



*My
Happy
Place*

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Dedication

To everyone that wants to live life to the fullest.

Contents

Acknowledgements

Emotions

Friends

Music

Creativity

Love

Acknowledgments

To Scott with his loving support for my wild ideas
and shenanigans.

Chapter 1

Emotions

Anger is unexpressed **passion**.

Where in life have you given up your passions in life? List them below.

Choice: Choose one of the above and do it **today**.

Anger

Anger is not a consequence for bad behavior.

Where do you use anger **thinking** it will change another person behavior? List them below.

Choice: What would be a consequence for each of the above situations?

What are the **top three** things you are most **passionate**
about?

Choice: Spend at least **10 minutes a day** on each area. After a year you will be an expert after investing 10 mins a day.

Worry is unexpressed Dreams!

List the things *you* worry about daily.

Reflection Event: Can you see the unmet dream or desire underneath each worry? Rewrite each worry as a desire in life.

What would make your heart sing?

Choice: What would it take for you to do **more of it** ?

90% of what we worry about **never** happens.

Why do you worry?

Game Plan: Make a list and either *take action* on the concern or let consequences fall where they may.

Fear is unexpressed **knowing**.

What are the things **you know** you need to be **doing**?

Go For It: Pick **one** from your list and make a plan of action for it.

Just do it!

Grief is unexpressed appreciation.

Where in **your** life do you still feel **grief**?

Do Now: Pick one from the list above. Think of all the ways you have appreciation for that person or situation.

Have you found the silver lining yet?

Complaining is an unmet need mixed with another emotion.
What part of your life do you complain the MOST?

Detective Work: What are the unmet need in this area and what emotion is mixed in with the unmet need?

Pretending is unexpressed courage.
In what areas of life do you pretend to have it all together,
and know you don't?

Resourcefulness: Pick one. What is a bold move of courage to be who
you really are and stop pretending?

Chapter 2

Friends

Who is your best friend? Why?

Reflection: Are these healthy and productive qualities to have in a best friend?

Who makes you happy every time you think or hand out with them?

Next Time: Tell them how much you enjoy their company?

Who makes you sad every time you think of them or hang out with them?

Do Now: Write them a letter as to why they are a fun crusher. Don't send them the letter, read it to your own heart and let your heart resolve it for you.

Are you highly sensitive to your environment?
Do bright lights, seams on sock, rough clothes, strong smells, stop you
in your tracks? List the things that slow you down.

Resourcefulness: Pick the ones that bother you the most and learn how
to get a break from it when you get "over stimulated" from it.

This is my negative page.
Write down all the negative stuff others do to crush your happiness.

Skill To Build: Learn 101 ways to say "No Thank You" to the stress.

This is my positive page.
What are all the things people do to make your life happier.

Skill To Build: Learn how to give "compliments" and "Thank Yous" to the people that bring happiness into your life. Pay it forward and backwards.

One person can ruin your life. If you let them.
Who is that one person and how did they ruin your life?

Forgiveness: To forgive doesn't mean what they did was right. It means you give up the power the person or event holds over you in life. They don't have to be involved for you to forgive and move forward in your life. Sometimes life sucks, but it doesn't have to stay that way.

My Happy Statement!

"May I be more _____ in a whole new way every day!"

You fill in the blank. Write it down and repeat it to yourself anytime negative thoughts start filling your head.

List 10 qualities you want to bring in to your life to fill in the blank with. Use a new quality each week until this becomes your happiness mantra.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Start Now: Pick one and repeat the mantra 10 times right now.

My Have Fun Promise Page

What are five things you PROMISE to yourself you will do more of?
IF it isn't fun don't write it on this page.

Contract Time: Pick one and mark time out in your
day planner once a week for a month to do your "fun promise".

Chapter 3

Music

Studies show music can quickly shift brain chemistry.
What song(s) puts you in your Happy Place instantly?

Do Now: Put these songs where you can listen to them fast. Your phone, computer, ipod, CD, etc.. Listen to them when you feel the downward spiral begin.

What music gives you a headache or drags you down when you hear it? Make a list.

Tools To Get: Ear plugs. The soft squishy kind. Always have a clean pair ready to go so you can block out the noise that stress you out. At work or at home.

Silence.....What is your relationship with silence?
Describe it below.

Task: Mastering silence is a must. Practice not having any noise
in the back ground for 10 mins.

Practice "No Excess Talking" with friends and
Coworkers that want to participate.
Try to keep it to 10 words or less for each sentence said.

Notice: How hard was it not to go on and on when talking. Could
you keep it short and sweet?

Sound is healing.
What song do you know right now that you could hum to
yourself?

Good To Know: Humming stimulates the meridians on the roof of
the mouth and that stimulates the brain.

Sound Breathing.

While inhaling lift your arms up above the head, and while exhaling say out loud AHHHHHHHH as your arms come down to your side. What did you notice?

Activity: Do five times every hour on the hour to keep your vagus nerve balanced. Keeps stress away.

Write a love song to yourself in the area below.

Do Now: Go to a mirror and sing it to yourself. Hum it if you have to. Keeping eye contact is important.

Use the table you are at as a bongo drum.
Make up a short love song with your new instrument.
Mix it up and be clever.
Write it here.

Practice: Until you have it memorized.
Next time you are with someone you love.
Randomly play and sing your bongo love song to them.

Do you have a good stash of happy tunes for your car and home?
If not get some.

Prepare: Have a list nearby of which ones motivate you the most
and play those on your way to work, class, or gym.

Chapter 4

Creativity

You don't have to go to every argument or
conversation you are invited to.
What does this statement mean to you??

Next time: Saying less and listening more will save your ass faster when confronting unreasonable people.

Truth

What is true for you, isn't true for another.
When has this happened to you?

Next time: Only be brutally honest with your own heart. No one else
really want to hear.

How do you feel about constructive criticism?
How would you want someone to approach you if they had
"feedback" to tell you? Write the steps below.

Next time; Try your own approach with someone and see how well it is
received.

Fear

What is your relationship with fear? How does it serve you?

Next time: 90% of what we worry and are afraid of never happens.
Remind yourself of this often when fear pops up.

Complaining is an unmet need mixed with another emotion; Grief, anger, etc..

What do you complain about on a regular basis?
What are the unmet needs that are causing you to use complaining as a form of asking for help?

Complaint-

My unmet need that causes me to complain.

Complaint-

My unmet need that causes me to complain.

Next time: Stop and see if you can locate your unmet need before the complaining begins.

Chapter 2 Work

What does “work” mean to you?

Next time: Don't let your work validate or define who you are as an individual.

If money was your lover.
What would you have to say to money?

Next Time: Would you want to be talked to that way?

How many hours a week do you spend working? Really, add up all the hours that you spend doing things that effect you work.

Next Time: Do you think this is a balanced number of hours for you to work a week?

What do you love about your work?

Next Time: Could you apply this love to other areas of your life?

What do you hate about work?

Next Time: How can you not let this affect the other areas of your life?

What percentage does work effect the other areas of your life?