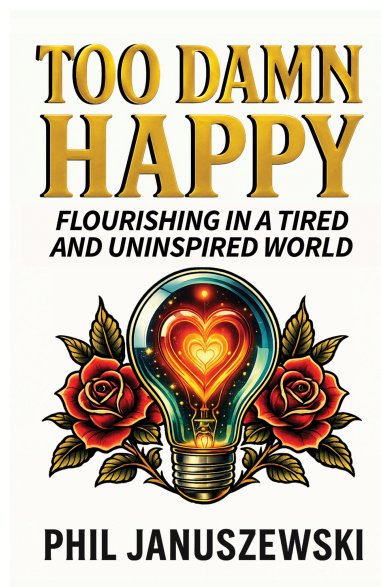


Public Health Worker Book Study Companion For: **TOO DAMN HAPPY**

Flourishing in a Tired and Uninspired World.

Phil Januszewski



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TOO DAMN HAPPY

Public Health Worker Book Study Companion

Prologue + Introduction

Big Ideas for Public Health Workers

- Adult givers often connect through shared stress and negativity, but flourishing grows when we intentionally create more positive and meaningful connections.
 - Public health workers cannot pour endlessly from an empty cup. Energy, joy, and purpose require intentional habits.
 - Happiness is not about pretending life is perfect. It is about making small choices that increase connection, meaning, and resilience over time.
 - The emotional tone adults bring into public health work impacts coworkers, partners, clients, and entire communities.
-

Core Competency Connections

Communication Skills Building clear, compassionate, and human-centered connection with coworkers, partners, and community members.

Community Partnership Skills Understanding how trust, belonging, and shared purpose strengthen community health and resilience.

Leadership and Systems Thinking Skills Recognizing how emotional energy, burnout, and workplace culture influence public health systems.

Management and Finance Skills Making intentional choices that protect energy, capacity, and sustainable service.

Reflection Questions

1. What parts of public health work still light me up the most?
2. Where have I unintentionally normalized negativity or emotional exhaustion?
3. What habits currently fuel my energy, and which habits drain it?
4. What kind of emotional tone do I bring into meetings, programs, or community spaces?
5. What is one small change I could make this week to increase flourishing in my daily life?

Team Discussion Prompts

- Why do public health workers so naturally bond through stress, crisis, and overwhelm?
 - How can public health teams create cultures where adults feel energized instead of emotionally depleted?
 - What role does positivity play in resilience without crossing into toxic positivity?
 - How do adult emotions and attitudes impact the people and communities we serve?
 - What helps public health workers stay connected to purpose over time?
-

Try This This Week

Choose one interaction each day to intentionally shift toward positivity or meaningful connection.

Examples:

- Start a conversation with gratitude instead of stress.
 - Compliment a coworker or community partner.
 - Check in personally with someone on your team.
 - Replace one complaint with curiosity or encouragement.
-

Public Health Connection

Small emotional shifts create ripple effects.

When public health workers intentionally protect their own energy, relationships, and sense of purpose, agencies and communities become healthier for everyone connected to the work.

TOO DAMN HAPPY

Public Health Worker Book Study Companion

Chapter 1: Happiness Is Not the Absence of Negativity

Big Ideas for Public Health Workers

- Removing stress and negativity does not automatically create happiness or fulfillment. At best, it creates neutrality.
 - Flourishing requires intentional action, even during difficult seasons.
 - Challenges, discomfort, and growth experiences often deepen empathy, resilience, and meaning.
 - Public health workers cannot wait for the work to become “easy” before choosing joy, connection, and purpose.
 - Healthy teams are not created by avoiding struggle, but by learning how to move through struggle together.
-

Core Competency Connections

Leadership and Systems Thinking Skills Recognizing how stress, crisis, and uncertainty affect individuals, teams, and systems.

Communication Skills Using honest, grounded communication during difficult or emotionally charged situations.

Community Partnership Skills Developing empathy through exposure to different cultures, experiences, and community realities.

Management and Finance Skills Supporting routines and practices that help people navigate stress and sustain the work.

Reflection Questions

1. What challenge in public health has unexpectedly helped me grow the most?
 2. Where in my life have I been waiting for things to “get easier” before allowing myself to feel joy?
 3. What habits help me create small pockets of happiness during stressful seasons?
 4. How has discomfort or challenge strengthened my empathy toward coworkers, clients, or community members?
 5. What parts of my work currently feel “neutral” or uninspiring, and what might help reignite growth?
-

Team Discussion Prompts

- Why do helping professionals sometimes equate happiness with the absence of stress?
 - How can agencies acknowledge struggle without becoming emotionally negative environments?
 - In what ways can challenge and discomfort strengthen team culture and relationships?
 - How do public health workers model resilience for the communities they serve?
 - What are healthy ways to intentionally create joy during hard seasons?
-

Try This This Week

Choose one stressful or frustrating part of your week and intentionally create one small positive moment inside of it.

Examples:

- Take a short walk between meetings.
 - Eat lunch with someone who energizes you.
 - Add humor or warmth to a team check-in.
 - Write down one meaningful moment from each workday.
 - Celebrate one small win before moving to the next task.
-

Public Health Connection

Communities do not need perfect professionals. They need humans who know how to navigate challenges with honesty, resilience, and humanity.

When public health workers intentionally create moments of joy and connection during difficult seasons, they model emotional health in ways that strengthen trust and service.

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Chapter 2: More Love Is The Answer

Big Ideas for Public Health Workers

- Love is not weakness in public health work; it is one of the strongest forces for connection, trust, belonging, and resilience.
 - Public health workers do not need to agree with everyone in order to lead with empathy and humanity.
 - Workplace and community culture improves when people feel seen, valued, respected, and emotionally safe.
 - Strong relationships help teams, partners, and communities thrive, especially during stressful or divisive times.
 - Small acts of encouragement, care, and appreciation create ripple effects across programs, agencies, and neighborhoods.
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Core Competency Connections

Communication Skills Building trust, empathy, clarity, and meaningful human connection.

Community Partnership Skills Establishing and maintaining relationships that improve community health and resilience.

Leadership and Systems Thinking Skills Choosing connection and dignity when working across differences.

Health Equity Skills Honoring lived experiences, cultural contexts, and the humanity of every person served.

Reflection Questions

1. What adults in my life modeled genuine care and connection for me growing up?
 2. How do I typically respond when someone strongly disagrees with me?
 3. What helps coworkers, clients, or community members feel emotionally safe and valued?
 4. Who in my professional circle may need more encouragement, patience, or understanding right now?
 5. How can I intentionally communicate appreciation more often?
-

Team Discussion Prompts

- Why can it feel uncomfortable to openly express appreciation or care in professional environments?
 - How can public health workers disagree respectfully without damaging relationships?
 - What role does connection play in community trust and team culture?
 - How do communities benefit when adults model empathy and emotional maturity?
 - What are small ways agencies can create more belonging and human connection?
-

Try This This Week

Choose one intentional act of connection each day this week.

Examples:

- Thank a coworker specifically for something they do well.
 - Write a quick appreciation email or note.
 - Tell someone, “I appreciate you.”
 - Listen longer before offering a solution.
 - Replace one judgment with curiosity.
-

Public Health Connection

Public health work depends on trust. People rarely thrive in environments where they feel unseen, dismissed, or emotionally unsafe.

When public health workers lead with empathy, patience, encouragement, and authentic connection, they strengthen the relationships that make community health work possible.

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Chapter 3: Know What Lights Us Up

Big Ideas for Public Health Workers

- Flourishing increases when we intentionally spend time doing things that energize, challenge, and inspire us.
 - Many adults lose connection with what lights them up because crisis, routines, and responsibilities take over.
 - Public health workers who engage in meaningful and energizing activities are more likely to show up with creativity, patience, and purpose.
 - Flow states happen when challenge and enjoyment overlap, helping humans feel more engaged and alive.
 - Knowing your strengths and passions is not selfish; it is essential for sustainable energy and long-term well-being.
-

Core Competency Connections

Leadership and Systems Thinking Skills Identifying strengths and using them to support healthy teams and systems.

Management and Finance Skills Protecting time, energy, and capacity for sustainable performance.

Communication Skills Using personal strengths to connect effectively with coworkers, partners, and communities.

Community Partnership Skills Recognizing how individual strengths can support collective impact.

Reflection Questions

1. What activities or roles naturally energize me?
 2. When was the last time I truly felt excited, challenged, or fully engaged in something?
 3. Which parts of my current routine help me flourish, and which parts drain me?
 4. Who were the adults that helped me discover my strengths growing up?
 5. What is one “-er” I have neglected that I want to reconnect with?
-

Team Discussion Prompts

- Why do so many adults lose touch with what lights them up?
 - How does burnout disconnect people from creativity, passion, and identity?
 - What happens to team culture when adults stop doing things that energize them?
 - How can agencies better encourage adults to use their strengths and passions?
 - Why can pursuing joy or hobbies sometimes create guilt in helping professions?
-

Try This This Week

Make your own “-er’s” list.

Choose at least five words that describe roles or activities that energize you.

Examples:

- Creator Leader Reader Runner Learner
- Baker Mentor Laughter Connector Music Listener

Then intentionally schedule one of those “-er’s” into your week and protect the time like it matters...because it does.

Public Health Connection

Then intentionally schedule one of those “-er’s” into your week and protect the time like it matters...because it does.

Communities are deeply impacted by adults who are energized, curious, creative, and fully alive. Thriving adults help create healthier systems.

TOO DAMN HAPPY

Public Health Worker Book Study Companion

Chapter 4: Schedule in the Good Stuff

Big Ideas for Public Health Workers

- Joy rarely happens by accident during busy seasons; it must be intentionally scheduled and protected.
 - Structure and routines can increase emotional stability, energy, and resilience.
 - Small moments of movement, creativity, humor, learning, and connection help buffer stress and burnout.
 - Decluttering unnecessary habits and commitments creates more room for meaningful experiences.
 - Job crafting allows public health workers to bring more personality, creativity, strengths, and joy into their roles.
-

Core Competency Connections

Management and Finance Skills Creating routines, priorities, and sustainable systems that protect capacity.

Leadership and Systems Thinking Skills Recognizing how workload, culture, and systems influence well-being.

Communication Skills Building stronger connections through intentional moments of humor, encouragement, and clarity.

Policy Development and Program Planning Skills Designing healthier routines and processes that support people and performance.

Reflection Questions

1. What parts of my current schedule genuinely fill me up?
 2. What habits or routines may need “decluttering” from my life?
 3. Where in my workday could I intentionally add more joy, humor, creativity, or connection?
 4. What is one example of “job crafting” I already do naturally?
 5. What routines help me show up as my best self for coworkers, clients, community partners, and family?
-

Team Discussion Prompts

- Why do so many adults feel guilty prioritizing activities that energize them?
- How can structure and routines actually increase freedom and emotional wellness?
- What are examples of healthy job crafting in public health?

- How can public health workers create positive moments during stressful seasons?
 - What workplace systems or habits may unintentionally contribute to burnout?
-

Try This This Week

Audit your schedule for one full day. Circle activities that energize you, moments that create connection, and habits that support your well-being. Then place an “X” next to activities, habits, or routines that consistently drain you without adding meaningful value.

Examples:

- Take a short walk.
 - Add music to your commute.
 - Eat lunch with someone energizing.
 - Protect reading or workout time.
 - Reduce one unnecessary commitment.
 - Build in a creative outlet.
-

Public Health Connection

Small changes compound over time.

When public health workers intentionally build sustainable routines and moments of joy into their lives, they model healthy emotional habits and create more positive environments for everyone around them.

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Chapter 5: Micro-Connections Matter

Big Ideas for Public Health Workers

- Small positive interactions create powerful feelings of belonging, connection, and emotional safety.
 - Micro-connections help coworkers, clients, partners, and community members feel seen, valued, and welcomed.
 - Positive workplace culture is often built through consistent small moments, not giant programs or initiatives.
 - Humans frequently underestimate how meaningful quick social interactions can be.
 - Even brief moments of kindness, eye contact, humor, encouragement, or acknowledgment can change someone's day.
-

Core Competency Connections

Communication Skills Building trust, belonging, empathy, and connection through everyday interactions.

Community Partnership Skills Recognizing how small moments strengthen relationships and community trust.

Health Equity Skills Treating every person with dignity, respect, and cultural humility.

Leadership and Systems Thinking Skills Understanding how small relational choices influence larger systems and culture.

Reflection Questions

1. What small interactions throughout my day consistently energize me?
 2. How intentional am I about greeting, encouraging, or connecting with coworkers and community members?
 3. What adults made me feel genuinely seen or welcomed growing up?
 4. When I am stressed or overwhelmed, how does it impact the way I interact with others?
 5. What is one small social habit I could improve this week?
-

Team Discussion Prompts

- Why do small interactions often leave such lasting emotional impacts?
 - How do micro-connections influence workplace culture and community trust?
 - Why do humans often underestimate the value of brief social interactions?
 - What barriers prevent adults from connecting more openly or positively?
 - How can public health workers create more belonging without adding more work to the day?
-

Try This This Week

Choose one intentional micro-connection habit to practice daily.

Examples:

- Greet people by name.
 - Make eye contact and smile more often.
 - Compliment a coworker or partner.
 - Put your phone away during short waiting moments.
 - Ask one extra follow-up question during a conversation.
 - Thank someone who rarely gets thanked.
-

Public Health Connection

People often remember how professionals made them feel far longer than they remember forms, handouts, or program details.

When public health workers consistently create small moments of warmth, respect, encouragement, and presence, communities begin to feel safer, more connected, and more valued.

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Public Health Worker Book Study Companion

Chapter 6: Learning Lifts Us

Big Ideas for Public Health Workers

- Lifelong learning helps humans stay energized, adaptable, curious, and fulfilled.
 - Growth often feels uncomfortable during the process but meaningful afterward, also known as “Type 2 fun.”
 - Public health workers do not need to know everything; modeling curiosity and learning alongside others is powerful.
 - Novelty, challenge, and learning help prevent life and work from becoming stagnant.
 - Consistent learning builds confidence, resilience, creativity, and a stronger sense of purpose over time.
-

Core Competency Connections

Data Analytics and Assessment Skills Using evidence, curiosity, and reflection to understand needs and improve practice.

Policy Development and Program Planning Skills Learning and adapting as programs, communities, and needs change.

Leadership and Systems Thinking Skills Developing a growth-oriented mindset in complex systems.

Communication Skills Modeling humility, curiosity, and learning with coworkers and community partners.

Reflection Questions

1. What is something I learned recently that energized or excited me?
 2. How do I typically respond to change or new challenges?
 3. When have I experienced “Type 2 fun” in my own life?
 4. What mindset do I model when I struggle, make mistakes, or feel uncertain?
 5. What is one area of learning I want to explore more intentionally?
-

Team Discussion Prompts

- Why can learning feel both exciting and exhausting at the same time?
 - How can public health workers model healthy learning behaviors for others?
 - What happens when adults stop learning, growing, or challenging themselves?
 - How can agencies create cultures where curiosity and growth are celebrated?
 - Why do humans often resist change even when growth comes from it?
-

Try This This Week

Spend 10 intentional minutes each day learning something new.

Examples:

- Listen to a podcast.
 - Watch a tutorial.
 - Read a chapter of a book.
 - Explore a new public health strategy.
 - Learn a creative skill.
 - Ask a coworker to teach you something.
-

Public Health Connection

Pay attention to how learning impacts your energy and mindset throughout the week.

Public health changes constantly. Workers who embrace growth instead of perfection help create teams where mistakes become learning opportunities instead of sources of shame.

TOO DAMN HAPPY

Public Health Worker Book Study Companion

Chapter 7: Creating Counts

Big Ideas for Public Health Workers

- Creating is not frivolous; it is deeply connected to energy, engagement, motivation, and flourishing.
 - Humans thrive when they have opportunities for autonomy, imagination, and personal expression.
 - Creativity does not have to be massive or artistic to matter. Small acts of building and creating still fuel well-being.
 - Public health workers who create and innovate often feel more energized and connected to purpose.
 - Building something meaningful alongside others strengthens relationships, confidence, and fulfillment.
-

Core Competency Connections

Policy Development and Program Planning Skills Designing programs, services, and approaches that meet real community needs.

Community Partnership Skills Collaborating and co-creating with community members and organizations.

Leadership and Systems Thinking Skills Using innovation and creativity to improve systems and outcomes.

Communication Skills Creating messages and experiences that connect with people in meaningful ways.

Reflection Questions

1. What kinds of creating or building naturally energize me?
 2. When was the last time I made something simply because it brought me joy?
 3. How has stress or burnout impacted my creativity?
 4. What small creative risks have positively shaped my life?
 5. Where could I bring more creativity into my work or personal life?
-

Team Discussion Prompts

- Why do adults often stop creating as they get older?
- How does creativity impact emotional well-being and engagement?
- What happens to public health culture when creativity is encouraged?
- How can workers creatively job craft their roles or programs?
- Why is process sometimes more important than perfection?

Try This This Week

Create something small this week purely for the joy of it.

Examples:

- Redesign a handout.
- Make a playlist.
- Cook a new recipe.
- Write something.
- Build a new team tradition.
- Create a funny staff sign.
- Brainstorm a new program idea with coworkers.

Public Health Connection

Focus less on outcome and more on the energy the process creates.

Creativity makes public health work feel more alive, connected, and human. It reminds us that service is not just about responding to problems; it is about building something better.

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Public Health Worker Book Study Companion

Chapter 8: Giving Away Our Gifts

Big Ideas for Public Health Workers

- Every person has unique strengths, gifts, and energy that positively impact others.
 - Giving does not need to be grand or expensive to matter. Small acts of care and connection create lasting ripple effects.
 - Public health workers often make the biggest impact through presence, encouragement, consistency, and trust.
 - Giving from a place of authenticity and joy can energize both the giver and the receiver.
 - Sharing our gifts helps create stronger relationships, deeper purpose, and healthier communities.
-

Core Competency Connections

Community Partnership Skills Building trust, encouragement, belonging, and connection through service.

Communication Skills Using personal strengths to support, encourage, and connect with others.

Health Equity Skills Recognizing the needs, dignity, and lived experiences of the people we serve.

Leadership and Systems Thinking Skills Choosing actions that contribute positively to teams, organizations, and communities.

Reflection Questions

1. What natural gifts or strengths do I consistently bring into rooms?
 2. How do I typically show care, encouragement, or support to others?
 3. What small acts of kindness from others have impacted my life?
 4. When do I feel most energized while helping or serving others?
 5. How can I give in ways that feel sustainable instead of draining?
-

Team Discussion Prompts

- Why do small acts of kindness often leave lasting impressions?
 - How can public health workers give without feeling emotionally depleted?
 - What gifts do different staff members naturally bring to team culture?
 - How does encouragement, humor, creativity, or listening impact community work?
 - Why do humans often underestimate their own positive impact on others?
-

Try This This Week

Choose one natural gift you already possess and intentionally share it this week.

Examples:

- encouragement
- humor
- listening
- creativity
- cooking or baking
- organization
- enthusiasm
- storytelling
- music
- positivity

Focus on using your gift in a way that feels authentic and energizing.

Small gifts often create big emotional impact.

Public Health Connection

Focus on using your gift in a way that feels authentic and energizing. Small gifts often create big emotional impact.

Public health work is built on service, but sustainable service matters. Communities thrive when workers feel empowered to share their genuine strengths and humanity with others.

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Public Health Worker Book Study Companion

Chapter 9: Wiggle Our Toes in the Sand

Big Ideas for Public Health Workers

- Gratitude helps humans notice and appreciate the good that already exists in everyday life.
 - Being present in small moments increases connection, joy, and emotional well-being.
 - Public health workers often spend so much time planning, responding, solving, and helping that they accidentally miss the present moment.
 - Gratitude can act as a healthy mental reset during stressful or overwhelming seasons.
 - A meaningful life is often built through ordinary moments experienced fully and intentionally.
-

Core Competency Connections

Leadership and Systems Thinking Skills Recognizing thought patterns and practices that support resilience in complex work.

Management and Finance Skills Using habits and routines to regulate stress and sustain capacity.

Community Partnership Skills Being emotionally present and appreciative of others and shared experiences.

Communication Skills Strengthening connection through intentional attention, listening, and presence.

Reflection Questions

1. What ordinary parts of my life am I most grateful for right now?
 2. When do I find myself mentally living in the future instead of the present?
 3. What small daily moments bring me peace, joy, or connection?
 4. How does gratitude impact my mindset during stressful seasons?
 5. What helps me slow down enough to fully experience the moment I'm in?
-

Team Discussion Prompts

- Why do adults often struggle to stay present in everyday life?
- How can gratitude positively impact public health culture and worker wellness?
- What are examples of “toe-wiggling” moments in public health work?
- How do gratitude and presence influence relationships with coworkers and community members?
- Why do humans tend to overlook ordinary moments that are actually meaningful?

Try This This Week

Start each morning by naming three things you are genuinely grateful for before checking your phone or jumping into work mode. Throughout the week, pause during one ordinary moment, take a deep breath, look around, and fully notice where you are.

Examples:

- A quiet commute.
- A conversation with a coworker.
- Coffee before a meeting.
- A community member's smile.
- A small program win.
- Dinner with family.
- Sunshine during a break.

Practice “wiggling your toes in the sand.”

Public Health Connection

Practice “wiggling your toes in the sand.”

Public health workers who intentionally practice gratitude often create relationships and workplaces that feel more grounded, joyful, and emotionally safe. Presence is powerful.

TOO DAMN HAPPY

Public Health Worker Book Study Companion

Chapter 10: Know Happy and Driven People

Big Ideas for Public Health Workers

- The people we surround ourselves with strongly influence our mindset, energy, confidence, and growth.
 - Engines challenge, encourage, support, and inspire us to become better versions of ourselves.
 - Anchors may care deeply about us, but sometimes unintentionally reinforce fear, comfort, or staying small.
 - Positive, growth-oriented relationships help public health workers remain resilient and motivated during difficult seasons.
 - Healthy organizations are built when adults encourage one another's growth, well-being, and purpose.
-

Core Competency Connections

Community Partnership Skills Building supportive, growth-oriented, and emotionally healthy relationships.

Leadership and Systems Thinking Skills Recognizing how other people's attitudes, energy, and behaviors influence systems.

Communication Skills Engaging in honest, encouraging, and growth-centered conversations.

Management and Finance Skills Choosing environments and relationships that support sustainable performance and well-being.

Reflection Questions

1. Who are the biggest "engines" in my life right now?
 2. What qualities make someone an engine for me?
 3. Where might fear, negativity, or comfort be limiting my growth?
 4. How do the people around me influence my mindset and energy?
 5. Would the people closest to me describe me as an engine for others?
-

Team Discussion Prompts

- Why do relationships have such a strong impact on motivation and resilience?
- How can agencies create cultures where adults feel encouraged instead of depleted?

- What are examples of engine behaviors within public health teams?
 - How can workers challenge and support one another in healthy ways?
 - Why do humans sometimes unintentionally hold others back?
-

Try This This Week

Identify one engine in your life and intentionally reconnect with them this week.

Examples:

- Send an appreciation text.
- Grab coffee.
- Ask for advice.
- Share a goal.
- Celebrate a win together.

Then reflect:

How can YOU become more of an engine for someone else this week?

Small encouragement can create major ripple effects.

Public Health Connection

Then reflect: How can YOU become more of an engine for someone else this week? Small encouragement can create major ripple effects.

Adults who challenge and uplift one another create healthier public health environments where both workers and communities are more likely to flourish. Good people need good people.

TOO DAMN HAPPY

Public Health Worker Book Study Companion

Closing Reflection: The Choice Is Ours

Big Ideas for Public Health Workers

- Flourishing is not accidental; it is built through small intentional choices repeated over time.
 - Public health workers cannot control every challenge around them, but they can influence how they show up inside those challenges.
 - Positive energy, gratitude, connection, growth, and purpose create ripple effects throughout teams, organizations, and communities.
 - Thriving adults help coworkers, partners, families, and communities thrive as well.
 - Personal well-being is not selfish; it directly impacts the people we serve every day.
-

Core Competency Connections

Leadership and Systems Thinking Skills Reflecting honestly on personal strengths, challenges, habits, and emotional patterns.

Management and Finance Skills Creating intentional habits and routines that support flourishing and resilience.

Communication Skills Using positive energy, encouragement, and empathy to influence others in meaningful ways.

Community Partnership Skills Making choices aligned with growth, purpose, health, equity, and long-term well-being.

Reflection Questions

1. Which chapter or idea impacted me the most personally?
 2. What habits or mindset shifts do I want to continue building?
 3. What currently helps me flourish the most in my personal or professional life?
 4. How do I want coworkers, community members, partners, and family members to experience me?
 5. What is one area of my life where I want to intentionally grow next?
-

Team Discussion Prompts

- What does flourishing realistically look like in public health work?
 - Which ideas from the book feel most immediately actionable?
 - How can public health workers protect their energy without disconnecting from purpose?
 - What kind of team or agency culture do we want to help create together?
 - How do small daily choices shape long-term well-being?
-

Personal Impact Plan

Choose 2-3 intentional actions you want to focus on over the next month.

My Flourishing Goals

Examples:

- Build more movement into my day
- Schedule more meaningful connection
- Practice gratitude daily
- Protect my sleep
- Learn something new weekly
- Spend less time doom-scrolling
- Reconnect with hobbies or creativity
- Become more intentional with encouragement

Goal 1: _____

Goal 2: _____

Goal 3: _____

My Support System

Who are the “engines” that will help support my growth?

One Thing I Want to Model More Often

For coworkers, community members, friends, or family:

Public Health Connection

Communities are deeply impacted by adults who show up with authenticity, resilience, kindness, curiosity, and hope.

Public health workers may never fully realize the ripple effects they create through everyday interactions, encouragement, presence, and service. Small choices matter. Small moments matter. The way adults show up matters.

Thriving is contagious.

Final Reflection

The goal is not perfection.

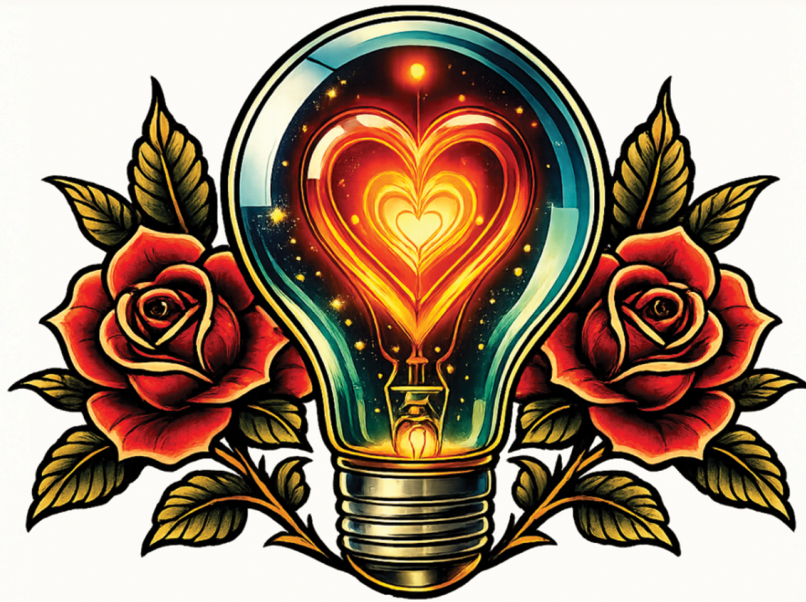
The goal is movement: forward, upward, toward a life that feels more connected, meaningful, energized, and alive. One intentional choice at a time.

Wiggle your toes in the sand. Share your gifts. Find your engines. Schedule the good stuff. Keep growing.

The choice is ours.

TOO DAMN HAPPY

***FLOURISHING IN A TIRED
AND UNINSPIRED WORLD***



PHIL JANUSZEWSKI

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