

HAPPINESS JOURNAL

By Marelisa Fábrega
daringtolivefully.com

Happiness Journal

By Marelisa Fábrega

Daring to Live Fully

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Disclaimer: I have endeavored to make sure that the information contained herein is accurate, but I make no guarantees—real or implied--as to the results you’ll achieve by applying the tips, methods and techniques presented in this eBook. If you choose to apply the advice contained in this eBook you do so at your own risk. But, of course, you already know all of this.

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Instructions

Research conducted by Harvard-trained positive psychologist Shawn Achor—author of “[The Happiness Advantage](#)”—shows that we can rewire our brain for happiness by adopting six simple habits.

Every day, for the next 30 days, you’re going to do the following:

1. Gratitude List.

Every night, spend two minutes writing down three things you're grateful for that occurred during the last 24 hours. It doesn't have to be anything profound, but it does have to be specific. For instance, instead of being grateful for your child, be grateful for the big smile and sticky hug that your child gave you that morning.

Due to your brain's innate negativity bias, you're usually scanning the environment for threats. However, when your brain knows that it has to come up with three things to be grateful for each night, it will start to do the opposite. It will start scanning the environment for positives.

This brings your brain into better balance. It also retrains your brain so that it starts seeing more possibilities.

Keep in mind that you shouldn't write down the same three things every night. You want to get your brain to scan the world and notice new things to be happy about. Therefore, make it a rule not to repeat something you've already written about.

2. The Doubler.

Take one positive experience from the past 24 hours and spend two minutes writing about the experience. Aim to write down four details about the experience.

This is helpful because when you take a moment to remember a positive experience, your brain labels it as meaningful, which deepens the imprint. In addition, it allows you to relive the positive experience--along with the positive feelings that came with it (hence the name, the doubler).

3. The Fun Fifteen.

The effects of daily cardio can be as effective as taking an antidepressant. Hence, one of the six happiness habits is to engage in 15 minutes of a fun cardio activity

every day. This includes activities such as gardening, rebounding on a mini-trampoline, and briskly walking your dog.

Achor adds that your brain records exercise as a victory, and this feeling of accomplishment transfers to other tasks throughout the day. It also teaches your brain to believe, "My behavior matters", which also enhances happiness.

4. Meditation.

Every day take two minutes to stop whatever you're doing and concentrate on your breathing. Just focus on your breath moving in and out. Even a short mindful break can lower stress and result in a calmer, happier you.

When Achor got Google employees to stop what they were doing for two minutes a day and just focus on their breath, [here's what happened](#) 21 days later:

- Their accuracy rates improved by 10%;
- Their levels of happiness rose; and
- Their engagement scores rose significantly.

5. Conscious Act of Kindness.

Being kind to others feels good, and carrying out an act of kindness each day is a great happiness booster. Achor recommends that at the start of every day you send a short email or text praising someone you know. An added bonus is that it's very likely that the other person will respond with an appreciate comment about you.

Nonetheless, your act of kindness can be anything:

- Hold the elevator door open for someone.
- When you go on a coffee run ask a co-worker if you can get one for him as well.
- Let someone who seems to be in a hurry cut ahead of you in line.

Even something small and simple like giving someone a smile works.

6. Deepen Social Connections.

Our social connections are one of the best predictors for success and health, and even life expectancy. In addition, having a feeling of social support is vital for happiness. In fact, Achor's studies show that social connection is the greatest predictor of happiness.

Have some contact with family and friends each day, even if it's just calling them to chat for two or three minutes, or texting them to meet up for brunch on Sunday.

Day One

Date: _____

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." — J.K. Rowling

Today I'm Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today's Act of Kindness:

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Day Two

Date: _____

“The foolish man seeks happiness in the distance, the wise grows it under his feet.”
— James Oppenheim

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Three

Date: _____

“Health is not just the absence of a disease. It’s an inner joyfulness that should be ours all the time; a state of positive well-being.” - Deepak Chopra

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Four

Date: _____

“The really happy person is one who can enjoy the scenery when on a detour.” — Unknown

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Five

Date: _____

“Happiness is not a station you arrive at, but a manner of traveling.”
— Margaret Lee Runbeck

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Six

Date: _____

“Happiness is a choice that requires effort at times.” — Anon

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Seven

Date: _____

“Good humor is one of the best articles of dress one can wear in society.”
— William Makepeace Thackeray

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Eight

Date: _____

“It’s not how much we have, but how much we enjoy that makes happiness.”– Unknown

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Nine

Date: _____

“To live long and achieve happiness, cultivate the art of radiating happiness.”– Malcolm Forbes

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Ten

Date: _____

“A happy life consists not in the absence, but in the mastery of hardships.”
— Helen Keller

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Eleven

Date: _____

“Being happy doesn’t mean everything is perfect. It means you have decided to look beyond the imperfections.” –Unknown

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Twelve

Date: _____

“Like swimming, riding, writing, or playing golf, happiness can be learned.”
— Boris Sokoloff

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Thirteen

Date: _____

“Happiness radiates like the fragrance from a flower, and draws all good things toward you.” — Maharishi Mahesh Yogi

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Fourteen

Date: _____

“We either make ourselves happy or miserable. The amount of work is the same.” — Carlos Castañeda

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Fifteen

Date: _____

“I believe... that every human mind feels pleasure in doing good to another.” — Thomas Jefferson

Today I'm Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today's Act of Kindness:

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Day Sixteen

Date: _____

“Be happy. It’s one way of being wise.” – Colette

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Seventeen

Date: _____

“It isn’t what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about.” - Dale Carnegie

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Eighteen

Date: _____

“It’s a helluva start, being able to recognize what makes you happy.”
- Lucille Ball

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Nineteen

Date: _____

“There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.” - Epictetus

Today I'm Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today's Act of Kindness:

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Day Twenty

Date: _____

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” - Thich Nhat Hanh

Today I'm Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today's Act of Kindness:

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Day Twenty-One

Date: _____

“Happiness is when what you think, what you say, and what you do are in harmony.” - Mahatma Gandhi

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Twenty-Two

Date: _____

“Happiness depends upon ourselves.” - Aristotle

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Twenty-Three

Date: _____

“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.” - Eleanor Roosevelt

Today I'm Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today's Act of Kindness:

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Fun Fitness Meditation Social Connection

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Day Twenty-Four

Date: _____

“Very little is needed to make a happy life; it is all within yourself, in your way of thinking.” - Marcus Aurelius Antoninus

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Twenty-Five

Date: _____

“Plenty of people miss their share of happiness, not because they never found it, but because they didn’t stop to enjoy it.” - William Feather

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Twenty-Six

Date: _____

“Most people are about as happy as they make up their minds to be.”
- Abraham Lincoln

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Day Twenty-Seven

Date: _____

"We have no more right to consume happiness without producing it than to consume wealth without producing it." - George Bernard Shaw

Today I'm Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today's Act of Kindness:

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Day Twenty-Eight

Date: _____

"To be happy you must be your own sunshine." - Charles Edward
Jerningham

Today I'm Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today's Act of Kindness:

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Day Twenty-Nine

Date: _____

"The secret of being happy is accepting where you are in life and making the most out of every day." — Unknown

Today I'm Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today's Act of Kindness:

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Day Thirty

Date: _____

“Enjoy the little things.” - Unknown

Today I’m Grateful for These Three Things:

1. _____

2. _____

3. _____

A Positive Experience I Had Today:

Today’s Act of Kindness:

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Fun Fitness Meditation Social Connection

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About the Author



Hi! I'm Marelisa Fábrega, owner of "[Daring to Live Fully](#)". A few years ago I read a book called "The Art of Happiness – A Handbook for Life", written by psychiatrist Howard C. Cutler, which contains tips and advice from the Dalai Lama on how to be happy.

In that book I discovered that the Dalai Lama believes that we need to educate ourselves on how to be happy. He indicates that the more sophisticated a person's knowledge is about what truly leads to happiness and what doesn't, the

more effective they will be in achieving happiness.

After reading this pearl of wisdom I decided that I was going to educate myself on how to live my best life. That is, I wanted to identify, understand, and implement the factors that lead to a great life. In addition, I wanted to share my findings with others. And that's what my blog is about.

So, Who Am I?

I'm a recovering lawyer — I hold a Bachelor of Science in Business Administration from Georgetown University in Washington, D.C., as well as a Juris Doctor from the Georgetown University Law Center. I currently live in the Republic of Panama — which is where I'm originally from, although I've lived all over the world.

I consider myself to be a modern-day Renaissance woman, meaning I have a broad knowledge base, am skilled in different fields, and I love learning new things. I'm an entrepreneur, a writer and [blogger](#), a [runner](#), a [meditator](#), an art and [culture lover](#), a world traveler, an [avid reader](#), a [weightlifter](#), [multilingual](#), an autodidact, and a [learning expert](#).

I'm also also a Qigong and Reiki practitioner, a self-development aficionado, a bucket list enthusiast, a productivity ninja, and a MOOC devotee. If you would like to learn more about me, go ahead and visit my post "[Reverse Bucket List: 50 Things I've Already Done](#)".

Someday—many, many years from now—when I'm lying on my deathbed, I want to be able to say: "I had a great life! I lived! I truly lived! And I did it my way."

My site is for people who want to:

- Be happier — I'm constantly keeping up with the field of positive psychology and sharing my findings on this blog.
- Stop procrastinating — procrastination can steal years from your life.
- Be more productive and get more of the important things done.
- Play and laugh more.
- Bring more creativity into their lives.
- Challenge themselves and expand their comfort zone.
- Learn new skills.
- Become more confident.
- Achieve their goals.
- Create positive habits.
- Become more mindful and serene.
- Be more authentic.

Does that also sound like you? Then I hope you'll join me on this journey by subscribing to Daring to Live Fully — just [click here](#) to start getting free updates.

Here are my products; buy any you like:

- [The One-Hour-A-Day Formula – How to Achieve Your Dreams in Just One-Hour-A-Day](#)
- [Make It Happen! A Workbook for Overcoming Procrastination and Getting the Right Things Done](#)
- [The Idea Book Bundle](#)
- [Guidebook of Dreams – 1000 Triggers For Uncovering Your Heart's Desire](#)
- [Book of Possibilities – Powerful Exercises for Uncovering Your Heart's Desire](#)
- [How to Live Your Best Life](#)

You can also [follow me on Twitter](#).

Live your best life,

Marelisa Fabrega

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