

EXERCISE: FIRST STEPS TO EXTRAORDINARY HAPPINESS

Part 1: Future Visions

Take a moment to imagine yourself living a typical day in a state of joy or extraordinary happiness. Envision going through the most difficult moments of the day without external circumstances dampening your sense of joy. Describe how your behaviors and attitudes are different:

- In your daily routine: _____
- In your emotional life: _____
- In your personal and social life: _____
- In your working/educational life: _____
- In your spiritual life: _____
- Who do you think will support and encourage you? How will you ensure that you stay connected to these people?

- Who do you think will be less supportive and encouraging? How will you interact with these people to keep you moving in a positive direction?

Part II: Take Action

Based on this exercise, what three small things can you start doing today that would move you toward extraordinary happiness?

1. _____
2. _____
3. _____