



**IN JUST 10 MINUTES
A DAY YOU CAN
IMPROVE
YOUR LIFE
AND HAPPINESS
JOIN US!**



HOW DOES IT WORK?

1. LIVE Happy is a free, six week Happiness Challenge to increase happiness and well-being for LIVESMART participants. The program will take 10 or more minutes each day to get you on your path to a more meaningful and positive life.
2. Register with your LIVESMART Ambassador or online at www.livesmartoni.com
3. Online and paper tracking are available to help you monitor your progress.
4. The program kicks off in early February at your workplace.

HOW TO GET STARTED

You Can Determine Your Own Happiness

1 TAKE THE *Live Happy* PLEDGE!
I choose to create more happiness around me by choosing to treat others well, having an attitude of gratitude and making a conscious choice to live a positive life of meaning and purpose.

Signature: _____

2 PARTICIPATE IN WEEKLY *Live Happy* REFLECTIONS These reflections are based on the Five Key Principles of Living Happy. Each principle has related questions to help you think about how it applies to your life.

3 TAKE ACTION by completing one or more of the following LIVE Happy Challenges throughout the program. These challenges will introduce you to simple actions to take in your daily life. You can change your challenge each week or continue with the same one.

- Ten Mindful Minutes
- Three Good Things
- Letter of Thanks
- Acts of Kindness
- Look for the Good in People

FIVE KEY PRINCIPLES OF LIVING HAPPY

H BE HEALTHY

Our body and mind are connected. Get outside, be active and get enough sleep to boost well-being.

A ATTITUDE OF GRATITUDE

We cannot choose what happens to us, but we can choose our attitude. Be more mindful of the good things.

P CONNECT WITH PEOPLE

Relationships and growth are important to our happiness. Strengthen your connections and try new things.

P HAVE PURPOSE

Having meaning and purpose in life are essential to happiness. Set achievable goals that support your dreams and purpose.

Y BE COMFORTABLE WITH YOU

Accepting ourselves & others helps us to be more caring & giving.

LIVESMART HEALTH AND WELLNESS
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WEEK 1: Get Started – Take a moment to reflect on happiness

What does happiness mean to you? _____
(example: feeling good about how things are going)

What things make you happy? _____
(example: A relaxing day at home with my family)

WEEK 2: Be Healthy – Physically and emotionally

How do you stay active and healthy? _____
(example: I walk 2 miles a day outside and sleep 7 hours a night)

What are you feeling good about? _____
(example: Fresh start with a New Year)

WEEK 3: Have an Attitude of Gratitude

When do you stop and take notice? _____
(example: When I am sitting on the dock at the lake)

How do you bounce back in tough times? _____
(example: I reflect on what I am grateful for)

WEEK 4: Connect with People

Who matters most to you? _____
(example: My husband and children)

What new things have you tried recently? _____
(example: I took apart my dryer and repaired it)

WEEK 5: Have Purpose

What gives your life meaning? _____
(example: Raising my children to be caring, adventurous and productive individuals)

What are your most important goals? _____
(example: To travel to at least 40 states in the US)

WEEK 6: Be Comfortable with You

What is the real you like? _____
(example: Adventurous and outgoing)

What do you do to help others? _____
(example: I babysit my grandchildren twice a week)

Don't forget to connect and share your happiness with others...

- Participate in the challenge items together.
- Post photos or stories to your location's LIVESMART bulletin board.
- Connect with LIVESMART on Facebook, Twitter or Instagram at /livesmartoni. Use the hashtag: #livehappyoni



LIKE US ON



Choose Your LIVE Happy challenge!

Choose one or more of the following Challenges throughout the program. You can change your challenge each week and do a new one or continue with the same one.

TEN MINDFUL MINUTES: Mindfulness is a way of paying attention to the present moment. When we're more mindful, we become aware of our thoughts and feelings and are better able to manage them. This can boost our concentration, improve relationships and help with stress or depression. *Take 10 minutes a day to be more mindful – you can do it anywhere, anytime.* Check out this Smart phone App: Headspace

THREE GOOD THINGS: Being grateful is about having a sense of appreciation and thankfulness in life. This can help us be healthier, happier and more fulfilled. *Each day, write down three good things that happened or you feel grateful for.* Check out this Smart phone App: Happier

LETTER OF THANKS: Studies show that expressing our gratitude to others can significantly boost our happiness, help strengthen your relationships and make an impact on the recipient as well. *Who are you grateful to? Write a note of gratitude to this person.*

ACTS OF KINDNESS Doing things to help others is not only good for the recipients – it has positive payback for our happiness and health too. *If you want to feel good – do good! Review the list below and perform an extra act of kindness each day.* Check out this Smart phone App: Acts of Kindness

LOOK FOR THE GOOD IN PEOPLE: It's easy to take our nearest and dearest for granted. Take time to bring to mind what we value and appreciate about others. *Appreciate the good things about someone and share it with them – in person, through a note, etc.*

Here are some ideas for acts of kindness:

1. Give up your seat
2. Hold a door for someone
3. Yield and let a car in
4. Read a story with a child
5. Give someone a hug
6. Offer to mow your neighbors lawn
7. Buy fruit for your coworker
8. Do a chore for someone
9. Visit someone who is lonely
10. Pass on a book you liked
11. Pick up litter as you walk
12. Take a meal to someone
13. Buy an unexpected gift
14. Let a car in on each journey
15. Make someone new feel welcome
16. Visit a sick friend
17. Rake someone's yard
18. Give Blood
19. Say you're sorry
20. Donate to charity
21. Give a compliment
22. Pay for someone in line behind you
23. Let someone have your parking spot
24. Tell someone nice job

TEN SURPRISING FACTS ABOUT HAPPINESS

1. Your **genes and family upbringing** account for only half of your happiness levels, 10 percent of your happiness comes from external circumstances. Your **outlook** on life, and what you choose to do with your life accounts for 40 percent of your happiness levels. This includes your friendships, work, and participation in your community.
2. A mere **20 minutes of exercise**, three days each week will increase your happiness by 10 to 20 percent after six months.
3. The happier you are, the more **antibodies** your body generates – up to 50 percent more, in fact.
4. Happy people generally **earn more** than unhappy people.
5. **Dancing** increases happiness.
6. Money does not buy happiness. After having your basic material needs met, additional money does not have any impact on your levels of happiness.
7. **Education and intelligence** do not make you more happy than anyone else.
8. **Happiness has a fragrance.** Clinical experiments on body odor have proven your scent changes between when you are stressed or happy.
9. The more you **hug your children**, the happier they will be as adults.
10. The most powerful way to increase your short-term feelings of happiness is to perform **random acts of kindness** to others, or to send a letter of gratitude to someone you care about. Five such acts in a week will increase your happiness for up to three months.

LIVE HAPPY CHALLENGE LOG

DIRECTIONS:

1. Answer the weekly reflection questions each week (found in the guidebook)
2. Each week choose a challenge to complete (complete at least 5 times per week).
3. Tally your program totals for each challenge item upon completion of the program. If adding extra challenges, record in the additional challenge/notes section.
4. Submit your completed LIVE Happy Challenge Log to your LIVESMART Onsite Ambassador or LIVESMART by March 20th for prize drawings.

WEEK 1						
GETTING STARTED						
I answered the LIVE Happy Reflection Questions					<input type="checkbox"/> Done!	
My Challenge Item of the Week <i>(circle below)</i>						
mindfulness 3 good things letter of thanks acts of kindness find good in people						
M	T	W	TH	F	S	S
Additional challenges/notes:						

WEEK 2						
BE HEALTHY						
I answered the LIVE Happy Reflection Questions					<input type="checkbox"/> Done!	
My Challenge Item of the Week <i>(circle below)</i>						
mindfulness 3 good things letter of thanks acts of kindness find good in people						
M	T	W	TH	F	S	S
Additional challenges/notes:						

WEEK 3						
ATTITUDE OF GRATITUDE						
I answered the LIVE Happy Reflection Questions					<input type="checkbox"/> Done!	
My Challenge Item of the Week <i>(circle below)</i>						
mindfulness 3 good things letter of thanks acts of kindness find good in people						
M	T	W	TH	F	S	S
Additional challenges/notes:						

WEEK 4						
CONNECT WITH PEOPLE						
I answered the LIVE Happy Reflection Questions					<input type="checkbox"/> Done!	
My Challenge Item of the Week <i>(circle below)</i>						
mindfulness 3 good things letter of thanks acts of kindness find good in people						
M	T	W	TH	F	S	S
Additional challenges/notes:						

WEEK 5						
HAVE PURPOSE						
I answered the LIVE Happy Reflection Questions					<input type="checkbox"/> Done!	
My Challenge Item of the Week <i>(circle below)</i>						
mindfulness 3 good things letter of thanks acts of kindness find good in people						
M	T	W	TH	F	S	S
Additional challenges/notes:						

WEEK 6						
BE COMFORTABLE WITH YOU						
I answered the LIVE Happy Reflection Questions					<input type="checkbox"/> Done!	
My Challenge Item of the Week <i>(circle below)</i>						
mindfulness 3 good things letter of thanks acts of kindness find good in people						
M	T	W	TH	F	S	S
Additional challenges/notes:						

My Summary: I did

___ Acts of Kindness

___ Finding the Good in People

___ Days of 3 Good Things

___ Days Mindfulness

___ Letters of Thanks

Name: _____ Company: _____ Location: _____