Cultivating Happiness

with Felicia Zigman

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How Happy Are You?

On a scale of 1-5 (5 being best)...

How happy are you today?

1 2 3 4 5

Where do you want to be in 3 months?

1 2 3 4 5

Where do you want to be in 6 months?

1 2 3 4 5

Where do you want to be in 1 year?

1 2 3 4 5

Think of at least three things you can look forward to this month that get you excited. Write them down.

Repeat this exercise at the beginning of each month.

Brain Dump

Start writing down whatever is in your mind. Don't edit yourself. This should be a stream of consciousness. What are you thinking about, how are you feeling, or anything. The rule is, don't stop writing. The pen should not leave the sheet of paper until you're done. Even if you have to write, "I don't know what to say" 20 times. Things will come up. Dump everything. It doesn't even have to make sense.

Practice every day for two weeks.

Brainstorm and write below a list of people you want to connect with this week. Make this a weekly exercise and create a plan to connect with someone each week. Be specific and put it on your calendar. A text message or DM doesn't count.

What are you thankful for and why? Take a few minutes and think of at least 3 things in your life that you're truly grateful for. Focus on what it is and how it makes you feel. Be present with it.

List the things about yourself you don't need to change. Set a reminder in your calendar for a year from now and reread this list and acknowledge your gifts.