



We are delighted you're here. Happiness is a journey, and we're honored to be a part of yours. This guide will walk you through six simple steps to help you become happier. Each step is designed to be clear, concise, and actionable, supporting you in building a happier, more fulfilling life. WHY? Because a 😊 Happier You = Happier Planet! 🌍

Step 1: KNOW IT'S POSSIBLE FOR YOU

Believe in Your Potential for Happiness + Shift Your Perspective

If you don't believe getting happier is possible for you, how do you expect to achieve it? The first step is recognizing that a happier you is within your reach. Here's how to shift your belief:

- **Seek Inspiration:** Find stories of others who have successfully become happier. Their journeys can offer hope and proof that improving your degree of happiness is possible. Here are some suggested books and movies for you to consider and contemplate upon:
 - 📖 **BOOKS:** "Man's Search for Meaning" by Viktor Frankl, "Learning to Love Yourself: Finding Your Self-Worth" by Gay Hendricks, "The Happiness Project" by Gretchen Rubin
 - 🎬 **MOVIES:** "Happy" (2011, documentary), "Groundhog Day" (1993)
- **Adopt a New Perspective:** What you focus your attention upon shapes your reality. Scientifically, this is because your Reticular Activating System (RAS) filters and prioritizes sensory information, making you notice more of what you've previously focused on." Can you see how this can work for or against you? Use it for your benefit, contemplate these questions:
 - 😊 Get curious and genuinely ponder the question, "**HOW CAN I get happier?**"
 - "What would it take for me to feel happier?"
 - "What could I do, think, notice, practice, or adjust to feel happier?"

💬 **Quote:** "Whether you think you can or you think you can't, you're right." – Henry Ford

🗨️ **Reflect:** Do you KNOW that becoming happier is possible for you? If not, start by finding examples and sources of hope that inspire you. We've given you some suggestions and ideas to build upon.

📖 **If you'd like support:** Consider the following.

- Join the "😊 **Happier YOU** 🌍..." community on Telegram: <https://t.me/HappierYou>
- Consider working with a PRO Happiness Coach: <https://happy.degree/happiness-coaches/>

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NEXT UP: #2 DECIDE & ACT! – however you've already taken action by downloading and reading this. So, really you are just continuing something you've already started. 👍 GREAT JOB!!! 🙌

Step 2: DECIDE & ACT: Start NOW!

Make Happiness a Priority + Take Steps Now ☆ Super Important!

We need to be realistic here. If you don't make a decision and make it important, how can you expect to succeed? Decide that your happiness is important and take action immediately:

- 📄 **Set a Basic Plan:** Outline simple steps you can take towards happiness.
 - 💡 PRINT this PDF, check off each thing you complete – use this as your basic plan.
- 🗑️ **Act Now:** Don't wait for the perfect moment. Start with small actions today (right now).

💬 **Quotes:** "Action is the foundational key to all success." – Pablo Picasso

💭 **Reflect:** Make a firm decision to prioritize your happiness and take your first step now.

🎬 **TAKE ACTION:** Always take immediate action after making a decision. 🤝 Feel empowered! ⚡

📣 **DECLARE it to the world:** Take a powerful step towards what you want by SPEAKING ON IT!

- 💡 Post this online, "I AM working on becoming HAPPIER! #HappierYouHappierPlanet"

Step 3: GET HONEST: How Happy Are You, Right Now?

Assess Your Current Happiness + Take The Assessment 🔑 Key Step!

If you don't know where you are at right now, how can you plot a path to where you are going? Honesty with yourself about your current degree of happiness is crucial:

- **The Assessment:** Use the [Life Inventory Assessment](#) (LIA) to get an exact quantification of your perceived happiness and fulfillment levels – LIA is quick & very useful for this.
- **Self-Reflection:** Consider your emotions and daily experiences to gauge your happiness.

💬 **Quote:** "You can't get to where you want to go unless you know where you are." – Unknown

💭 **Reflect:** Determine how happy you are at this moment. Use assessments and self-reflection to understand your starting point.

🎬 **TAKE ACTION:** The Assessment is available to you for when you are ready to take action.

- Invest 20 minutes of your time, take your [Life Inventory Assessment](#) – and find out:
 - Your exact perceived degree of happiness (fulfillment), overall + in 13 life categories.
 - Where your low-hanging fruit is for becoming happier + improving your life.

🚫 DO NOT SKIP THIS STEP 🚫 Please make sure you KNOW your current degree of happiness!

Step 4: SET a Happiness GOAL: Be S.M.A.R.T. about it.

Define Your Happiness Destination + Share It with Someone You Trust

Without a goal, how will you know if or when you've arrived? Setting a S.M.A.R.T. (Specific, Measurable, Achievable, Realistic, and Timely) happiness growth goal is essential:

- **Specific:** Clearly define what being happier looks like for you.*/**
- **Measurable:** Determine how you will measure your progress.*/**
- **Achievable:** Set realistic and attainable goals.**
- **Realistic:** Ensure your goals are practical and relevant to your life.**
- **Timely:** Set a timeframe for achieving your goals.**

👉 *[The Assessment](#) helps with this. / **[Happiness Coaching](#) helps with this.

📊 **Statistic:** Individuals with clear, written goals are 10 times more likely to succeed than those without goals. – Harvard Business Study

💡 **Reflect:** From where you are at (determined in step 3), set a S.M.A.R.T. Happiness Goal.

📝 Write it down and commit to it.

👉 **Examples:** See [10 S.M.A.R.T. Happiness GOAL Examples that are Simple & Practical](#).

💡 **Pro Tip:** Get a friend or a coach to help you with this step, for ideas and accountability.

Step 5: TRACK Your Happiness PROGRESS: See Growth

Monitor Your Journey + Schedule Your Assessment Retakes

If you aren't monitoring your progress, how will you know how you are doing, if you need to adjust, and if/when you'll get there? Regular tracking helps you stay on course:

- **Periodic Assessments:** Take subsequent assessments periodically (weekly or monthly is suggested) to monitor your progress. [The Assessment](#) works great for this.
- **Adjust as Needed:** Use your progress data to make necessary adjustments.

📊 **Statistic:** A Harvard Business Review study found that employees who regularly tracked their progress towards goals were 20% more likely to achieve them.

💡 **Reflect:** In your calendar 📅, pre-schedule assessment retakes to track progress and growth.

💡 **Pro Tip:** If you need help with tracking, assessment retake reminders, and progress reflections, consider hiring a professional growth coach or empower a friend to support you with this.

Step 6: JOIN a Happiness COMMUNITY: For Support

Find Your Tribe + Engage, Be Active, & Support Others

You don't have to try and do this alone. Having a supportive community can make a significant difference:

- **Engage with Communities:** Join happiness communities available to you now and engage with other members.
- **Seek a Coach:** Consider getting a Happiness Coach to guide you.

🗨️ **Quote:** "Alone we can do so little; together we can do so much." – Helen Keller

💡 **Reflect:** Connect with others who are on a similar journey. Share your experiences, ask questions, and celebrate your progress together.

📌 TAKE ACTION:

- Join the “😊 Happier YOU 🌍...” community on Telegram: <https://t.me/HappierYou>

Conclusion: Print these steps, check things off and write all over this – make it yours!

📖 Your journey to happiness is unique and important. By following these six simple steps, you are taking proactive measures to enrich your life and positively impact the world around you. Remember, every small step counts, and you are not alone on this path. Together, we can create a happier, more connected world. 🌍 Thank you for taking this journey with us. Here's to your happiness! 😊

Feel free to download, print, and write all over this guide to make these steps your own as you embark on your journey to a happier you.

Please share this information with others – Happiness is nothing unless shared. 😊

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“Thank you for your interest in becoming a happier version of yourself. I truly believe you and your happiness matters. Together, I KNOW we can make our world a better place, a happier planet. 🙏💕🌟”
– RawB LOVE, reminding you to B the LOVE, the Raw kind.