



8 SECRETS TO RAISING YOUR HAPPINESS SET POINT - A 30-DAY CHALLENGE -

Breakthrough Tools - When You Hit Your Upper Limit!



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What does it REALLY take to RAISE your Happiness Set Point over the NEXT 30-days? - It takes little steps, often and consistently - And a REAL desire to carve out the time to CHANGE.

Just about everyone I know would like to feel at least a LITTLE happier every day. More smiles, more laughs, more good feelings, and feeling a bit more passion? Some people would like to be a LOT happier with their life. Wouldn't YOU?

What sets the happy people apart from those that are waking up to an alarm to trudge off to the daily grind? If there were 8-Secrets to increasing Happiness... what would they be?

What would cause you to pop out of bed in the morning, and energetically start the day from the proverbial RIGHT side of the bed?

Happy people face the day knowing that they have control over how they feel each and every day. Living with a sense of purpose and feeling like they are on a personal mission to achieve their big "WHY" in life. They have a vision of how they want to feel and consciously move in that direction.



In short -- this ebook is about creating a Happiness Routine, and finding a way to do it consistently over the next 30-days with our "8 Simple Secrets." To find the happiness activities that work for you, fit your needs, and fit your schedule. If you then commit to the practice - and take little steps every day along with the necessary action, you will be thrilled with the results. Just little steps, every day to do things that inspire you.

You will start to be moved physically, emotionally, and mentally. Doing things to be more in the moment and be present - finding the beauty and joy that is already around you. Even during the toughest of times... It's there. You just need to learn to stop and look for it in the little moments. And then let inspiration fan the flame of passion and purpose to take your next step. Additional actions will organically follow. Let one thing... lead to the next.

This ebook will give you solid suggestions, and recommendations to begin your routine and take the actions that studies show raises your HSP and gets your happiness hormones flowing in the body and brain again which will impact your overall state of being.

Are you willing to put a few minutes a day into cultivating & bringing MORE happiness into your life? Yes!?

Well... Most aren't.

Psychological research shows us that about 50% of your Happiness Set Point (HSP) is determined by your genes. Passed down from your family tree. Some people are born with a flow of hormones that lean toward being happy and optimistic. Others... not so much. But that is by no means set in stone. Especially when you have a "growth mindset" and a happiness practice.

Only about 10% of our happiness is due to our current or past circumstances. Maybe the family of origin, and how you were raised. Or maybe you've had a recent life transition or a series of MAJOR life-transition events that I call "life-quakes" where things happen that feel essentially out of your control, and leave you in a tough place in your life. You feel a loss. A struggle. A change.



So, with that awareness, we are left with approximately 40% of our Happiness Set Point (HSP) up to us. And what we do on a regular basis to stay optimistic and deal with those 'life-quake' moments that happen to us. HOW we feel and deal with life IS in our control.

Life happens. How you face and handle those untimely events ultimately determines your outlook, attitude, and overall happiness level. Developing self-motivated resilience is key factor.

So what now? If we CAN shift and change our HSP -- FIRST we have to get clear about where our happiness level is right now. Design a plan to shift and raise it. And then follow through on the plan. And since each one of us is different, we each need a different set of tools to choose from.

This ebook will give you my "8 Secrets" to choose from to be able to shift your overall level of happiness.

First -- GRAB a Journal that you can write in for this challenge. Then... ask yourself these questions:

- Let's Check-In - And see what your Happiness Levels are:

On a scale of 1 to 10 - (10 being 100% happy 100% of the time) -- RATE YOURSELF:

How happy are you in your life at the moment in these areas, as of today?

Rate the 6 Main Areas of Life where you can measure your subjective inner feelings.

(*This is JUST for you to see your growth 30-days from now. Be totally honest*)

**Tune In -- CIRCLE your Scores of how you FEEL Today
in the following areas in your life:**

- Mind/Mental - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Body/Physical/Health - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Spiritual/Values - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Relationships - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Work-life/ Engagement - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Community/Friends - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)

How do you feel about your OVERALL Happiness Score on a scale of (1 to 10)?

(LOW) 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 (HIGH)



Our MINDS Internal Default Setting - Creates our Thoughts, Beliefs, and Generates Self-Talk that is ALWAYS on hyper-alert.

Have you ever wondered why you are so exhausted at the end of the day?

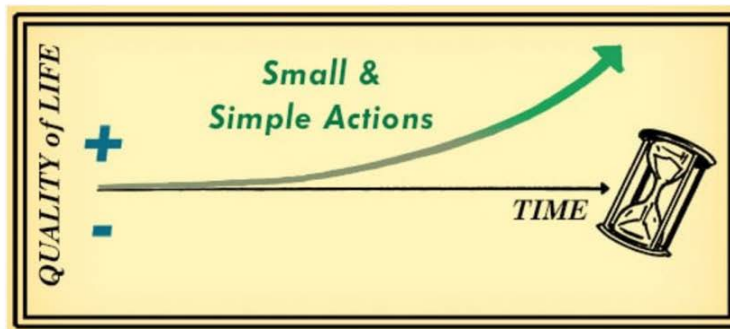
According to scientists, we have about 60,000 plus thoughts each and every day. That's one thought per second during every waking hour of every day. And what's even more shocking is that of those 60,000 thoughts, 95 percent of your thoughts are the same thoughts you had the day before, and the day before that, and the day before that. Your mind is on repeat thinking the same thing over and over again. And it might not be all that bad if it weren't for the next statistic. For the average person, 80 percent of those habitual thoughts are negative.

That means that every day most people have more than 45,000 negative thoughts.

Are you thinking.... 'This is me, and I want it to change!'

Where do I start? What do I do first?

The SLIGHT EDGE or The Kaizen Effect



1/3 of 1% Change EVERYDAY = just .03%

365 Days = 122% SHIFT

No one is Perfect 65 Days over a year – No Change

Over time... that's 100% SHIFT --- 180° Turnaround

Year 2 = 200% Year 3 = 400% Year 4 = 800% Year 5 = 1,600%



There is a concept called the "Slight Edge." The Japanese call it the practice of "Kaizen". Where you mark making little small changes that add up over time. Here is a thought -- If you can make 1/3 of 1% of a change every day - over the next year - that is a 120% shift. And since we are not perfect ALL of the time, and will have "off" days, let's call it a 100% shift over the next year.

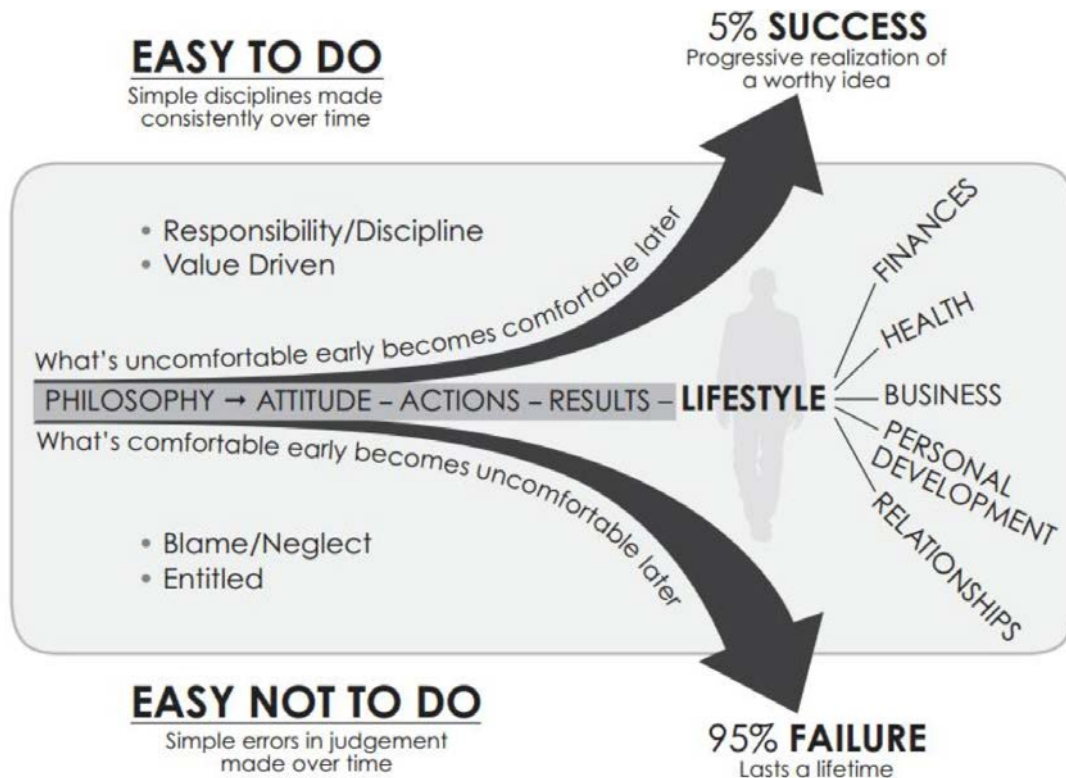
Make a conscious decision to start that year right NOW, making your first milestone - tomorrow. And then make the following 30-days an amazing adventure. Using the finish of each day as a mini self-awareness test to come back to and journal about. One that you will be able to look back on - a month from today to remember WHY you have decided to take this challenge in the first place and who you are now.

Just take ONE day at a time. Do the practice. Notice how you feel. Write it down. Do it again. And again... and again. Until the practice of nurturing your own Happiness becomes second nature on all levels. Remembering - Health and Happiness are your Birthrights.

Things that are EASY to do... are also easy NOT to do!

"There is one quality which one must possess to win, and that is the definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."

- Napoleon Hill - Author: Think and Grow Rich



The Slight Edge chart; the courtesy of SlightEdge.org

Studies point to the fact that your attitude is key to your Happiness. **If you think and believe you are a happy person... it raises your Happiness Set Point and you become happier because you BELIEVE it to be so!**

So knowing this - and becoming a good steward of your thoughts, actions, beliefs, and attitude is more important than you know. You are who you are because you believe it. And to believe it, you must completely feel it and focus your thoughts, actions, words, and vision on your overall outcomes. And right now, take your first step and focus your attention and imaging hitting your first goal. Then tomorrow do the same thing.

Practice the 8 Secret Happiness Raising Set Point tools over the next 30-days and watch your optimistic and smiley self emerge more and more each day.

Here are the 8 Secret Practices to pick and choose from to create your daily. Do as many as you can each day. AND...make it doable. Don't commit to it all and then not do anything a few days from now like most people. Add more of the behaviors as time goes on and you start to see and feel the changes and know you want more.

****Read the following PRACTICES through a few times for clarity.**

There is a 30-Day Happiness Calendar for you to print and fill in on the last page with instructions on what to do during the challenge.



*RAISING YOUR HAPPINESS SET POINT TAKES TIME & EFFORT.
AND WE MAKE TIME & PUT IN THE EFFORT
FOR WHAT IS MOST IMPORTANT TO US.
IF THIS IS IMPORTANT ENOUGH? MAKE THE TIME.*

A man and a woman are seen from behind, embracing each other in a desert landscape. The man is wearing a black t-shirt and the woman is wearing a white long-sleeved shirt and black overalls. They are standing on a dirt path with sparse desert vegetation. In the background, there are rolling hills and a palm tree on the right. The sun is low on the horizon, creating a warm, golden glow. A semi-transparent grey box with white text is overlaid on the lower half of the image.

THE 8 SECRETS TO RAISING YOUR HAPPINESS SET POINT 30-DAY CHALLENGE!



#1 - Gratitude Practice

For the next 30 days, and hopefully forevermore, EVERY day, **take a few moments to write down in a Happiness Journal** (that you can create JUST for this challenge) - **at LEAST 3 things that you are grateful for in your life.** More works too! Let it flow.

Your gratitude can be expressed about anything.

Your loved ones and friends. It can be about your health and the abundance that you are already experiencing or that you KNOW is on its way. It can be for the roof over your head or the food on your table. Your job, your car, the ability to walk or talk. You can express the gratitude you have for the sun and/or moon. The little moments in the day like the aroma of your coffee, the weather, the time of year. Anything and everything!

Allow even the most mundane and simple moments and feelings to trigger immense gratitude about all have.

There is **innate beauty that can be expressed in anything** and everything when it's seen as a gift. It can be for life itself.

Just close your eyes and take a few deep breaths in and out and embrace the moment. It's important to let your mind be open and wander to whatever arises, and write it down.

Find a little time EACH day to acknowledge and embrace those moments with humility and appreciation.

Embracing "optimism" helps this process. If you lean toward being pessimistic... trying leaning the other direction and see what happens. You never know until you try.

This one particular exercise will shift and change the way that you look at your life and everything around you. It is the core "touchstone" of the 30-days. Studies show that **If you do NOTHING else other than just THIS practice you will see significant movement to your HSP at the end of the 30-days.** And I hope that you will consider making this a practice for the rest of your life!

Practice time: 5 to 8 minutes a day

*****There are 31 Journaling Prompts on p.16*****



#2 - The Meditation Prescription

Take some time each and every day to be still and Meditate. There are 1000's of National Institute of Health (NIH) studies from all around the world that show the incredible health benefits for mind, body, and spirit around this simple and ancient practice. Find time EVERY day to Meditate if at all possible. **If you find that you are too busy and don't feel like you have the time – then definitely find the time on those days! They are likely to be your highest stress days.

You can start a Meditation practice with **just 3, 5 or even 10 minutes of silence.** As the month goes on, increase the amount of time to at least 15 or 20 mins. Studies show that 20 to 25 mins a day is the optimal time for your overall mental and physical health.

Start with closing your eyes and focusing your attention on your breath and follow it as you pull air

-- IN through the nose and OUT through the mouth. And bring awareness to the rise and fall of your chest as you do. Place ALL of your attention on the act of breathing and then ask yourself - "Who" is paying attention to the act at hand?

Close your eyes. Breathe. Be still. If sitting in silence is a little tough at first, which it can be for some people, **you can use some guided imagery or conscious music to get you started.** This will give your mind a job and let you just be. This is a PROVEN method that brings a daily dose of peace to life.

It's been shown that **if you will meditate every day for 11 straight days... you have a 90% likelihood of turning it into a daily practice.** It's a rewiring of the brain.

Practice Time: 10 to 15 minutes a day



#3 - Cultivating Compassionate Curiosity

The practice of "Cultivating Compassionate Curiosity" is one you are already familiar with. At least your YOUNGER YOU is. You were taught as a child to pay attention and ask lots of questions about new things that you didn't know about. It's how we were all hardwired to learn. There was no fault or shame in not knowing the answer. Of being a student. Until there was.

This is a Mindfulness practice that brings an acute awareness of reinstalling patience, focused attention, and enhanced listening skills towards OTHER people and also your inner-self. It stops you from judging others because you approach life with curiosity and a beginner's mind, and also allows you to STOP judging yourself!

How? **By approaching everything like a child that is NOT supposed to have the answers to everything.** Having the inner wisdom to know that it's ok to get things wrong. It's ok to explore. To enjoy learning. To shift your Win/Lose attitude into a Win/LEARN frame of mind. One that asks more and even MORE questions, like a confident and curious child.

When you find yourself getting rushed, triggered, stressed out, or judging yourself or others. Here is a new tool: **Play the STOP – LOOK – LISTEN game.**

STOP - the moment you realize you are triggered. **LOOK** - at what is happening in the moment. **LISTEN** to your inner voice of judgment and/or awareness and acknowledge what is happening.

Then - Breathe IN - through the nose -- and OUT through the mouth 3 to 5 times slowly as you think to yourself (on the IN breathe) -- "Well, isn't that interesting!" -- with absolutely no judgment. Just rest in the curiosity. And now find either the situation OR the awareness "Interesting" -- think -- "Let It Go" on the outbreathe.

This practice might take some time to embrace! And as the 30-days go on... you will find this becoming easier and easier to do. **It's freeing not to have to know.**

Begin asking questions of the person speaking to you without making any assumptions. As if you were a newly landed Martian knowing that you cannot really 'understand' the true meaning of anything. No assumptions. Ask them to expand what they said, clarify, and be specific, -- "what specifically does that mean to YOU?". "How does that make YOU feel?" And then just LISTEN..... and not speak. (the hard part)

It quickly becomes a natural behavior and pattern when you embrace it.

Practice time: 4 - 6 minutes a day



#4 - Letting In - Love & Forgiveness

This is a practice that is a personal favorite.

It combines a breathwork technique with allowing the energy of love and forgiveness to be enhanced and expand in your body, mind, and spirit.

I do this at the end of ALL my meditations. With my eyes closed, I use the power of my breath on the inhale with a quick pull in through the nose followed immediately by a long pull - again in through the nose, (**So, a short then long pull of breath in through the nose.**) And as I'm breathing in... My inner voice says "I LOVE you".... and then as I let the breath out through the mouth - Short push - then a LONG push of ALL the breath out of my lungs -- as I exhale.... my inner voice says... "Thank you for LOVING me".

So, breath IN - "I LOVE you" // Breath Out - "Thank you for loving me".

Then repeat it with as many people that come into your conscious awareness to do it with.

Family, friends, and ESPECIALLY with anyone that you are having any disagreements, arguments, or rough time with at the moment

It will heal communication issues as time passes.

Or you can do it "just because." With people where you feel your relationship is good -- and you would like for it to be even better.

Then REPEAT the breath exercise again with the IN and OUT of the quick pull/long pull --

THIS TIME saying to yourself **"I FORGIVE you....** on the IN breath -- and "Thank You for Forgiving me"... on the OUT breathe.

Repeat with everyone you did the first set with and again, with people that you might be having issues with.

This kind of conscious energy clearing does wonders for relationships and misunderstandings. It's a practice that will surprise you. Try it and see how things change.

Practice Time: 3 to 4 minutes a day



#5 - Conscious Eating and Drinking

For at least the next 30-days when you are getting ready to eat a meal -- Take a few moments to bring all of your awareness to the meal in front of you and **give it an energetic "intention or blessing"**.

Ask for the food that you eating to bring health and wellness to your body, mind, and spirit. To nourish EVERY part of your body. Ask for the food in front of you to be just what your body needs for proper fuel to support and nutrition for you throughout your day. To heal, nurture and honor your body in every way.

After your blessing – take 5 to 7 very deep breathes in and out. Breathe in... on a 4 count... out on a 5 count.

Place your attention on your breath as you feel the rise and fall of your chest, similar to the Meditation Prescription. And repeat this, allowing each exhale to relax you more and more. Let it bring you to a deep sense of relaxation and stillness internally.

Or if you like, you can internally repeat a "Mantra" while breathing in and out. Like, "My food is my medicine" or "I honor all that is inside me" or "I am strong and healthy"... anything that has any meaning to you.

Notice that with each breath out you will feel more and more relaxed, and at peace. **Eating from this place is very healing.** This also drops you out of your sympathetic nervous system, into your parasympathetic nervous system which **allows your food to digest at a completely different level.**

Also, consider drinking MORE fresh filtered Water. Your body is like a "steam engine" and runs on Water. Most people are dehydrated all the time. When you feel "hungry", try drinking water first. You might just be thirsty. Yes, you pee more at the beginning. And your body adjusts to the intake rather quickly.

I also recommend going on a 30-day alcohol and substance break while you are doing this if you want to go all in. Stimulants, drugs, and alcohol are designed to block your brain's receptors and block your feelings. You want to feel whatever arises and learn to be present to it and let it move through you. Take a break.

Practice Time: 1min 20 secs x 3 meals
(or about 4 mins a day)



#6 - Energizing Movement

Movement is paramount when it comes to creating the necessary chemistry in the body to increase hormone production like endorphins along with dopamine, serotonin, and oxytocin levels. Endorphins work with the receptors in the brain to reduce the perception of pain and then trigger the positive flood of feel-good chemicals in the body.

Take some time to move your body to energize yourself. **Get outside and get some direct Sun.** Go to places outside that expand your view into a horizon and just open your mind and gaze at it. It will immediately lessen the stress response.

Make time for some simple exercise to get some steps in if you are not a fan of "working out." **Make time to take a brisk 20-minute outdoor walk if possible.**

— Here are other simple ideas. Park your car away from your destination in a parking lot. Take the stairs instead of the elevator or escalator when possible. Get a "stand up" desk to work at. Do some easy squats, sit-ups, lunges throughout your day. Get up from your desk every 60 to 90 mins and move your body. Do a walk and talk when meeting. The extra steps add up.

As I keep mentioning... Being in nature broadens your internal sense of horizon and lowers stress. The **professionals suggest Walking at least 5-times a week.** If it's winter... take a walk around in the mall to stay warm or use a treadmill.

Make a movement music playlist and play it and DANCE!

Take your dog for a walk and get the unconditional love that your pet has to share with you.

Get hugs for at least 6 seconds. They immediately increase your oxytocin levels.

Find a way to LAUGH more. The act of unbridled Laughter is healing on all levels. The average 4-year old laughs at least 300 times a day. The average 40-year old laughs 300 times every 2.5 months. 2 times a day. Nothing else needs to be said about laughter other than asking if you know any good jokes?? ;-)

Practice Time: 3 to 4 minutes a day



#7 - Pay it Forward Practice

What if, at least once or twice a week you made it a priority to take a moment to **"Pay It Forward"**? To give to another person, family, organization or even a complete stranger unconditionally. To volunteer. To give of yourself to others in some way.

Research shows that when you give to others on some level and do a different task each week, the feeling of **altruism stimulates raising your Happiness Set Point** more than doing the same thing over and over. Being spontaneous, creative, and frequency get bonus points in your brain!

How might it change your levels of compassion, kindness, and empathy toward others? Increase Oxytocin production? How might it raise your idea of "community" with those around you?

What is taking a "Pay it Forward" action?

It's when you take the opportunity to **give away a little something selflessly to someone else. Preferably a stranger.** Without the thought of needing anything in return. No transactional return for your actions in giving selflessly to others in some way. You see the stories on the News all the time.

It can be a conversation, a smile, a hug, hold a door for someone, helping someone load their car, a donation of old clothes, time, energy, appreciation or even a cup of coffee or toll to the person behind you in line... Just because.

This brings YOU joy and happiness to your life when you do it. This has been **PROVEN** to raise your Happiness Set Point and gives you a greater sense of purpose and passion.

Practice Time: Depends on frequency & act



#8 - Moment to Moment Journaling & Music Playlist

Now it's time to document your experience and get your thoughts on paper and **JOURNAL about your progress**. Studies show that "journaling" and spending time to write down your experience along the way increases a sense of purpose, passion, and happiness. Take the time. You will be glad you did. You might even find that it's something that you will continue to do after the 30-day challenge too.

Take a calendar, and plan out which of the 8 Practices you are going to do from day to day and do your best to stick to it. Don't plan more than 3 to 7 days max. You can add on practices as you go. And you can be spontaneous along the way too. Journaling is a way to dump your thoughts, feelings, emotions, and awareness' out of your heart and mind and make them tangible. It's interesting to see what hits the page as "in the moment - stream of conscious writing." The aha's might surprise you.

Also, take time to put together a **Happiness Music Playlist** to listen to during your practices. Notice what tunes make your heart, and spirit soar. Which songs or rhythms move you... Get you in a groove. Dancing. Singing along. Find some new favorite songs and make them part of your daily ritual.

Practice Time: 8 to 10 minutes a day

Here is the INVITATION: Allow yourself to -- Be in the moment. Let yourself BE happy. Smile. Have fun. Say YES rather than no. Play games. Blast music. Dance. Color outside the lines. Daydream. Take Naps. Do Dessert first. Draw. Doodle. Sing out loud. Splash. Have coffee with friends you haven't spoken to in a while. Plan fun. Laugh. Forgive quickly. Stretch outside of your comfort zone.

These are called a "Pattern Interrupt". When your routine gets disrupted and your brain creates new neuro pathways to accommodate the changes you are making. No matter how big or small.

Remember the **"Slight Edge"** concept. You mark making the little changes that add up over time. If you can make 1/3 of 1% of a change every day... over a year... that is a 120% shift, and since you are not perfect ALL of the time. Nobody will be. Perfection is overrated. Let's call it a 100% shift over the next year. You have full permission to get messy and just do B-minus work. Once you start to experience a shift in your happiness levels, the rest will flow naturally.

What if your year starts right NOW and your first touchstone is the next 30-days.

BONUS: 31 Gratitude Journaling Prompts for you to use...

1. When I think of/remember this person, situation, moment, place in my life, it makes me smile and even laugh out loud. What I remember most about it is....
2. Today I am grateful for...(make a gratitude list of all the little things that you are appreciative of in life)
3. When I think of (fill in loved ones names) I am filled with LOVE. What I appreciate most about them is...
4. When I think of the time that (Fill in Person's Name) did (Name the Moment) together, it fills up my heart with love and joy. What I appreciate most is...
5. In the past - I was hurt when (X moment) happened. I totally forgive (Fill In Person's Name) from the deepest place in my heart, from the blame that I have placed on them so that I can be free to live my life in happiness from this moment forward. (Write more if you wish to anchor it in)
6. Love heals. Today I commit to putting intention into (Fill In Person's Name) and writing about how much they mean to me and why I love them so much...
7. The sweetest moment I remember from my PAST is when....
8. The sweetest moment that I had RECENTLY was when...
9. The sweetest moment I want to create in the FUTURE is....
10. What simple comforts in life are you most grateful for? Anything and everything. Make as long a list as you can.
11. Write about an act of simple kindness that touched you that you either witnessed or did yourself this week.
12. What are 3 things that you would tell the younger you then that would change how you looked at life today.
13. If you could design a "place of peace" for yourself, what it would look like, feel like, have in it, etc...
14. What did you do recently that made you LAUGH at yourself and your actions?
15. If there was ONE song that would raise your mood – What would it be? And is there a specific lyric that moves you?
16. If there was someone that you have been taking for granted... what would you say to them to let them know how much you appreciate them and all that they do for you or your family?
17. What activity, person or situation always energizes you and gets you excited by even thinking about it?
18. What positive memories make you happy when you remember them?
19. What simple actions or things that you do on a regular basis, bring you the most happiness or peace.
20. What are the top 3 to 5 highlights of your life so far?
21. What are at LEAST 7 to 10 things on your Bucket List that you want to do?
22. What is your favorite holiday tradition and why?
23. Write about 8 or more hobbies or activities that you LOVE doing and how they make you feel.
24. Where is your favorite place to go and meet a friend to talk and hang out? Why?
25. When you have gone through a tough time in your life... who was there to help pick you up or motivate you? What do you appreciate about them?
26. What 5 to 7 accomplishments are you most proud of in life? Why?
27. What is something nice that someone has done for you recently? And also one in the past?
28. What is something nice that you have done for someone else or are going to do for someone else in the near future?
29. Being grateful for what you have is important – Think about others around the world that are less fortunate than you and write about how grateful you really are to have the life that you do.
30. How has practicing gratitude impacted your life in a positive way over the last month?
31. What is the legacy that you would like to leave on the world?



*Health and happiness are your birthrights.
Nature HEALS even in the simplest of moments.
Let it DO what it does.*

BONUS: 21-Quick Things You Can Do to raise your Serotonin, Oxytocin & Melatonin in 10 mins or LESS!

1. **Pet a Dog or a Cat** - Your little buddy brings a dose of oxytocin & unconditional love.
2. **Stretching** - Simple physical movements increase the production of feel-good serotonin.
3. **Grounding/Earthing** - Go barefoot in the grass & on dirt. It increases brain oxygen flow.
4. **Have Sex/Cuddle** - Even a 10 min quicky raises mood by more than 14%. Surprised? Nah.
5. **Cooking with Friends** - Awaken your taste buds & creativity at the same time. Sharing!
6. **Laughing** - Watch a comedy. Youtube for funny videos. LET yourself laugh out loud!
7. **Sleeping** - Or take a power nap. It improves moment-to-moment attention. Rest is good.
8. **Eat Dark Chocolate** - Studies show - It contains phenylethylamine which lifts your mood.
9. **Gardening** - Getting your hands dirty in the soil, helps feeling happier and grows things!
10. **Listen & Ask Deeper Questions** - Do it without needing to share in return unless asked.
11. **Being in Nature** - Get outside year-round. Trees, grass, water is all Good. Enough said.
12. **Take 10 Deep Breathes** - This will bring a deeper sense of peace & relaxation. 3 /4x a day
13. **HUGS** - Get long hugs. A (6 to 10-second) hug will immediately raise your oxytocin level.
14. **Scents** - Use strategic Essential Oils and even perfumes. It quickly changes your state.
15. **Give Yourself a Scalp Massage** - Get your fingers in your hair for a good rub and scratch.
16. **Put Your Face In The Sun** - Take off your hat and sunglasses and soak in Vitamin D.
17. **Call a Friend** - Pick up the phone to tell them how important they are to you. Boom!
18. **Be Creative** - Doodle. Draw. Knit. Creativity lowers cortisol and RAISES your happiness.
19. **Stand Up & Move** - Stand up and move around for 5 mins, every hour of your workday.
20. **Give Away FREE Smiles & Hugs** - Engaging with others increases mirror neurons.
21. **Take Pride and Clean** - Taking a few mins to clean and straighten brings order to chaos.





Where to start:

1. **Read through the 8 suggested Happiness practices and decide on the ones that work for you to do as consistently as you can.** I DO recommend trying all of them in the first several weeks of the challenge. You might find that the result of doing them will be different than just reading them and be surprised.
2. **Print the simple calendar** that is provided for you to use or work from. **Create one of your own, drawn your own out in your Journal or use one that you already have.** The main thing is to use a way to track your progress that works for you.
3. **Start to design a Happiness Routine from the practices that you can follow at least 3 days advance and no more than 7.** Pick a few of the different practices and put them on your schedule. I suggest not overloading your plan at the beginning - you can always add more as the self-challenge goes on. You want to feel GOOD about your wins and not feel like it's a chore. That way you will look forward to doing them.
4. **As you start to do the different Happiness Practices**—notice how you are feeling as you do them and how they move you. Bring your attention to the moment as you are IN the moment. It's mindfulness in action.
5. **Preferably every day—Journal** either in the AM or PM about what you did each day and how it made you feel. Close your eyes and allow your mind to wander back through your actions and realizations. Also, journal about any other conscious self-awareness gifts as you expand your happiness palette.
6. **Once you have a plan... keep up with it as best you can. If you miss a day or two or a practice, that is totally OK.** No need to add more stress to your already busy life. No need to be critical or judgmental of yourself. Let it go and pick it up when and how you can.
7. **You will have ups and downs that will feel like emotional expansion and contractions throughout the 30-days.** It's normal. As the days advance, so will your happiness set-point. And once your set-point is raised, studies show a strong tendency to stay at your new set point. Something to look forward to.
8. **When you are done with the 30-day challenge**—or even once a week... or every day... check in with yourself and rate your mood in each of the 6 Areas of focus in the book.
9. **AFTER the challenge—do yourself a favor and mix it up and do it again.** And again. And enjoy.



What to Remember and Focus on FIRST:

You NOW know WHAT to do! And you know HOW to do it.

It's time to stop staring at the blank page and take action for the next 30-Days.

- Find an accountability Partner to play with over the FULL 30-days - Sharing this with a friend or family members and letting a few friends know what you are committing to doing helps.

1. Get a Happiness Journal
2. Print the Calendar and any pages you need
3. Make a plan for the next 3 to 7 days
4. Write it down on your Calendar or in your Journal
5. Continue to add Practices as they get easier to do
6. TRY all 8 of the HSP Practices (and Quick Practices)
7. Remember to Celebrate the small triumphs and shifts!
8. Buddha's dying words "Do your BEST." -- Live it.
9. No one is perfect. Doing B minus work will shift your HSP!
10. Rinse and Repeat!



Creating Your Happy Place:

If it feels right, find a place that feels like it's a happy place for you and when you can... do your practice there. If that is not possible, prepare a space or do a little ritual that MAKES it a happy place. Your ATTITUDE about it is what really matters.

In the immortal words of Buckaroo Bonzai - "Where ever you're at... THERE you are."

Reminder of the 8 Simple Happiness Secrets:

1. **Gratitude Practice** - The CORE practice to raise your HSP
2. **The Meditation Prescription** - I do THIS practice every day!
3. **Cultivating Compassionate Curiosity** - Mindfulness in Action
4. **Letting in LOVE & Forgiveness** - add while Journaling or Meditating
5. **Conscious Eating & Drinking** - They call it a "blessing" for a reason.
6. **Energizing Movement** - 5 x a week is optimal
7. **Pay It Forward Practice** - THIS brings a flood of oxytocin and just feels good.
8. **Moment to Moment Journaling AND Making a Happiness Music PlayList** - Fun

Remember -- Every Day is a NEW Opportunity to Raise Your Happiness!

FOR: 30-Days LATER -- Let's Check-In What are your Happiness Levels NOW??

On a scale of 1 to 10 - (10 being 100% happy 100% of the time) -- RATE YOURSELF:

How happy are you in your life at the moment in these areas?

Rate the 6 Main Areas of Life where you can measure your subjective inner feelings.

**Tune In -- CIRCLE your Scores of how you FEEL Today
30-Days LATER -- in the following areas in your life:**

- Mind/Mental - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Body/Physical/Health - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Spiritual/Values - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Relationships - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Work-life/ Engagement - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)
- Community/Friends - (LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)

How do you feel about your OVERALL Happiness Score on a scale of (1 to 10)?

(LOW) 1-2-3-4-5-6-7-8-9-10 (HIGH)



**After you CIRCLE your Score (1 to 10) as of Today -
- Go back to your PREVIOUS score, 30-days
before, and take a look at how far you have
come with your Happiness Set Point!**

**Remember -- ANY change is a BIG Change when
it comes to happiness. Honor your movement,
and decide to keep up with your practice, and
decide where you ultimately want it to be, and
keep on keeping on - until you reach your goal!**

You Did It! Congratulations on ALL of the GREAT work! Be sure and celebrate your WIN.

Stay in Touch and let me know how your experience was! I would love to hear from you either way!
"May the wings of effort, fly you to new HEIGHTS, like a bird on the updrafts of life"

Until Next Time -- with great LOVE & Respect -- Skip

Email: Skip@SkipLackey.com



Now Keep Going. And remember -- Every Day is a NEW Opportunity to Raise Your Happiness!



NOTE: If you participated in the 30-Day Challenge and are still having issues with **Raising Your Happiness Set Point**, you **MIGHT** be having some trouble with **"upper-limiting."** Where there can be deep blocks that can stand in the way of you being able to allow yourself to feel happy within. Or you might be stuck in the messy middle of what I talked about earlier in the book as a **"life-quake" recovery transition moment**. It can look like a bout of depression, but it can be quickly overcome with a few private coaching sessions and additional support. I am an expert at helping people accelerate people to the other side of the blockage. I have worked directly with over 25,000 clients. If you are interested in finding out more about what that would look like -- Send me an email and we can set up a time to speak on a **FREE 20 minute 1-on-1 call** to dive deeper to discover your solution.



A little about me:

I can safely say that I'm an Expert in delivering happiness, smiles and humor. How can I say that? Well, first, I graduated at the top of my class of Ringling Brothers, Barnum & Bailey Clown College, and toured with the Circus as a Clown bringing smiles to children of all ages. I have appeared on Broadway & International Tours of numerous Broadway Musicals. I'm a former Nickelodeon Game Show Host for the award-winning show - "Think Fast." Opened Nick Studios at Universal Studios FL and toured North America doing a LIVE Nick Game Show Experience. I also had amazing experiences like being Santa Claus for the Radio City Christmas Spectacular - dancing with the world-famous Rockettes on tour. Co-Starring with Jim Carrey in his first film "Once Bitten." Appearing in over 100 national commercials and recorded over 1000 Voice Overs for Radio and TV.

Then after a lifetime of studying, coaching, teaching multiple Personal Growth Modalities, since 2003 I have worked with over 25,000 people and given over 1000 live in-depth Workshops and well over another 1000 Radio, TV, and Online programs helping people on an inner-personal level to heal old emotional wounds. As part of my personal mission, I'm committed to helping as many people as possible wake up to the truth of who they are, and bringing joy to others.

So I'm thrilled to be giving away this 30-Day free challenge to people that are willing to take the necessary actions to "Raise Your Happiness Set Point!"

CONTACT ME DIRECTLY if you are looking for an Expert

to facilitate In-person and Online Talks, Immersive Workshops,
Online Programs, Interviews, or being a guest on a Podcast.

I speak on a number of different subjects from Meditation,
Cellular Healing, Emotional Wellness, Living on Purpose at Work -
Along with Conscious Leadership, Employee Engagement,
and of course -- Raising Happiness Levels personally & professionally.

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