

DESIGNING HAPPINESS

FOR HEALTH, HOME, & HEART

WORKBOOK

**THE
CONFETTI
BAR®**



HAPPINESS

**IS NOT SOMETHING YOU POSTPONE
FOR THE FUTURE;
IT IS SOMETHING YOU**

DESIGN

FOR THE PRESENT



DISCOVER & EXPLORE



Take a minute to write down the first things you think of when you read the following two questions. The idea is not to think about it too hard and just get down whatever comes to mind.

WHAT MAKES ME HAPPY?

WHAT MAKES ME UNHAPPY?



#ALLTHEFEELS

Look at your items listed on the previous page and notice what sticks out the most. Now try to break these things down to really get to the root or core *feeling*. If it helps, focus on one particular area of your life first. (See next page for reference guide if you need help finding the right words.) Print/fill out as many of these pages as you need.

AREA OF LIFE:

MAKES ME HAPPY

BECAUSE IT MAKES ME FEEL

WHY? (DIG DEEP!)

HOW CAN I DO / ADD / CREATE MORE OF THIS?

MAKES ME UNHAPPY

BECAUSE IT MAKES ME FEEL

WHY? (DIG DEEP!)

HOW CAN I DO LESS OF / REMOVE / CHANGE THIS?

REFERENCE GUIDE

*These are just some ideas to get you thinking. Feel free to change/alter/add to suit your needs.

AREAS OF LIFE

Work
Home
Finances
Relationships
(Romantic, Friends, Family)
School
Recreation
Fitness
Health

FEELINGS

Safe
Relaxed
Anxious
Embarrassed
Confident
Stressed
Excited
Motivated
Empowered
Depressed
Peaceful
Cared For
Pampered
Hurt
Smart
Needed

EXAMPLES:

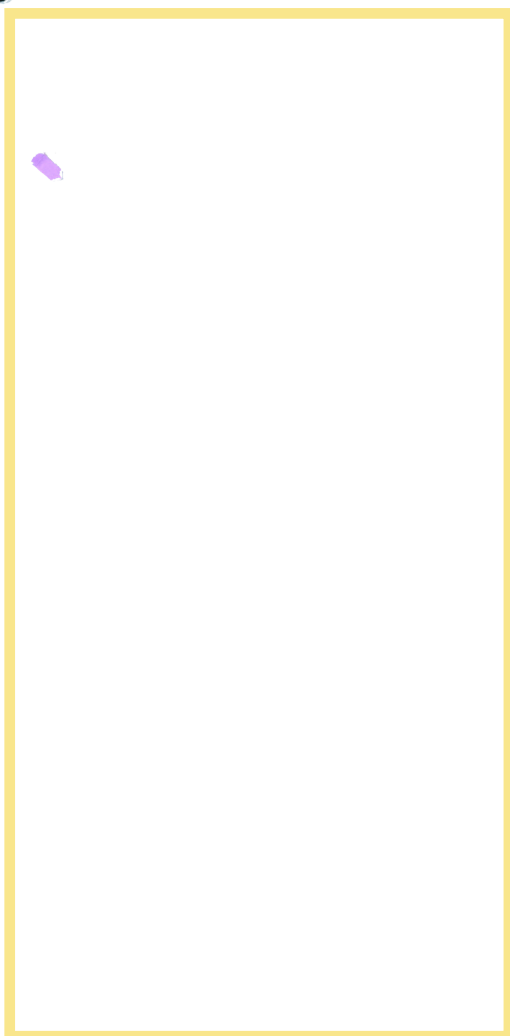
HAVING A JOB MAKES ME HAPPY
BECAUSE IT MAKES ME FEEL SAFE
WORKING FOR SOMEONE ELSE MAKES ME UNHAPPY
BECAUSE IT MAKES ME FEEL STRESSED

YOU ARE WHAT YOU EAT


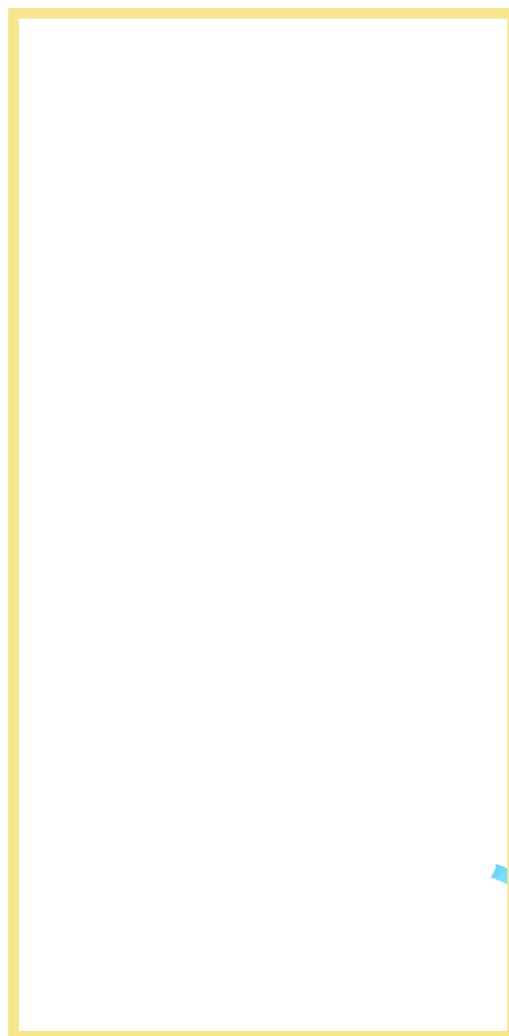
Take notice of the things you typically eat/drink on a regular basis, and then take inventory of how you feel most often. This will be very different for each person, so the idea is to start by observing (and make sure you are honest with yourself!) Do you eat a lot of sugary or card-loaded things during the day? Do you also feel sluggish or tired a lot? Observe and take note, then do some research to see if there might be correlations.



I EAT/DRINK A LOT OF:



I USUALLY FEEL:



MORNING ROUTINE



WAKE UP AT _____ A.M

TAKE SHOWER

MAKE BED

FOR _____ MINUTES, I WILL _____
(journal, meditate, do yoga, etc.)

DON'T LOOK AT PHONE/ SOCIAL MEDIA



STRESS-MANAGEMENT PLAN

WHEN I FEEL STRESSED/ANXIOUS/OVERWHELMED, I AM GOING TO:

1

2

3

PRODUCTS I WANT TO TRY:

REFERENCE GUIDE

*These are just some ideas to get you thinking. Feel free to change/alter/add to suit your needs.

STRESS MANAGEMENT TACTICS

Aromatherapy
Drink Calming Herbal Tea
Color/Doodle/Art Therapy
Journaling
Drink Plenty of Water
Exercise
Meditation
Hydrotherapy

STRESS MANAGEMENT PRODUCTS

Herbal Tonics
CBD Oil
Essential Oils
Chamomile Tea
Foam Roller



EVENING ROUTINE



- TURN OFF SCREENS AT _____ P.M.
- MAKE A CUP OF RELAXING TEA
- FOR _____ MINUTES, I WILL _____
(journal, meditate, do yoga, etc.)
- GO TO BED NO LATER THAN _____ P.M.
-
-
-
-

HOME IS WHERE THE HEART IS

WHEN I THINK OF A PLACE THAT FEELS LIKE HOME,
THESE ARE THE THINGS I WANT TO EXPERIENCE:

IT LOOKS:

IT SMELLS LIKE:

I HEAR:

IT FEELS:

I CAN TASTE:

DESIGN YOUR SPACE

SPACE/ROOM:

VIBE:

COLORS:

**STATEMENT
PIECE:**

ART/DECOR:

ACCENTS:

**SENSES TO
ENGAGE:**

MY DREAM HOME

(FEEL FREE TO DOODLE OR PASTE IMAGES ON THIS PAGE!)



BE NICE

WHAT ARE THREE NICE THINGS I CAN DO TODAY?

1

2

3

SOME IDEAS:

- Send a letter to a friend
- Buy a stranger coffee
- Give someone a compliment
- Bake treats for coworkers
- Tell a loved one how much they mean to you
- Call a family member just to say hi
- Treat yourself to something special

COMMIT & BALANCE

ONE THING I AM GOING TO COMMIT TO THIS WEEK/MONTH:

THINGS I NEED MORE
OF IN MY LIFE

THINGS I NEED LESS
OF IN MY LIFE



SELF-REFLECT

WHO AM I?

WHAT AM I AWESOME AT?

WHAT CAN I IMPROVE ON?

WHAT DO I WANT TO BE WHEN I GROW UP?

HOW CAN I CARE FOR MYSELF MORE?

STEPS TO SUCCESS

MY GOAL:

THE STEPS I'LL NEED TO TAKE TO ACHIEVE IT:

1

2

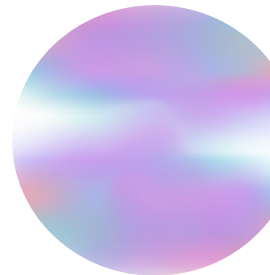
3

4

5

6

7





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