

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 LIVE**SMART** 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.

HOW TO GET STARTED

You Can Determine Your Own Happiness

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	

- 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.
- 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

livesmart@onealind.com www.livemsmartoni.com • 888-501-1252

WEEK 1: Get Started -	Take a moment to reflect on happiness
What does happiness mean to yo	ou?
	(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
	thy?
(6	example: I walk 2 miles a day outside and sleep 7 hours a night)
What are you feeling good abou	(example: Fresh start with a New Year)
WEEK 3: Have an Att	itude of Gratitude
When do you stop and take notic	ce?
	(example: When I am sitting on the dock at the lake)
How do you bounce back in toug	gh times?
WEEK 4: Connect with	th People
Who matters most to you?	
	(example: My husband and children)
What new things have your tried	recently? (example: I took apart my dryer and repaired it)
WEEK5: Have Purpos	
What gives your life meaning? _	
	Raising my children to be caring, adventurous and productive individuals)
What are your most important g	coals?(example: To travel to at least 40 states in the US)
WEEK 6: Be Comfort	able with You
What is the real you like?	
Tride 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 LIVE**SMART** bulletin board.

LIKE US ON

• Connect with LIVE**SMART** on Facebook, Twitter or Instagram at /livesmartoni. Use the hashtag: #livehappyoni







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.

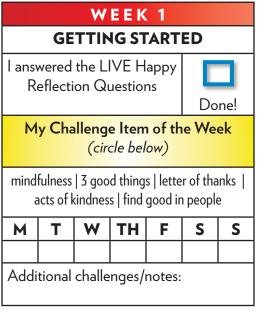
LIVE HAPPY CHALLENGE LOG

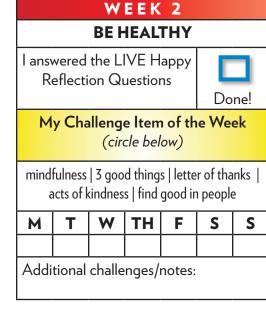
DIRECTIONS:

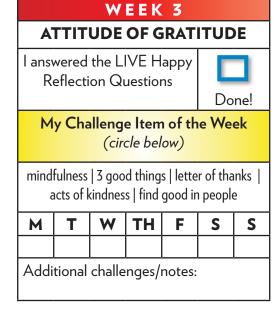
- Answer the weekly reflection questions each week (found in the quidebook)
- 2. Each week choose a challenge to complete (complete at least 5 times per week).
- 3. Tally your program totals for each challenge item upon completion of the program. If adding extra challenges, record in the additional challenge/notes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

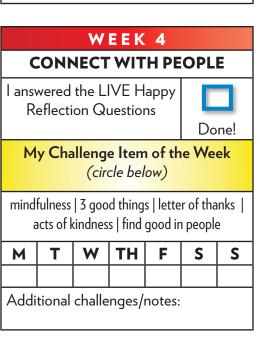
My Summary: I did

Acts of Kindness

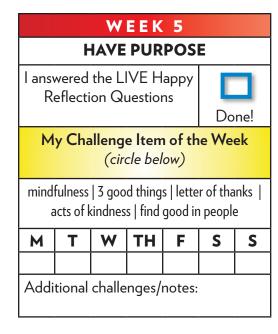








Finding the Good in People





Letters of Thanks

Days Mindfulness

Name:Co	ompany:	Location:
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Days of 3 Good Things