

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!

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

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?

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

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?

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

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...

By _____

LOVE: I AM so happy...

By _____

FAMILY: I AM so happy...

By _____

MONEY: I AM so happy...

By _____

CAREER: I AM so happy...

By _____

SPIRITUALITY: I AM so happy...

By _____

COMMUNITY: I AM so happy...

By _____

FUN: I AM so happy...

By _____