

# THE HAPPINESS FORMULA

*Guide  
Book*



## MODULE #1: HOW TO FIGURE OUT WHAT YOU WANT IN LIFE

I was interviewing Aaron Young, and he said something that made so much sense! He said, ***“People suffer from lack of specificity!”*** Think about that for a moment.

People say they want to be “happy.” But, what does that look like...*SPECIFICALLY?*

People say, “I want to travel.” But, what does that look like exactly? Where do you want to go? When do you want to go? Whom do you want to go with? What do you want to see and do? How do you get there? Where do you want to stay? How long do you want to be there? How much is it going to cost you?

If you’re not getting the results that you want in your life, could it be that you have not gotten specific enough? Here are three keys to help you figure out what you want, which is the path to HAPPINESS!

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*Key #1: Create a List of What You Want to Accomplish Within This Year. Get SPECIFIC!*

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The first Key is to get focused on what you want to accomplish this year. Write out your list. Include all eight key areas of your life and BE SPECIFIC!

1. Health: What do you want your health to look and feel like?
2. Love: What does a happy romantic relationship and partnership mean to you?
3. Family: Are you happy with your family dynamics? What do you want there?
4. Money: What, specifically, do you want your finances to look like? Investments, Income, Debt situation, etc.?
5. Career: What would your ideal career/job be, look, and feel like?
6. Spirituality: What’s your ideal spiritual practice?
7. Community: How much community involvement would you like/want?
8. Fun: What does fun LOOK and FEEL like for you, and are you having enough of it?

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*Key # 2: Take Each Item Through the Check Point List.*

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The next Key is to take each item through the following list of questions. Take your time answering these questions so that you can get a better understanding what matters most to you when it comes to your happiness!

For each item, write out the answers to these questions:

- Why do I want this?
- What is my specific objective?
- What is my desired outcome?
- What does this look like, specifically?
- What do I need to do to make this happen?
- Who do I need to be to get this result?
- Where do I need to shift my thinking and actions to make it happen?
- Who do I need to get on board to help me?
- What will it feel like when I have this?

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*Key #3: You Must Put a "By When" Date on Each Item.*

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Now, it's time to commit to you! Write down on your sheets and in your calendar the dates you want all of this to happen. If you don't give the universe a timeframe, so that you can be supported by it, you won't achieve it. You, AND the universe, need the specificity!

Let's get started! Take your time, be thorough and have FUN with this! You get to have everything you want! You deserve everything that makes you happy, and this is the Formula to get you there!

*(Note: After you complete this process for this year, you can keep these forms and do the same process for the next three years, or five years, or over your lifetime! The things you want that make you happy may and will change over the years, but the Formula will always stay the same!)*

#1: HEALTH: What do I want my health to look and feel like?

1. WHY do I want this?
2. What is my specific objective?
3. What is my Desired Outcome?
4. What does this LOOK like...specifically?
5. What do I NEED to do to make this happen?
6. WHO do I need to BE to get that result?
7. Where do I need to SHIFT my thinking and actions to make that happen?
8. Who else do I need to get on board to help me?
9. What would it FEEL like when I have this?
10. BY WHEN do I want this?

#2: LOVE: What does a happy romantic relationship and partnership mean to me?

1. WHY do I want this?
2. What is my specific objective?
3. What is my Desired Outcome?
4. What does this LOOK like...specifically?
5. What do I NEED to do to make this happen?
6. WHO do I need to BE to get that result?
7. Where do I need to SHIFT my thinking and actions to make that happen?
8. Who else do I need to get on board to help me?
9. What would it FEEL like when I have this?
10. BY WHEN do I want this?

#3: FAMILY: Am I happy with my family dynamics? What do I want?

1. WHY do I want this?
2. What is my specific objective?
3. What is my Desired Outcome?
4. What does this LOOK like...specifically?
5. What do I NEED to do to make this happen?
6. WHO do I need to BE to get that result?
7. Where do I need to SHIFT my thinking and actions to make that happen?
8. Who else do I need to get on board to help me?
9. What would it FEEL like when I have this?
10. BY WHEN do I want this?

#4: MONEY: What, specifically, do I want my finances to look like? Investments, Income, Debt situation, etc.?

1. WHY do I want this?
2. What is my specific objective?
3. What is my Desired Outcome?
4. What does this LOOK like...specifically?
5. What do I NEED to do to make this happen?
6. WHO do I need to BE to get that result?
7. Where do I need to SHIFT my thinking and actions to make that happen?
8. Who else do I need to get on board to help me?
9. What would it FEEL like when I have this?
10. BY WHEN do I want this?

#6: SPIRITUALITY: What's my ideal spiritual practice?

1. WHY do I want this?
2. What is my specific objective?
3. What is my Desired Outcome?
4. What does this LOOK like...specifically?
5. What do I NEED to do to make this happen?
6. WHO do I need to BE to get that result?
7. Where do I need to SHIFT my thinking and actions to make that happen?
8. Who else do I need to get on board to help me?
9. What would it FEEL like when I have this?
10. BY WHEN do I want this?



#7: COMMUNITY: How much community involvement would I like/want to do?

1. WHY do I want this?
2. What is my specific objective?
3. What is my Desired Outcome?
4. What does this LOOK like...specifically?
5. What do I NEED to do to make this happen?
6. WHO do I need to BE to get that result?
7. Where do I need to SHIFT my thinking and actions to make that happen?
8. Who else do I need to get on board to help me?
9. What would it FEEL like when I have this?
10. BY WHEN do I want this?

#8: FUN: What does fun LOOK and FEEL like for me, and am I having enough of it?

1. WHY do I want this?
2. What is my specific objective?
3. What is my Desired Outcome?
4. What does this LOOK like...specifically?
5. What do I NEED to do to make this happen?
6. WHO do I need to BE to get that result?
7. Where do I need to SHIFT my thinking and actions to make that happen?
8. Who else do I need to get on board to help me?
9. What would it FEEL like when I have this?
10. BY WHEN do I want this?

**MY DAILY AFFIRMATIONS!**

(Now, write down your AFFIRMATIONS to create NEW BELIEFS and begin MANIFESTING what you want!  
Say these DAILY!)

HEALTH: I AM so happy...

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By \_\_\_\_\_

LOVE: I AM so happy...

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By \_\_\_\_\_

FAMILY: I AM so happy...

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By \_\_\_\_\_

MONEY: I AM so happy...

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By \_\_\_\_\_

CAREER: I AM so happy...

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By \_\_\_\_\_

SPIRITUALITY: I AM so happy...

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By \_\_\_\_\_

COMMUNITY: I AM so happy...

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By \_\_\_\_\_

FUN: I AM so happy...

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By \_\_\_\_\_

## MODULE #2: HOW TO GIVE YOURSELF PERMISSION TO BE HAPPY

I was interviewing Forbes Riley on her definition of happiness and how the power of manifestation has contributed to her massive success. She told me that the reason for her success is by going after whatever she wanted and ***never asking anybody for permission to do anything***. Now, that is powerful.

What about you? Do you seek other people's approval and blessing before you make any decisions? Now, I'm not talking about 'discussing' things with your spouse or partner. I'm talking about you wanting to say, "yes" to something, but someone else tells you, "no." So, you don't do something based on what someone else's opinion is, which leaves you feeling bad.

No one is going to give you permission to live your life! You need to grant it to yourself! Here are the 3 Keys to Giving Yourself Permission to Live a Happy Life!

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***KEY #1: DO NOT LISTEN TO OTHERS' OPINION...THEY DON'T WALK IN YOUR SHOES!***

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Whatever the decision is...to marry someone, to change jobs, to have children, to leave a relationship, to go back to school, to convert religions, to quit something...YOU are the one that decides. This is YOUR life! Therefore, the opinions of others come from *their* perspective, not yours. It's not their fault...they only know what *they* know. They can't truly know what will make YOU happy.

The only opinion I ever listen to is from someone who has done exactly what I want to do and has paved the way and learned the lessons. As Greg Reid has stated, "*Successful people seek counsel, where the failures listen to opinion.*" If someone hasn't done what you want to do, then their opinion is based on ignorance. Why would you need to seek their permission or approval to do something they haven't done?

**EXERCISE:** Write down the answer to this question:

***"Whose influence am I allowing to affect the decisions I make that lead to my unhappiness?"***

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(**Note:** This doesn't make the other person wrong. "Opinion" comes from one of two places...concern/worry or the person's own insecurity. Your role in this life is to be HAPPY! It's the role of everyone else to do the same for themselves. Listen to those who've been there, and let the rest of the "opinions" go in one ear and out the other.)

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KEY #2: STOP SAYING, "I SHOULD HAVE!"

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"Shoulda, coulda, woulda" is probably one of the worst expressions ever uttered. Nobody ever wants to feel like that! Regrets will leave you feeling very unhappy! Remember this...**THERE ARE NO MISTAKES...THERE ARE ONLY "LESSONS ALONG THE WAY!"**

**EXERCISE:** Think about and write down the times when you noticed yourself thinking and saying, "I should have..."

Then, replace that statement with, *"There are NO mistakes, only lessons along the way. I am grateful for those lessons because they made me smarter, stronger, and better!"*

**(This statement grants you permission to feel better, which creates more happiness!!!)**

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KEY #3: DEVELOP STRONG DECISION-MAKING SKILLS TO HELP BUILD YOUR CONFIDENCE.

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Strong decision-making skills will bring you more of what you want in life FASTER than anything else! But, it takes confidence to be decisive. When you procrastinate, or go back and forth on decisions, it's a sign of low self-confidence, and that never feels good! That takes away from feeling HAPPY! Here's the key...nothing and no one is perfect! We are not supposed to be! **The only way to learn is to try and do.** The more you try and do, the more you learn, then the better your decision-making skills become, which leads into greater levels of self-confidence! And, that leads to getting you more of what you want...which creates greater levels of HAPPINESS! Is this all coming together for you yet? I hope so! Soon, you won't even consider asking another person for permission to do anything. You'll get so good at it!

Give yourself permission to live your life on your terms. Only you know what makes you happy. Go for it...permission granted!

**EXERCISE:** Start affirming, "**WHY IS IT SO EASY FOR ME TO MAKE DECISIONS?**"

Say this **every day, multiple times per day**, and you WILL become a Happier, Powerful Decision-Maker!

## MODULE #3: THE TOP 3 THINGS YOU NEED TO GIVE UP TO BE HAPPY!

Oftentimes, we believe we need to “add something” into our lives to be truly happy...more money, better job, a spouse, a new car, a baby. The truth is, by removing things, we create the space to find more happiness in the simple things. It’s in the simplicity that happiness finds its way into the cracks of ordinary moments that we tend to take for granted.

Here are the 3 KEYS you need to give up to feel more happiness:

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### *KEY #1: THE NEED TO PLEASE OTHERS*

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It’s not possible to please everyone all the time. It’s not even possible to please any one person most of the time. The level that someone may or may not feel pleased by someone or something is entirely up to that individual. You have nothing to do with it...sorry, it’s the truth. Therefore, doing things because we think it will please another is the wrong reason to be doing it. The only reason to do it is because YOU want to do it JUST FOR YOU! If you’re doing it to elicit a response, you can expect to be disappointed often, which won’t leave you feeling happy.

For you, you need to do things that make YOU happy and let go of how others feel about it. If it makes you happy, then the people in your life who truly love and care about you will be supportive of you. If they are not, well, there is a good chance you shouldn’t be spending time with them any longer anyway. Doing for others, whether it be something for them or you do because of what they may think, will leave you feeling sad and disappointed far too often.

**EXERCISE:** Ask yourself, ***“Whose needs do I put above my own that’s causing me to feel bad?”***

Write out everything that comes up. The answer to this question will be very telling.

Then, release that need and send them unconditional love and acceptance, because they are only doing the best they can. It’s because there are places in themselves where they are not happy and don’t love themselves enough, so they seek it from you. The keys to true HAPPINESS are unconditional love and acceptance of self and others. (Note: This does NOT include anyone in your life that needs medical help or assistance for survival! If that is your scenario, consider what it would take to get some additional support for you.)

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## KEY #2: INFLEXIBILITY

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Stuff happens...constantly. Technology breaks. Kids get into trouble. You get a flat tire. People cancel plans on you. Schedules get moved around. Restaurants run out of your favorite meal. The one constant in life is change. If you're too structured and rigid in the way you live and in your views, that is a guaranteed detractor of happiness. Let go and let flow. Being flexible allows you the opportunity to pivot and change direction, without it affecting your day in a negative way. By being more flexible and relaxed, you'll start to notice some more of the magic that shows up in your life by all the "coincidences" that show up. For instance, if you weren't stuck in traffic and late for your appointment, which set your day back a bit, you wouldn't have run into that old friend you haven't seen in years. Just trust...there are no accidents. NOTHING IS RANDOM! Everything happens for a reason, even if you don't know it in the moment. So, do your best to relax and be flexible.

EXERCISE: Affirm, "**WHY I AM SO GRATEFUL FOR MY FLEXIBILITY AND EASY MINDSET?**"

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## KEY #3: PERFECTIONISM

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Nothing is ever really done, and there really is no such thing as perfection. What may look like perfection to one person looks like a disaster to someone else. Once the house is perfectly clean, all it takes is the kids to come home and one meal to be cooked in the kitchen, and in an instant, no more perfection. Have you ever noticed that the "To Do" list never gets done? You may be able to check off all the items in one given day. But, sure enough, there's more "To Do" the next day. When you pause for a moment and realize this fact, you can stop and congratulate yourself for what you actually DID accomplish and spend less time beating yourself up for what didn't get completed yet. It's in those moments of choosing to feel the accomplishment where your bliss is. Release the attachment to be always "doing, doing, doing" so that you can spend more time "**being.**"

These may seem simple, but *it is in the simplicity of life where our joy resides*. So, give it up and make yourself happier.

**THIS IS THE "HAPPINESS" FORMULA. WHEN YOU IMPLEMENT THESE CHANGES INTO YOUR LIFE, YOU ARE GUARANTEED TO BE HAPPIER THAN YOU'VE EVER BEEN BEFORE, AND YOU'LL ALSO KEEP THE POSITIVE HAPPINESS MOMENTUM GOING!!!**

*"Happiness is a choice, it's not a condition.  
Choose your happiness above all else, and everything else will fall into place."*

With Love, Diane