



7 Days of Happiness

Hello there, how are you?



My name is Jo Howarth and I am so glad that you made the decision to download this PDF.


I set The Happiness Club up in April 2015 after I realised that, through my work with individual clients and in running workshops, what I was helping people to find was their own happiness. I knew from personal experience that happiness can be hard to hold on to and I wanted to find a way to help people choose happiness every day.

And so the club was born. My members receive a thought, tool or technique every single day of the year to remind them about the important things in life, to give them a nudge about ways in which they can be happy, to help them see the good in any situation.

This PDF is a selection of some of those daily thoughts and is designed to give you a taste of the type of advice I give my members. Read a page a day for each of the next 7 days and notice the effect that thinking in this way has on your life.

If you would like to join the club, which costs £25 per month, or find out more about my work then please visit my website www.thehappinessclub.co.uk or contact me jo@thehappinessclub.co.uk

Thank you.



"Being a member of The Happiness Club is a fantastic way to help you be happier with your life."

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Day 1

Morning!

I have a question for you today, are you pleased to be here?

I mean here, on this planet, in this life?

If the answer is no, then just take 5 minutes right now, close your eyes and think of all the good things you have in your life.

If the answer is yes, then just take 5 minutes right now, close your eyes and think of all the good things you have in your life.

No folks, that isn't a typo, whatever the answer is I want you to do that quick and simple exercise. Remind yourself of all the amazing things that are in your life and then hold on to them during your day.

Go, enjoy.

"If everyone was a member of this club, the world would be a much happier place"



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Day 2

Hello there.

Today I want you to imagine that you are on holiday, you have some time off work to rest and relax, get those much needed jobs done and have time to yourself. Now, project yourself forward to the evening before you return to work. How do you feel? This is a perfect time to take a step back and view your working life. Take a moment and ask yourself:

Does your work fulfil you?

Does the idea of going to your work fill you with a warm feeling every day?

Are you passionate about what you do?

Does it make you happy?

Should it?

Go, enjoy.

"Jo puts life back into perspective."



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Day 3

Morning!

Today I want you to think about how you talk to yourself. What kinds of things do you call yourself? Silly? Stupid? Forgetful? Clumsy? Naughty? Bad? Pay attention today to the words you use to describe you, make a note of them if it helps, notice if you use one or more words regularly.

My favourite for myself at the moment is to call myself a 'doofus' when I forget something or make a mistake. Do I really think I'm a doofus? Nope. Consciously I know I am an intelligent, articulate, strong and independent woman. Subconsciously, there is a belief in there that I am stupid on some level and I know where that belief comes from. Believe me, calling myself a doofus is an enormous step up from what I used to call myself.

So pay attention today to those words and see if you can find a softer or more positive way to describe yourself.

Go, enjoy.

"I came out of your workshop feeling positive, happy, stronger ...ready to take on the world!"



Day 4

Morning!

Right, today I'm talking about grumpiness.

What?! I hear you exclaim, this is supposed to be about happiness!

Yes, yes I know, but sometimes to focus on what you want it's necessary to focus first on what you don't want.

So, what makes you grumpy? For me it's a lack of food. My family are all the same and my lovely husband can tell when I'm hungry simply by my mood change! I noticed it most recently on a family trip to London.

Towards the end of one of our days out, looking for somewhere to get some dinner, I could feel my mood slipping. Similarly, as we left the restaurant having eaten our fill, I checked in with myself again and noticed how much my mood had lifted. I needed food, I got grumpy, I got food, I got happy.

So take some time and identify what makes you grumpy and use that knowledge to identify what would make you happy.

Then do that.

All the time.

Go, enjoy.

"Thanks very much for such an amazing morning. Great insights to take away and use."



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Day 5

Hello again and how are you?

Today I want to know your answer to this question.

Do you always do your best?

Actually, do you know what? I already know the answer.

The answer is yes.

Always. Without fail. We all do the best we can every single day.

Sometimes you might feel like that best isn't good enough, for yourself or for the people around you. But whatever situation you are in, rest assured that you are doing your best. For where you are right now in your life you are absolutely 100% doing your best, I promise.

So how about recognising that fact today and cutting yourself just the tiniest bit of slack?

Go, enjoy.



"Inspiring,
insightful,
excellent!"

Day 6

Morning!

We spend our lives looking forward, planning and fretting and wondering and dreaming about where we want to get to. Absolutely nothing wrong with having an idea of where we want to be. But sometimes we can get disheartened if things don't happen quickly enough, a bit like kids on a long car journey "are we there yet?" "how much longer will it take?"

So today I'm going to ask you to take a look backwards. Take yourself back 5 years and make a mental note of all the things you have achieved in that time. You might still have work to do, things you want to achieve, we all do but take a few moments just to recognise how far you have come. And then give yourself a big pat on the back.

Go, enjoy.

"I love The Happiness Club! It gives me something different to consider and focus on each day in order to help me lead a more fulfilled life. It highlights the areas I have made improvements on so I can give myself a pat on the back."



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Day 7

Morning!

When you read this I would like you to take two minutes and close your eyes. Now imagine that you live in a world where you can be, do or have absolutely anything you want. You can be exactly the kind of person you want to be, you can do all those things that you want to do, you can have that car or that house or whatever it is you would like.

Then open your eyes. How did that feel? Good?

Do that exercise regularly and you'll be doing two things:

- 1) Giving yourself a lovely shot of happy feelings
- 2) Telling your subconscious mind what you want your reality to look like

And then your subconscious mind's job is to make that reality true.

Cool huh?

Go, enjoy.

"The daily updates keep you on track and mean that the information isn't delivered in one go so avoids the risk that you are overwhelmed or that it slips down the pile as other priorities take over."



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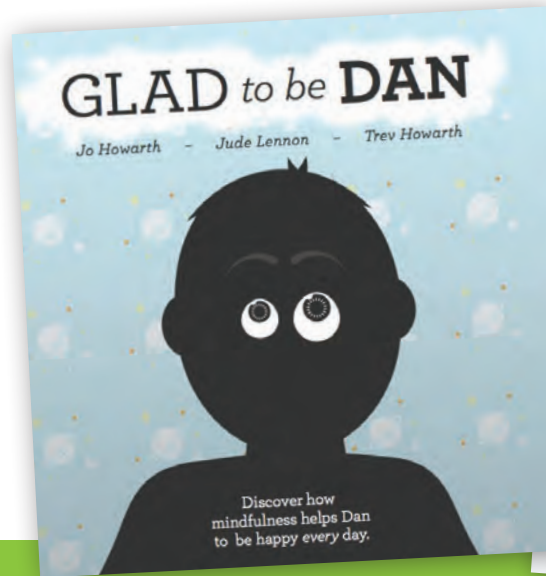
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amazon.co.uk Best Seller



Get in touch

email: jo@thehappinessclub.co.uk or call: 07913 176064

So what is the happiness club?

The Happiness Club is a monthly membership club that helps you look after your mental wellbeing.



You join a gym to keep your physical body fit and healthy. And you join The Happiness Club to keep your mind fit and healthy.

Once you're a member you receive a daily message from me containing a mindset tool, tip or technique to help you leave the negative stuff behind and see life in a more positive way. I run a live monthly webinar for my members on a particular theme such as anxiety, stress, confidence and gratitude. And you get direct access to me whenever you need it through my secret Facebook group.

Sign up as a member of The Happiness Club today!
Visit www.thehappinessclub.co.uk and register your details.

"I am getting out of my comfort zone, pursuing my dreams and creating a life I love with the help of The Happiness Club. I would recommend The Happiness Club to anyone wanting to find true joy and happiness."



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