

1



**PURPOSE:** Discover your life purpose through process and Intuitive practices connecting mind and body to create your authentic life.

2



**EMBODIMENT:** Practice methods to connect Mind and Body to provide clarity in life decisions and managing conflict.

3



**INCLUSION/EXCLUSION:** Connect to all the emotions. Eliminate toxic people, places and limiting beliefs.

4



**ROUTINE:** Daily gratitude, practice forgiveness, regular mindfulness practices, visualize meeting goals.

5



**GUIDES:** Connect to community, mentors, and guides (therapist, coach, sponsor). Give back.

6



**QUALITY:** Sleep, food, exercise routine. Surround self with affirming positive people

7



**SELF COMPASSION:** Kick out the bully in your mind. Replace with a compassion coach who affirms you.

8



**REPEAT ROUTINE:** Increasing brain neuroplasticity with daily mindfulness practices. Join Happiness Playbook Series Podcast to connect with like minded community!

INCREASE  
**HAPPINESS**  
LEVELS

**8 STEPS**

Happiness Playbook  
Series

with Ria Flanagan, MA MFT