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A JOURNAL TO HELP YOU
MAP OUT AND MANAGE
YOUR HAPPINESS

ANNA BARNES

MY HAPPINESS TRACKER

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Text by Amanda Nicholls

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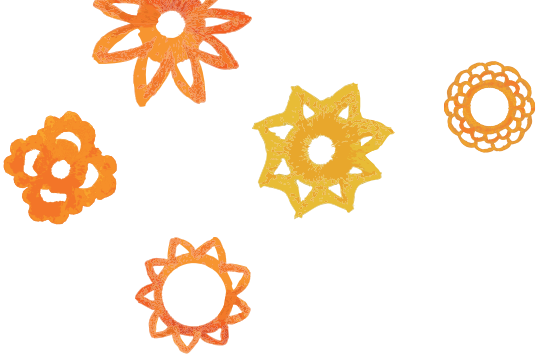
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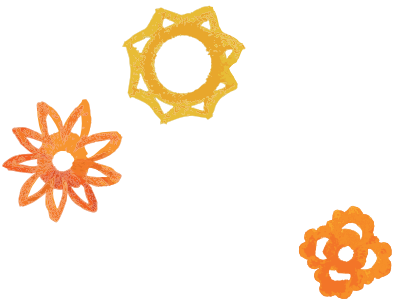
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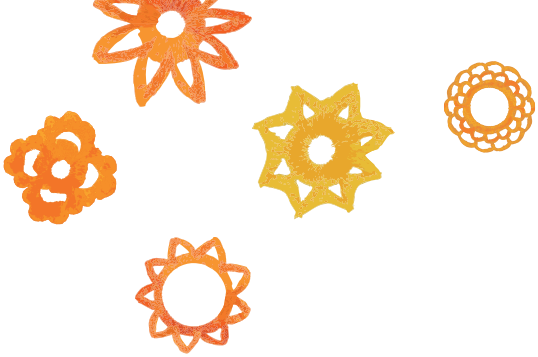


Introduction

Why track the elusive, intangible, shapeshifting beast that is happiness? Monitoring joy sounds a little counterintuitive, does it not?

Actually, awareness is the first step toward change, acceptance and contentment. Closely observing, measuring and jotting down our thoughts can help us really absorb them and maintain mindfulness and balance, especially with the amount of stuff competing for our attention these days. This book is for those looking to take an active role in cultivating growth, development and optimism by introducing happier thoughts into every day.

Within these pages, you'll find tips, tricks, tick lists and trackers for you to fill in, all bundled up in handy, bite-size, month-by-month packages to guide you through the year. Like taming an unruly yet beautiful horse, harnessing happiness can feel like a bit of a Herculean task,

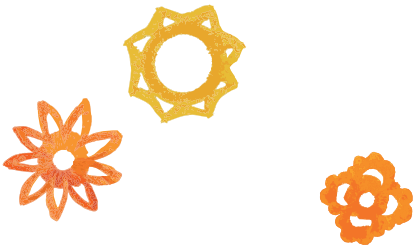


so it helps to break it down into smaller component parts. Once you've completed a couple of months, you may be able to identify behavioural patterns you didn't realize were there and highlight daily habits and attitudes that could be affecting your mood.

When life gets overwhelming, it can be beneficial to map out what makes you smile and the positive impact it has on your day-to-day life. Take stock and make sure to track your happiness regularly to maximize your sense of fulfilment.

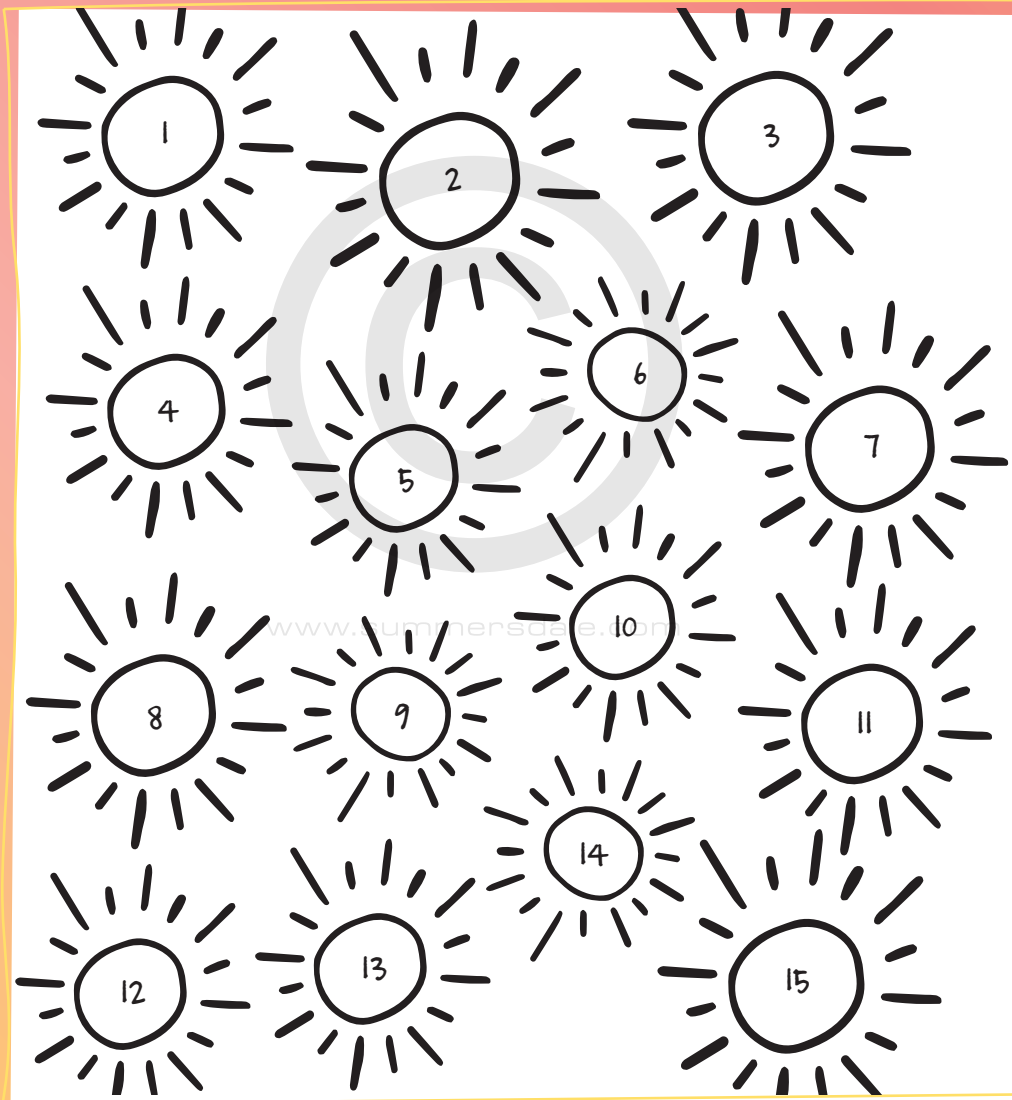
This book is not a manual as such; its mission is to be a useful companion for documenting and digesting your days, to nourish your mind and body and help you feel at your best.

Observe, learn and grow.



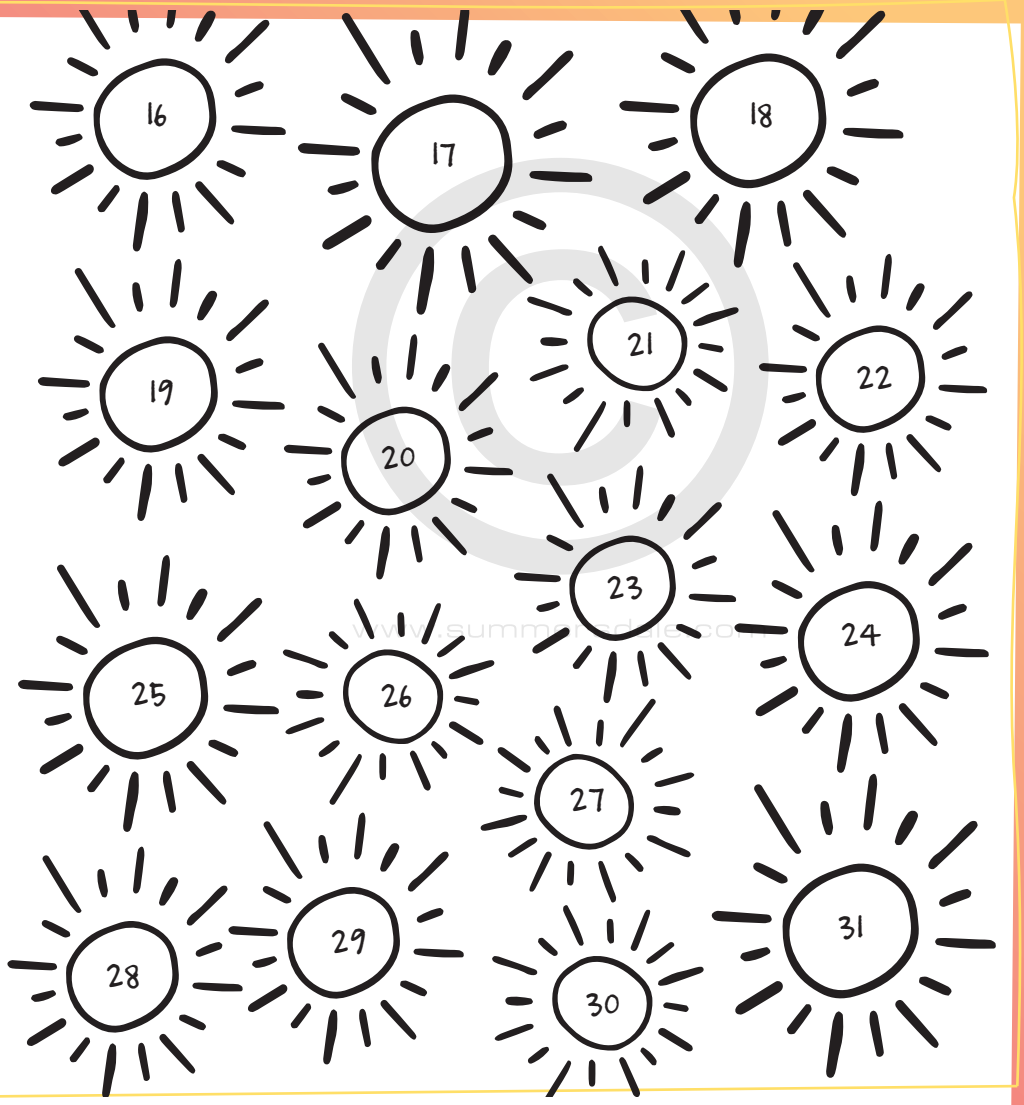
Wellness Tracker

On each day this month, colour in one shape according to how you feel.



JANUARY

KEY ☐ Great ☐ Good ☐ Average ☐ Poor ☐ Terrible



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It is only possible to live happily ever after on a day-to-day basis.

MARGARET WANDER BONANNO

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Monthly Goals Tracker

Use this page to write down some of the things that you would like to achieve this month. Then think about ways you could accomplish them, and write down some ideas you could try.

My goal(s) for this month:

Example goal: Drink at least one litre of water a day

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How I can reach them:

Example steps: Fill a water bottle every morning and keep it close by

Top Tips

JUST SAY YES

©

Here's a fun challenge: make yourself take every positive opportunity that comes your way for a week, a month or a year. Say yes to things that you would previously have disregarded as beyond your comfort zone, according to your established idea of yourself. Do something unexpected or out of character – perform at an open mic night, be the first to hit the dance floor at a party, shout at the top of your lungs at a local landmark. The outcome? Fresh learning experiences, new passions, hobbies, friends, contacts. Sometimes, the benefits of atypical encounters and introductions only show themselves years down the line, but often you can trace them back to these moments where you stepped outside your usual. This can be a particularly satisfying strategy after a life event that's left you reeling. Letting someone else lead or limiting our own adventures is an easy habit to fall into but don't forget how liberating it is to do things for yourself again, so book that skydive or try that new hairstyle without delay.

Self-Care Bucket List

It's important to include a few moments of self-care into every day. By trying just one of these simple self-care activities each week you will enrich your life and nourish your mind, body and soul.

Watch the sunrise

Go for a brisk lunchtime walk or jog

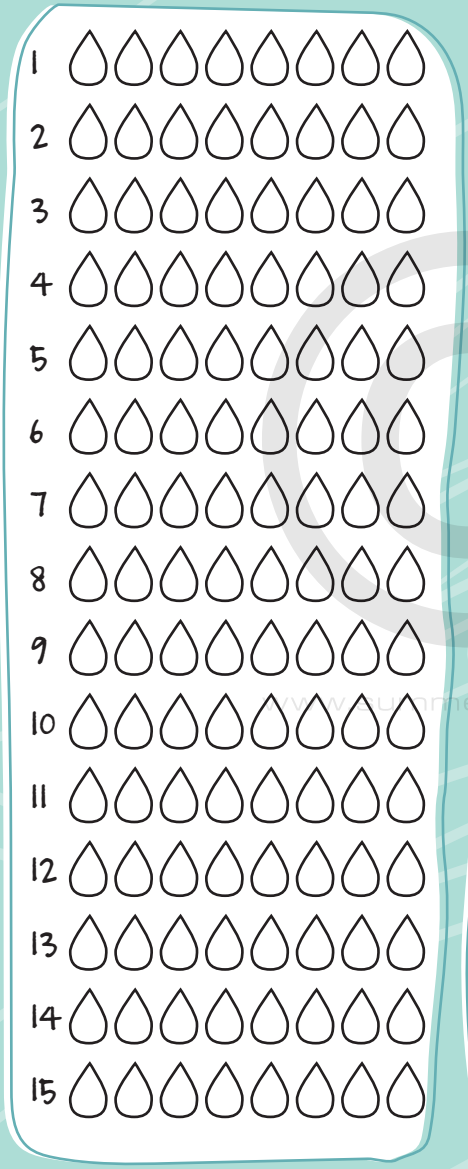
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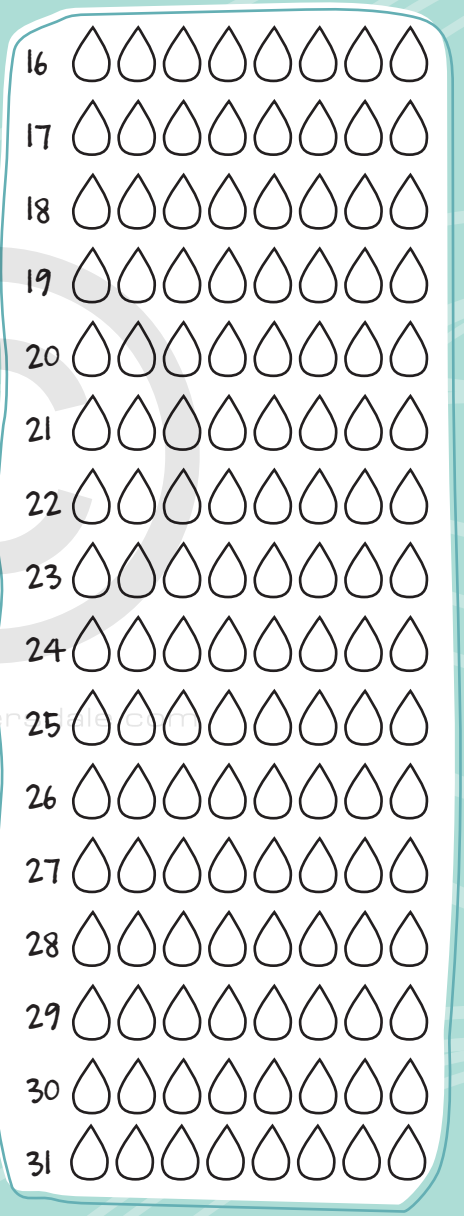
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Put your phone down for an hour (baby steps!)

Water Tracker

One drop = one glass (400 ml)





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