

**CBK**  
Coaching By Karen  
corporate & lifestyle skills



FINDING YOUR HAPPINESS

MAKE  
A LIST  
OF THE  
THINGS  
THAT MAKE  
YOU FEEL  
GOOD



1

## I FEEL GOOD WHEN I...

	<input type="checkbox"/>

**How many of the things that make you feel good do you engage in regularly?**

To “Feel Good” can refer to a lot of different things in life. It may be about helping other people, working hard, making money, talking to a friend or family member, completing a project, working out regularly,...

Put a checkmark next to anything you engage in at least once a month.

WHAT  
DO YOU  
WANT  
FROM LIFE?



## IN MY LIFE, I MOST WANT...

**If you want to achieve, own, and experience everything you desire, you must first be VERY clear about what you want.**

Make a list of EVERYTHING you want in your life - such as the kind of house you want, the type of relationship, the awards and accolades you would like to receive, the places you want to visit or live, and the types of people you most want in your life.



WHAT IS  
**FUN**  
TO YOU?



# THESE THINGS ARE HOT-DIGGITY FUN!...

**What do you do for FUN?**

**Don't list things that are supposed to be fun, but REAL activities that make you smile, giggle, laugh, laugh-until-you-cry....**



## **WHO IS HAVING FUN?**

**One study reported that of the people they surveyed, only 53% of them said they have fun. 81% said they wish they had MORE fun in life.**

So, what about you? What do you find FUN?  
Reading, bowling, watching a funny movie, playing music, dancing, playing a game, riding a bicycle, going to the beach, playing Twister, riding rollercoasters, camping, spending time with your BFF....

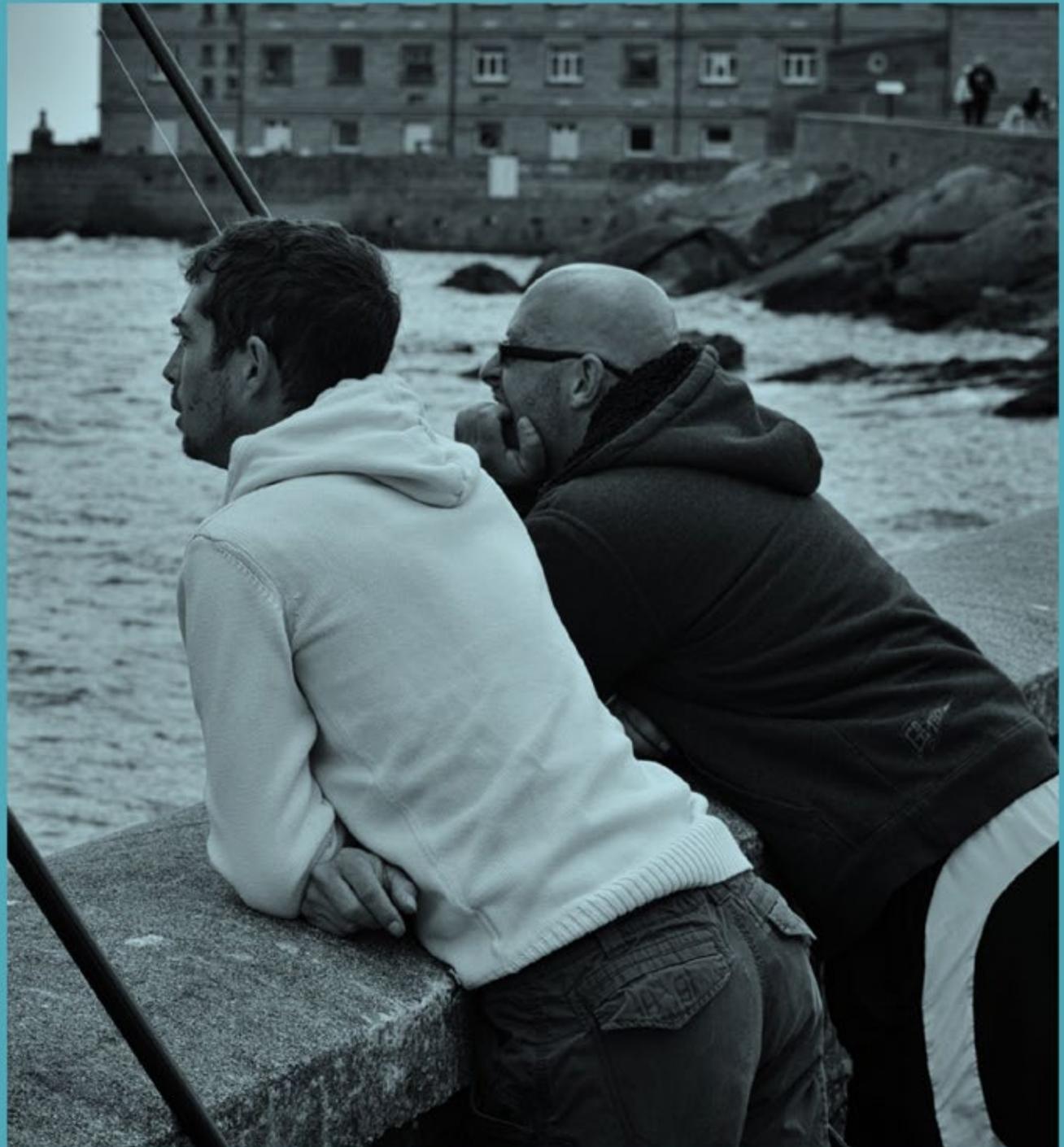
**Make YOUR list**



**WHEN IS THE LAST TIME YOU DID EACH OF THESE?**



**“I AM  
HAPPIEST  
WHEN...”**



# HAPPY IS MORE THAN JUST A STATE OF MIND

It's a Physical, Mental, and Spiritual experience

**Think about the times you have felt REALLY happy... what were you doing?**

Look back on your entire life and find the times in which you felt truly happy and content. What were you doing at that time? What activities made you happy? Where did you live? Who was in your life that contributed to your feelings of happiness?

Write it all down...

Then, identify which thing makes you happiest, number each one in order of preference.



WHAT ARE THE TOP 3 THINGS THAT STOP YOU FROM HAVING FUN?



“I AM  
GOOD  
AT...”



## YOU ARE AWESOME!

Really, you are! Make a list of all the things you're good at...



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**Which of these things are also on your Feel good list? Fun list? Happy list?**



**IN A**  
PERFECT WORLD,  
I WOULD BE  
**DOING**  
**THIS...**



## IN MY PERFECT WORLD, I AM...

**Take a look at your list of what you want in life and keep moving forward.**

If you have other items to add to your “Perfect World” list, add them here.



**WHAT ARE YOU DOING INSTEAD OF THESE THINGS?**





## LOOK TOWARDS A BRIGHT FUTURE...

**Go back through all your answers and highlight any that appear on more than one list.**

You should now have a great inventory of things that make you happy, things you enjoy, the life you desire.

Now, invest in your own happiness:

1. Set a date with yourself every week to engage in the things that make you feel good and contribute to your happiness.
2. Engage in activities you are good at, especially those which can help you achieve the life you most desire.
3. Find or create a poster or something that will remind you to stay focused on your happiness and your dreams, and put that in a location where you will see it everyday.

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

*Mahatma Gandhi*



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