

# HAPPINESS & PRODUCTIVITY WORKOUT

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A life of happiness and productivity is a daily commitment that takes practice. Like working out in a gym, it takes consistent actions to achieve the desired result. When you first start a workout program, you find you have sore muscles in places you didn't know you had muscles. The commitment to create happiness is the same. Your sore positive muscles show up as extra chatter in your brain, second-guessing yourself and sometimes even emotional stress such as anger, confusion, or sadness. These are all normal sore muscles. When you make a commitment to create a positive focus, it takes time and practice to be good at it. These are muscles to flex and you will likely find some to be easier to put into practice than others.

REMEMBER, THIS JOURNEY IS ABOUT PROGRESS, NOT PERFECTION.

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## HAPPINESS & PRODUCTIVITY WORKOUT PRACTICES

For quickest results, I suggest focusing on the area you find most challenging. Rate yourself on a scale of 1-10. Revisit weekly to observe how you shift in these areas.

### **PRIORITIZE TIME FOR YOURSELF**

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Do whatever rejuvenates you, makes you feel good – and good about yourself. Sports, yoga, time with friends, reading for pleasure, being in nature, music, art. Putting the oxygen mask on your SELF first gives you energy and vitality to serve to support you in what ever you are up to. “The opposite of play isn't work, it's depression” -Brian Sutton-Smith. Too often, though, doing things for pleasure rather than results gets treated like a luxury a busy person just can't afford. Flex your muscle by adding a weekly or daily “just for fun” item to your calendar.

### **WATCH YOUR MOUTH**

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Notice how you speak about your life. Speak only words that match the vision you have for yourself and your life. Only speak to yourself the way you would a good friend. Positive self talk is a practice to master. Give up gossip. Before you say something to others ask, “Is it kind? Is it necessary? Is it true?” Give up complaining. If you have a complaint, you have a request. Identify the underlying request, and then make that request of the right person. Make requests from a respectful positive place with a commitment to make a difference not stir up drama or trouble.

## CULTIVATE GRATITUDE

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Find a way to practice gratitude every day. Wake up with a “thank you” on your lips. Flexing your muscle in this area could mean keeping a gratitude journal, saying out loud, “I am grateful for \_\_\_\_\_”, or gratitude sharing at mealtime. When you find yourself going down a rabbit hole of worry or fear, shift your thoughts to appreciation for your life. Make it a practice to be a grateful person.

## CREATE A STRONG PERSONAL FOUNDATION

1 2 3 4 5 6 7 8 9 10

Do what you say you will do. Be in communication if you cannot. Care for your physical body. Get the sleep, nutrition, and exercise you need to function effectively. Get things in working order including your house, car, and checkbook. Flexing your muscle in these areas could look like moving to a calendar system with an alarm, setting a bedtime for yourself, getting in for that overdue oil change, or organizing your sock drawer. Small bites in this area can make a huge impact on your life.

## SHIFT YOUR PERSPECTIVE

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Give up taking anything personally or assuming that people’s actions are about you. Notice when you are offended by someone’s words or actions. Practice asking questions and getting curious instead of paranoid. Take the opportunity to discover something about your own belief system. Shift your focus from what is not working for you to how you can be of service. As Abraham Lincoln said, “We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.” Don’t concern yourself with the rose bush, concern yourself with how you perceive it. Move your thoughts toward higher ground.

## BECOME AWARE OF YOUR OPERATING SYSTEM

1 2 3 4 5 6 7 8 9 10

Understand your emotional and chemical brain response system. Get to know your default behavior patterns. Pay attention to the ways you may sabotage your own success and you will see patterns that lead to your limiting beliefs and conversations. When you become aware, you open the opportunity to choose something less automatic. Unaware, we react to people and situations on autopilot as we would pull a hand back from a hot stove or hop on a bike and ride - with no conscious effort or awareness of the choice we’ve made or the pattern we are calling on. Get interested in what is happening and the familiar pattern of thoughts that run when you get hijacked, defensive, fearful, and angry. Flex your muscle by asking what you can learn about yourself when tempted to blame a person or circumstance for your discomfort.

## PRACTICE LEANING INSIDE AND QUIETING YOUR MIND

1 2 3 4 5 6 7 8 9 10

Create a practice of sitting in the silence. First just practice being the observer of your thoughts but don’t stop them. Practice letting them drift past. Focus on the space in between the thoughts. Meditation is extremely effective at reducing stress. In addition to experiencing less stress, you reduce health risks. Do whatever you (nature, prayer, community, art) do to keep yourself connected to that still small voice inside that is your true SELF.



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