

21 Ways to Raise Your Happiness Set-Point

based on

Happy for No Reason

**7 Steps to Being Happy
from the Inside Out**

by **Marci Shimoff**

with CAROL KLINE

Welcome to “21 Ways to Raise Your Happiness Set-Point!”

Congratulations!

...on your decision to dive deeper into unconditional happiness! You have taken the first step to raise your own happiness level. We know that when you follow the steps in the *Happy for No Reason* program, you'll create not only the foundation of your inner Home for Happiness but the strong structure and beautiful surroundings in which your happiness will thrive and flourish.

In this complimentary *Happy for No Reason Workbook* you'll find material that will help support your growth and help you raise your happiness set-point.

Included in this *Happy for No Reason Workbook* are the:

- Happiness Quotes from *Happy for No Reason*
- *Happy for No Reason* Questionnaire
- 21 Ways to Raise Your Happiness Set-Point

The *Happy for No Reason* Questionnaire will help you to determine your current happiness level. With regular practice of the **21 Ways to Raise Your Happiness Set-Point**, deep and lasting happiness becomes a habit—no matter where you start.

We have included the **Happiness Quotes** from *Happy for No Reason* as special bonus material. Perhaps you'd like to post or carry these Quotes with you as a constant, uplifting, motivational reminder.

Take your time as you answer the thought-provoking questions and do the exercises in this workbook and remember to notice, that **YOU** are in control of your own happiness. Every time you choose to do one of the **21 Ways to Raise Your Happiness Set-Point**, or read a **Happiness Quote**, you are choosing to move in the direction of your own happiness!

Feel free to take notes throughout the day regarding your discovery process. Your observation of your experience as you do these exercises will help you uncover your personal version of unconditional happiness.

Happy Exploration!

With love for no reason,
Marci Shimoff



Happy for No Reason: Happiness Quotes

- *This joy that I have – the world didn't give it, the world can't take it away.* – Shirley Caesar
- *Happiness is the meaning and the purpose of life, the whole aim and end of human existence.*
– Aristotle
- *Those who bring sunshine into the lives of others cannot keep it from themselves.* – J. M. Barrie
- *It is only possible to live happily ever after on a day-to-day basis.* – Margaret Bonnano
- *Our business is to be happy.* – His Holiness the Dalai Lama
- *Happiness for any reason is just another form of misery.* – The Upanishads
- *Things do not change we change.* – Henry David Thoreau
- *Who is rich? He who is happy with his lot.* – The Talmud
- *We first make our habits, and then our habits make us.* – John Dryden
- *Most of the shadows of this life are caused by standing in one's own sunshine.*
– Ralph Waldo Emerson
- *If you don't like something, change it. If you can't change it, change your attitude. Don't complain.*
– Maya Angelou
- *The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you are in control of your own destiny.* – Dr. Albert Ellis
- *We can never obtain peace in the outer world until we make peace with ourselves.*
– His Holiness the Dalai Lama
- *The mind is its own place, and in itself can make a heaven of Hell, a hell of Heaven.*
– John Milton
- *What a wonderful life I've had! I only wish I'd realized it sooner.* – Colette
- *I would rather have eyes that cannot see; ears that cannot hear; lips that cannot speak, than a heart that cannot love.* – Robert Tizon
- *The heavens and the earth are there; the sun, the moon, and the stars, fire and lightning and the winds – the whole universe dwells within our heart.* – adapted from the Upanishads
- *If the only prayer you said in your whole life was, "thank you," that would suffice.*
– Meister Eckhart
- *Appreciation and gratitude are a must if you choose to become the architect of increased happiness and your own fulfillment.* – Doc Childre
- *To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.* – Robert Mueller

- *A sound mind in a sound body is a short but full description of a happy state in this world.*
– John Locke
- *Tell me what you eat, and I will tell you what you are.* – Anthelme Brillat-Savarin
- *There is a vitality, a life-force, an energy, a quickening that is translated through you into action...
Keep the channel open.* – Martha Graham
- *We will be in tune with our bodies only if we truly love and honor them. We can't be in good
communication with the enemy.* – Harriet Lerner
- *There are only two ways to live your life. One is as though nothing is a miracle. The other is as
though everything is a miracle.* – Albert Einstein
- *To make the right choices in life, you have to get in touch with your soul. To do this, you need to
experience solitude...because in the silence you hear the truth and know the solutions.*
– Deepak Chopra
- *The winds of grace are always blowing, but you have to raise the sail.* – Sri Ramakrishna
- *There are two great days in a person's life—the day we are born and the day we discover why.*
– William Barclay
- *When we learn to say a deep, passionate yes to the things that really matter, then peace begins to
settle onto our lives like golden sunlight sifting to a forest floor.* – Thomas Kinkaide
- *The important thing is not to think much but to love much; and so do that which best stirs you to
love.* – St. Teresa
- *When you follow your bliss...doors will open where you would not have thought there would be
doors; and where there wouldn't be a door for anyone else.* – Joseph Campbell
- *I don't know what your destiny will be, but one thing I do know: the only ones among you who
will be really happy are those who have sought and found how to serve.* – Albert Schweitzer
- *Whoever is happy will make others happy, too.* – Mark Twain
- *You become the average of the five people you associate with most.* – Jim Rohn
- *You have to do it by yourself. And you can't do it alone.* – Martin Rutte
- *Human beings are more alike than we are un-alike...try to spread your giving of yourself...to
people who may not even look like you. You belong to everybody, and everybody belongs to you.*
– Maya Angelou
- *When there is light in the soul, there is beauty in the person.
When there is beauty in the person, there is harmony in the house.
When there is harmony in the house, there is order in the nation.
When there is order in the nation, there is peace in the world.*
– Chinese proverb

The Happy for No Reason Questionnaire

Rate each statement on a scale of 1 to 5:

1 = Not at all true 2 = Slightly True 3 = Moderately True 4 = Mostly True 5 = Absolutely True

1. I often feel happy and satisfied for no particular reason.
1 2 3 4 5
2. I live in the moment.
1 2 3 4 5
3. I feel alive, vital and energetic.
1 2 3 4 5
4. I experience a deep sense of inner peace and well-being.
1 2 3 4 5
5. Life is a great adventure for me.
1 2 3 4 5
6. I don't let bad situations keep me down.
1 2 3 4 5
7. I am enthusiastic about the things I do.
1 2 3 4 5
8. Most days I have an experience of laughter or joy.
1 2 3 4 5
9. I trust this is a friendly universe.
1 2 3 4 5
10. I look for the gift or the lesson in everything that happens.
1 2 3 4 5
11. I am able to let go and forgive.
1 2 3 4 5
12. I feel love for myself.
1 2 3 4 5

13. I look for the good in every person.
1 2 3 4 5
14. I change the things I can and accept the things I can't change.
1 2 3 4 5
15. I surround myself with people who support me.
1 2 3 4 5
16. I don't blame others or complain.
1 2 3 4 5
17. My negative thoughts don't overshadow me.
1 2 3 4 5
18. I feel a general sense of gratitude.
1 2 3 4 5
19. I feel connected to something bigger than myself.
1 2 3 4 5
20. I feel inspired by a sense of purpose in my life.
1 2 3 4 5

Scoring section:

If your score is 80 – 100: To a great degree, you are Happy for No Reason.

If your score is 60 – 79: You have a good measure of being Happy for No Reason.

If your score is 40 – 59: You have glimpses of being Happy for No Reason.

If your score is under 40: You have little experience of being Happy for No Reason.

Whatever your score, you can *always* move toward being more Happy for No Reason. As I said earlier, it doesn't matter where you begin; what matters is that you *do* begin. Once you've finished reading the book and have begun practicing the seven steps and the Happiness Habits, take the questionnaire again. After that, assessing your Happy for No Reason score on a regular basis will help you chart your progress.

Focus on Solutions



Solutions Focus Technique

Write down your answers to the questions below:

1. Think of a situation that you've been complaining about. Rate how you feel about it on a scale of 1– 10, where 1 is "I'm the least satisfied about the situation" and 10 is "I'm the most satisfied." _____

(If you rated your situation a "1", please skip to question 3.)

2. Great, you didn't score a "1." Write down what you're doing (as many things as you can think of) that cause you to rate your level of satisfaction at the number you scored and not lower.
3. What would be the first tiny signs that your satisfaction has increased by one point? Think carefully and write down as many things as you can.
4. In light of what you've written above, what are the first small steps you could take in the next day to increase your satisfaction with this situation?
5. Begin to take some of the actions you've listed in number 4. Start to notice times when you are a little more satisfied, and build on whatever you're doing that helps you.

Adapted from Solutions Focus technique. Used with permission of Mark McKergow.

Look for the Lesson and the Gift



Look for the Lesson and the Gift

1. Sit quietly by yourself. Close your eyes and take a few deep breaths.
2. Recall a specific situation that has caused you to feel wronged or to blame others. Picture the person or people involved, the setting, and what was said or done.
3. Imagine taking several steps back and observing the situation from a distance, as though you were watching a movie on a screen.
4. What part of what happened can you take responsibility for? Did you ignore signs that should have clued you in that there was a problem? Did you act in a way that might have provoked the situation? Did your thoughts or actions escalate the situation?
5. What's your lesson to learn from what happened? Do you need more patience or better boundaries? Do you need to listen more, say less?
6. Ask yourself: If this were happening for a higher purpose, what would that be? Can you find the gift?
7. Write down the most important thing you can do differently as a result of finding the lesson or the gift.

Make Peace with Yourself



M-Power March: Make Peace with Yourself

1. Stand up straight: alert, yet comfortable and relaxed.
2. Take an extended step with your left foot, keeping your back (right) foot firmly on the floor (and both feet facing forward). Bend your left knee slightly, just enough so that you can still keep the heel of your back foot on the floor.
3. As you extend your left leg, raise your right arm to about a 45-degree angle. Your left arm will automatically move back to help you balance, so go ahead and stretch your left arm downward behind you at about a 45-degree angle. Your position at this point is left leg and right arm stretched forward, right leg and left arm stretched back.
4. Now, turn your head toward the side of the extended right arm; look up; close your eyes and s-t-r-e-t-c-h.
5. While you are in your extended position, think of something about which you feel regret, shame or guilt. Take a deep breath and focus on feeling “forgiveness.” Hold both your breath and position for five to ten seconds.
6. Exhale and repeat the maneuver with the opposite leg and arm. Repeat the sequence three times.



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Question Your Thoughts



The Work Mini-Worksheet

Enter a belief or a judgment on the line below and then question it in writing using the following questions and turnaround:

Belief: _____

1. Is it true?
2. Can you absolutely know that it's true? (Can you really know what is best in the long run for your path or another person's path?)
3. How do you react when you believe that thought? What happens? (How do you treat yourself and others when you believe that thought?)
4. Who would you be without that thought? (How would you live life differently if you didn't believe that thought?)

Then turn the thought around.

(Is that as true or truer?)

For each turnaround, find three genuine examples of how the turnaround is true in your life. This is not about blaming yourself or feeling guilty. It's about discovering alternatives that can bring you peace.

When we do The Work, we free ourselves from the effects of believing stressful thoughts such as "I'm not good enough," "He doesn't love me," "She doesn't understand me," "I'm too fat," "I need more money," and "Something terrible is going to happen." We can turn our stress, frustration, and anger into a freedom that we never dreamed possible.

For a more complete description of how to use The Work, go to www.thework.com

Used by permission of Byron Katie.

Go Beyond the Mind and Let Go



The Letting Go Process

Make yourself comfortable and focus inwardly. Your eyes may be open or closed.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. This doesn't have to be a strong feeling. In fact, if you are feeling numb, flat, cut off, or empty inside, those are feelings that can be let go of just as easily as the more recognizable ones. Just welcome the feeling and allow it to be as fully as you can.

This instruction may seem simplistic, but it needs to be. Most of us live in our thoughts, pictures, and stories about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our businesses or our lives) is NOW.

Step 2: Ask yourself: *Could I let this feeling go?*

This question is merely asking you if it is possible to take this action. "Yes" or "no" are both acceptable answers. You will often let go even if you say "no." All the questions used in this process are deliberately simple. They are not important in and of themselves but are designed to point you to the experience of letting go.

Step 3: Ask yourself this simple question: *Would I let this go? In other words: Am I willing to let go?*

If the answer is "no," or if you are not sure, ask yourself: "Would I rather have this feeling, or would I rather be free?" Even if the answer is still "no," go on to Step 4.

Step 4: Ask yourself this simpler question: *When?*

This is an invitation to just let it go now. You may find yourself easily letting go. Remember that letting go is a decision you can make any time you choose.

Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.

NOTE: You will probably find yourself letting go a little more at each step of the process. The results at first may be quite subtle, but if you are persistent, very quickly the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic, so be patient. However, what you let go of is gone for good and you will feel lighter and more peaceful.

Portions of the preceding exercise were excerpted from *The Sedona Method: Your Key to Lasting Happiness, Success, Peace and Emotional Well-being* by Hale Dwoskin. Used by permission of *The Sedona Method*®, www.sedona.com.

Incline Your Mind Toward Joy



The Daily Happiness Awards

1. Throughout the day, look around you with an eye to giving out awards.
2. Be creative. For example, as you look at flowers, notice the one that could get the “Most Unusual Color” award or find one that’s had the hardest struggle to survive, but made it, and give it the “Best Blossom of the Day” award. Look for extraordinary smiles, efficient service, or ingenious solutions to everyday challenges. There’s no limit to the type or number of awards you can give in a day.
3. Invite other family members or friends to play this award game, and at the end of the day, tell each other the awards you’ve given out.

Focus on Gratitude



The Quick Coherence Technique

Quick Coherence is a powerful emotion refocusing technique that connects you with your heart power to help you release stress, balance your emotions, and feel better fast. Once you've learned the technique, it only takes a minute to do.

Step 1: Heart Focus

Gently focus your attention in the area of your heart. If you like, you can put your hand over your heart to help. If your mind wanders out of habit, just keep shifting your attention back to the area of your heart.

Step 2: Heart Breathing

As you focus on the area of your heart, pretend your breath is flowing in and out through that area. This helps your mind and energy to stay focused and your respiration and heart rhythms to synchronize. Breathe slowly and gently, until your breathing feels smooth and balanced, not forced. Continue to breathe with ease until you find a natural inner rhythm that feels good to you.

Step 3: Heart Feeling

As you continue to breathe, recall a positive feeling, a time when you *felt* good inside. Now try to re-experience the feeling. This could be a feeling of appreciation or care towards a special person, a pet, a place you enjoy or an activity that was fun. Allow yourself to *feel* this good feeling of appreciation or care. If you can't feel anything, it's okay, just try to find a sincere attitude of appreciation or care. Once you've found a positive feeling or attitude, you can sustain it by continuing your heart focus, heart breathing and heart feeling.

Used with permission courtesy of the Institute of HeartMath.

Practice Forgiveness



Forgiveness Process

1. Sit someplace where you will not be disturbed.
2. Close your eyes and think of someone you are holding anger, hatred, or resentment toward in your heart.
3. Take a couple of deep breaths and let yourself feel your feelings without having to do anything about them. Just notice them.
4. Now, realize that the person's hurtful action can't be changed. It's in the past and there is absolutely nothing that can be done to affect it now. Feel the finality of that.
5. Also realize that this person may never change. They are the way they are. Take a few deep breaths as you accept the truth of that.
6. Now, see that the person is the way they are—and did whatever they did—because they have some pain, some lack, some woundedness. They may not even realize it themselves, but it's there. People only hurt others because they are hurt themselves. See them through the eyes of compassion for their own suffering. Imagine they are a child that is hurting, lashing out at others in their own pain. Can you feel compassion for them?
7. Sit quietly for a minute or two more, just feeling the expansion that compassion—in any amount—brings to the heart.

NOTE: It's okay if you still feel angry; the purpose of this exercise is to begin to release the pain in your heart, not to excuse anyone for their actions. Keep repeating this exercise until you feel a shift, however small, in your heart. Your forgiveness will grow as you feel more compassion.

Spread Loving Kindness



Loving Kindness Practice

This exercise expands your capacity for compassion by guiding you through the process of wishing lovingkindness to yourself and others.

1. Find a quiet place and sit comfortably. Close your eyes.
2. Take slow, deep breaths, being aware of the breath as it enters and leaves your body. Let your thoughts come and go easily.
3. Repeat the following phrases silently:

May I be safe.
May I be happy.
May I be healthy.
May I live with ease.

Continue feeling these wishes toward yourself for a minute or two or until you experience a sense of peace inside.

4. Now, move onto your friends and family. Picture one of them as you send the following wishes silently:

May you be safe
May you be happy
May you be healthy
May you live with ease.

Continue sending these wishes until you feel a flow of love in your heart.

5. Now send these wishes to all the living beings around the world. Continue until you feel a sense of expansion in your heart.

Nourish Your Body



The Four-Part Mood Type Questionnaire

Write down the number next to each symptom listed below that you identify with. Total your score in each section and compare it to the cut-off score. If your score is over the cutoff, or if you have only a few of the symptoms, but they bother you on a regular basis, learn more about the amino-acid indicated in Julia Ross's book, *The Mood Cure* or at her website: www.moodcure.com.

Part 1. Are You Under a Dark Cloud? If So, Your Serotonin Levels May Be Low

- 3) Do you have a tendency to be negative, to see the glass as half-empty rather than half-full? Do you have dark, pessimistic thoughts?
- 3) Are you often worried and anxious?
- 3) Do you have feelings of low self-esteem and lack confidence? Do you easily get to feeling self-critical and guilty?
- 3) Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible? Are you a perfectionist, a neatnik, or a control freak? A computer, TV, or work addict?
- 3) Do you really dislike the dark weather or have a clear-cut fall/winter depression?
- 2) Are you apt to be irritable, impatient, edgy, or angry?
- 3) Do you tend to be shy or fearful? Do you get nervous or panicky about heights, flying, enclosed spaces, public performance, spiders, snakes, bridges, crowds, leaving the house, or anything else?
- 2) Have you had anxiety attacks or panic attacks (your heart races, it's hard to breathe)?
- 2) Do you get PMS or menopausal moodiness (tears, anger, depression)?
- 3) Do you hate hot weather?
- 2) Are you a night owl, or do you often find it hard to get to sleep, even though you want to?
- 2) Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?

(Continued)

- 3) Do you routinely like to have sweet or starchy snacks, or wine in the afternoons, evenings, or in the middle of the night (but not earlier in the day)?
- 2) Do you find relief from any of the above symptoms through exercise?
- 3) Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain, tension, and grinding associated with your jaw)?
- 2) Have you had suicidal thoughts or plans?

Total Score _____ If your score is more than 12 in Part 1, you may have a serotonin deficiency.

Part 2. Are You Suffering from the Blahs? If So, Your Catecholamine Levels May Be Low

- 3) Do you often feel depressed - the flat, bored, apathetic kind?
- 2) Are you low on physical or mental energy? Do you feel tired a lot, have to push yourself to exercise?
- 2) Is your drive, enthusiasm, and motivation quota on the low side?
- 2) Do you have difficulty focusing or concentrating?
- 3) Are you easily chilled? Do you have cold hands or feet?
- 2) Do you tend to put on weight too easily?
- 3) Do you feel the need to get more alert and motivated by consuming a lot of coffee or other "uppers" like sugar, diet soda, ephedra, or cocaine?

Total Score _____ If your score is more than 6 in Part 2, your level of catecholamines may be low.

Part 3. Is Stress Your Problem? If So, Your GABA Levels May Be Low

- 3) Do you often feel overworked, pressured, or deadlines?
- 1) Do you have trouble relaxing or loosening up?
- 1) Does your body tend to be stiff, uptight, tense?

(Continued)

- 2) Are you easily upset, frustrated, or snappy under stress?
- 3) Are you easily chilled? Do you have cold hands or feet?
- 2) Do you tend to put on weight too easily?
- 3) Do you often feel overwhelmed or as though you just can't get it all done?
- 2) Do you feel weak or shaky at times?
- 3) Are you sensitive to bright light, noise, or chemical fumes? Do you need to wear dark glasses a lot?
- 3) Do you feel significantly worse if you skip meals or go too long without eating?
- 2) Do you use tobacco, alcohol, food, or drugs to relax and calm down?

Total Score _____ If your score is more than 8 in Part 3, you could be low in GABA.

Part 4. Are You Too Sensitive to Life's Pain? If So, Your Endorphin Levels May Be Low

- 3) Do you consider yourself or do others consider you to be very sensitive? Does emotional pain, or perhaps physical pain, really get to you?
- 2) Do you tear up or cry easily — for instance, even during TV commercials?
- 2) Do you tend to avoid dealing with painful issues?
- 3) Do you find it hard to get over losses or get through grieving?
- 2) Have you been through a great deal of physical or emotional pain?
- 3) Do you crave pleasure, comfort, reward, enjoyment, or numbing from treats like chocolate, bread, wine, romance novels, tobacco, or lattes?

Total Score _____ If your score is more than 6, you may be low in endorphins.

Used by permission of Julia Ross.

Energize Your Body



Spring Forest Qigong—Breathing of the Universe

Don't be fooled by the seeming simplicity of this exercise. As Master Lin (pictured in the photos below) says, "The most powerful is also the simplest." This exercise is subtle, yet extremely effective for opening blockages in the whole body, especially the lungs.

1. **Relax in the proper position:** Stand with your feet a bit more than shoulderwidth apart, knees slightly bent and look forward. Smile and relax. Draw your chin back slightly to straighten the spine. Drop your shoulders and move your elbows out a little. Open your hands and spread your fingers.



2. **Breathe deeply:** Slowly take three deep, gentle breaths through your nose. Imagine using your whole body to breathe. Visualize energy coming in and collecting in your belly. When you exhale, visualize any pain or sickness changing into smoke and shooting out from every cell into the universe.
3. **Silently say the phrase:** Close your eyes and silently say the phrase, "I am in the universe. The universe is in my body. The universe and I combine together." Take a moment to feel the quietness, the stillness of the universe.
4. **Move Your Hands:** As you inhale, slowly move your hands wide apart and to the sides. (Use the pictures as a guide.) As you exhale, slowly bring your hands back together (don't let your hands touch each other). When you open your arms, feel the energy expanding in the space between your hands. When you bring your hands toward each other, feel the energy compressing in the space between them.

Do the exercise for 5-6 minutes. When finished, take three slow, gentle, deep breaths, and allow yourself to relax for another minute or two.

Used by permission of Spring Forest Qigong.

Tune In to Your Body's Wisdom



Tune In to Your Body's Wisdom

1. Sit quietly with your eyes closed. Take a few deep breaths in and out through your nose, relaxing your body.
2. Notice any place in your body where you feel discomfort or tension. Don't try to do anything, just be with whatever's happening in that part of your body. Discomfort is a message to us from our bodies, but we often ignore it, push it out or simply try to make it go away with painkillers. (If there's no discomfort in your body, continue the exercise focusing on the body's pleasant sensations.)
3. Ask the part of the body that's uncomfortable what it needs to feel better. (Or ask the whole body what it needs for optimal health.)
4. Now just notice what happens. You may hear an answer in your head. Or you may get a feeling or a picture of what your body wants—for example, you may see a picture of yourself taking a walk, lying on the grass, or getting a massage. You may suddenly feel thirsty or hungry for a particular food. You may even just feel like laughing or crying.
5. When the process feels complete, send loving energy to your whole body, especially the uncomfortable part you just listened to. Thank your body for communicating with you.

Invite Connection with Your Higher Power



Light Meditation

The following exercise will give you a taste of that quiet place within that's the bedrock of inner peace and well-being:

1. Sit comfortably in a quiet place and close your eyes.
2. Take five or six deep breaths, noticing the breath as you inhale and exhale.
3. Picture a column of bright white light coming down from above your head, entering through the top of your head and filling up your head with light.
4. Feel that white light flowing from your head down through your neck, and into your chest, lighting up your heart. Feel the warmth and expansion in your heart area.
5. Continue to see the light flowing down your arms, your torso, your spine and your hips, filling those areas with light. See the light flowing down through your legs and into your feet, lighting up the soles of your feet.
6. Feel your entire body flooded with warm, bright light. In this state, sit for 10 minutes and just allow any thoughts and experiences to arise. Don't try to push away thoughts, or control your mind—simply be with whatever comes. If you'd like a focus for your attention, notice your breath as you inhale and exhale.
7. When you feel ready to end your meditation, become aware of any peace and serenity you feel. Rest in this peaceful feeling for a moment. Take a few deep breaths and savor this feeling. This is the essence of being Happy for No Reason.
8. Slowly open your eyes. Have the intention to carry this experience with you as you return to your normal activities.

Listen to Your Inner Voice



Inner Listening

1. Find a quiet, comfortable place, and sit with a pen and paper ready.
2. At the top of the paper write down a question or issue you'd like guidance about. Phrase the question or issue as clearly as possible.
3. Close your eyes and take several deep breaths.
4. Ask your inner voice the question you wrote on the paper. It may take a few moments until you feel ready, but when you do, open your eyes and start writing whatever comes to you. It doesn't matter whether it makes sense or not. Keep writing until your hand feels like it won't move any longer, not reading what you have written as you go.
5. Now read over what you've written—you may be quite surprised at what wisdom has come out. Even a certain word or phrase may be the key to your answer.

Trust Life's Unfolding



Inviting Grace

This simple exercise reinforces the *No Tension* step of the Secret Formula you learned in Chapter Two: Intention, Attention, No Tension.

1. Sit quietly and write a letter to your Higher Power about a situation in your life that you would like assistance with (e.g., relationship, health, job). Write from your heart.
2. Ask that the perfect people, places, and circumstances be brought to you for the deepest fulfillment of that situation. You may want to ask for right understanding or forgiveness, if appropriate.
3. Put the letter somewhere meaningful to you where it won't be disturbed. Some people like to put their letter in a special book, in a sacred place in their home, or under a rock in their garden. You won't be looking at it again for a while.
4. Now, let go. Turn the situation over to a Higher Power. Relax, feel grateful, and invite yourself to believe that the universe is always supporting you.
5. Notice what happens over the next days or weeks. You may want to look at your letter in a month or two and see how the universe responded.

Find Your Passion



Identifying Your Passions

This exercise by Janet Attwood and Chris Attwood is the first step of getting clear about what really matters to you. When you go through the complete Passion Test, you will discover how to identify your top five passions, and how to align your life with them. You can find the complete test in the book, *The Passion Test*, or go to www.PassionTestOnline.com

1. On a piece of paper list at least 10 things which will make your life and your work ideal. Complete the sentence, “When my life is ideal, I am_____.” For example, “When my life is ideal, I am inspiring others with my love of writing” or “I am feeling healthy, fit and energetic” or “I am enjoying healthy relationships with my friends and family.”

If you're stuck, think of things you absolutely don't want to have in your life, then turn them around. For example, if you feel, “When my life is ideal, I will never be around people who lie, cheat, or steal,” turn it around to “When my life is ideal, I will always be surrounded by people who are honest, have the highest integrity and love to give.”

2. Now, think of four people you know who are not passionate about what they're doing in their lives. What do they talk about? Where is their attention focused? How do they treat the people they spend time with? List at least five behaviors you notice in these people.

Do you see any of these behaviors in yourself? Can you see how any of these behaviors might sabotage your ability to live a purposeful life?

3. List five things you can do in the coming week to start changing these behaviors to begin aligning your life with the things you wrote down in Step 1 so you can live the passionate, purposeful life you deserve.

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Follow the Inspiration of the Moment



Acting from Inspiration

I like to think of inspiration as being *in-spirit*, being led by my soul throughout the day. A wonderful way to act from inspiration is to start your day by asking yourself the following questions, which are adapted from the book, *A Course in Miracles*.

Here's what you do:

1. Close your eyes, and take a few deep, slow breaths

2. Ask yourself these three questions:

What would Spirit have me do?

Where would Spirit have me go?

What would Spirit have me say, and to whom?

3. As you move through your day, use the answers you receive to “light the 200 feet in front of you” on your way.

Contribute to Something Greater than Yourself



Call to Serve Visualization

You can do this visualization by having someone guide you through it or by listening to your own recorded voice leading you through the steps. As an alternative, you can read all the instructions first and then lead yourself through the exercise silently.

1. Sit or lie down in a quiet place where you'll be undisturbed. Close your eyes and take slow, deep belly breaths, relaxing your whole body.
2. Allow yourself to feel lighter and lighter and more expanded—until you experience being so light that you feel and see yourself begin to float above your body.
3. Imagine now that you are high above your body, hovering over the earth. You look down at the planet beneath you—you see a beautiful, shimmering blue sphere. You can see the oceans and continents and vast cloud formations below. You look more closely and see the mountains, forests, valleys and cities.
4. You see the billions of people and animals that all live interconnectedly on earth. You feel connected to all the life teeming beneath you. You feel you are a part of a bigger design. You put your attention on the question: *How am I being called to serve?*
5. You find yourself being drawn toward a place on the planet that holds a particular significance or fascination for you. You see a situation that moves you to serve. You may be shown someone, somewhere, or something that is familiar to you or it may be completely new. (You may be drawn to helping animals, working to cure a particular disease, preserving the oceans, serving children in your area or in a developing nation, etc.) Be curious and adventurous. See where you land, the kind of surroundings you find yourself in and what's there for you to do. You may receive one or multiple glimpses of the opportunities that await you. Be open to all possibilities.
6. When you feel complete with your experience, express gratitude and gradually feel yourself returning to the room where you are sitting or lying down. Reflect on how you can use the images you received to be led to where you can be of service. See what unfolds in your life.

Tend to Your Relationships



The Appreciation Practice

1. Begin by acknowledging something you appreciate about the other person. (For example, You make me laugh. I feel supported by you. You're kind.) When you're finished, switch roles. Go back and forth at least five times or as long as you like.
2. Now repeat the exercise, only this time acknowledge one thing you appreciate about yourself. Then let the other person have a turn. Go back and forth at least five times or as long as you like.

Surround Yourself with Support



Support Group Meeting Format

1. Form your group by finding 5–7 people you trust and respect. Determine your meeting times (once or twice a month is recommended). Alternate who will lead each meeting and decide who will keep track of the time during the meeting.
2. Begin the meeting with the leader sharing an invocation or an inspiring quote.
3. Each person takes 3 – 4 minutes to share with the group his or her “wins” and accomplishments since the last meeting.
4. Each person takes 10 – 15 minutes to share with the group his or her goals or intentions or to ask for support from the rest of the group.
5. Each person states an action he or she will take before the next meeting to move towards his or her intentions. (For example, you will exercise three times a week for 30 minutes.)
6. Let the leader close the meeting with a statement of gratitude and positive intention.

It's important that everyone maintain the following guidelines: listen without interruption, avoid victim (blame/shame/complain) behaviors, offer suggestions only when solicited, and keep everything shared completely confidential.

See the World as Your Family



The World is My Family

Spend a day relating to each person you meet as if they were your own mother, or your child, or your dearest relative. Do this at work, when you're shopping, participating in a group, doing an errand. Make people feel important, loved, valued, respected and appreciated, and do it as an active choice, with intention to put something wonderful into the world. At the end of the day, notice how you feel. It may surprise you that after a day of caring for everyone you meet, you reap the benefit of feeling as happy and peaceful as you intended for others to feel.