

5 happy prompts

to help you

find

**your
smile**

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1

Think about your 5 favorite memories. Write down the key events that made that memory special for you.

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2

Go back and read what you just wrote down for #1. What common themes do you see in this list?

Did this make you think of more good memories, if so, jot them down.

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3

Circle all the 'Happy' words that these memories made you feel.

Pride Family Home Work Friends

Inspiration Love Joy

Gratitude Hope Interest Awe

Serenity Amusement Interest Fun

Joy Delight Gladness Glee Happy

Enjoyment Satisfaction

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4

Which memories (if any) focuses on a
Meaningful Life?

Did one or more memories create the
feeling of 'Pride' in yourself?

5

Did any of these memories give you a sense of purpose or help you discover your 'Why and What'? (drives your motivation for getting out of bed every morning)

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What's next?

After completing these five happy prompts, you're well on your way to finding, discovering and feeling your happy story in a powerful, meaningful way.

So what's next?

I encourage you to keep discovering from your past memories and make new memories on what gives your life Meaning, gives you a sense of Purpose and lets you figure out your 'Whys'.

If you'd like additional coaching or guidance for your next steps,
feel free to email me at:

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Sending warm hugs,

Dena Moore

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