Then, let's take a closer look at why each of these things fills you with joy and makes your heart sing. Trust us, gratitude is a magic genie that can unlock a treasure trove of good vibes and happy feelings. Make this a daily habit, and watch as your world becomes a brighter, more colorful place. If gratitude feels hard, replace gratitude with the word appreciation and see if that helps.

# DAY 3: MINDFUL MEDITATION FOR HAPPINESS

*Today, we explore the power of mindfulness.*

## *Your task:*

Mindfulness reduces stress and enhances well-being.

Try a 5-minute mindfulness meditation.

To do this: find a quiet space, focus on your breath, and let go of distractions. After, consider making meditation a daily habit.



## TRY THIS 5 FINGER BREATHING BRAIN BREAK!

Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.

## DAY 4: ACTS OF KINDNESS AND GIVING

*Spreading Kindness and Joy to Others*

### *Your task:*

Sprinkle some kindness confetti today! It's as easy as a compliment or lending a hand to someone in need. With each act of kindness, happiness sparks and positive vibes soar. Go on, make someone's day!

In a world where negativity can sometimes feel overwhelming, it's important to actively seek ways to spread positivity. Small acts of kindness can greatly impact both the giver and the receiver. It's not only the act of kindness itself that can bring joy but also the ripple effect it can have on others.

When someone witnesses an act of kindness, it can inspire them to do the same. So, let's all consciously try to sprinkle kindness confetti wherever we go. You never know whose day you might make a little bit brighter.

### *Challenge:*

*Kindness is a skill that can be practiced through small gestures such as compliments, smiling, and holding doors open. Even in difficult situations, responding with empathy and compassion can make someone's day brighter. Incorporating kindness into our daily routine can benefit others and our own well-being, increasing happiness and reducing stress.*

*Can you make kindness a daily habit?*



## DAY 5: BUILDING POSITIVE RELATIONSHIPS

*Today, we focus on nurturing relationships for happiness.*

### *Your task:*

Pop open your phone and dial up your nearest and dearest! Share a heartwarming story or let them know how much they mean to you. Strong bonds are like a cozy blanket on a chilly day, warming your soul and keeping you strong. Spread the love, and let the good times roll!

- Healthy relationships provide a strong foundation for emotional support. Having someone to share your thoughts, feelings, and experiences with can help alleviate stress and promote emotional well-being.
- Positive social interactions trigger the release of neurotransmitters like oxytocin and serotonin, contributing to feelings of happiness and fulfillment.
- Supportive relationships act as a buffer against stress. Knowing that you have people who care about you can make coping with life's challenges easier.
- Strong social connections are associated with a lower risk of mental health issues such as depression and anxiety. Socializing and feeling connected can positively impact your mental well-being.

**Invest time in meaningful connections for lasting happiness.**

# DAY 6: CULTIVATING A POSITIVE MINDSET

Welcome to Day 6! It's time to reshape your mindset.

## Your task:

Today's challenge: Crush one negative thought with a positive, empowering belief! Wave goodbye to that gloomy cloud as you boost your resilience and happiness. Watch out, world - optimistic vibes are coming your way!



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*Let's get one thing straight: having a positive mindset doesn't mean brushing aside the not-so-rosy stuff. It's about recognizing and embracing those feelings while also opting to spotlight the things that light up our lives. When we do that, we open ourselves up to be grateful and thankful for the things that make us smile, even when things get tough.*

I deserve love and happiness

I am grateful for my blessings

I am enough

I feel calm and positive

**Picture this:** a world of rainbows and sunshine where negativity doesn't exist. Sounds like a dream, right? But hold on, we can make it happen! One awesome way to kick out the blues is through affirmations. These are like magic spells that help train your brain to focus on the good stuff. Plus, why not surround yourself with happy peeps and do things that make your heart sing? It's the perfect recipe for a life filled with rainbows and sparkles!



# DAY 7: REFLECTION AND SETTING FUTURE HAPPINESS GOALS

*Congratulations! You've completed the 7-day happiness challenge.*

## *Your task:*

Taking Time for Self-Reflection: Progress, Discoveries, and Happiness Goals. It's important to reflect on your progress and learnings. Take a moment to ask yourself: What brought you joy this week? What did you discover? Then, set actionable happiness goals for the future. Remember, the pursuit of long-lasting happiness is a journey that requires ongoing effort.

	OBSTACLES	WHAT I AM LEARNING
1		
2		
3		

## ACTIONABLE HAPPINESS GOALS