THE HAPPINESS PLAN

Intention guide

#THEHAPPINESSPLAN

What do you most want?

When creating any new habit in your life, intention is key to honing your direction and staying committed. Take a few moments to think about the following questions and write down your answers.

What has drawn you to meditation?

What is it that you hope to learn?

How do you hope this practice will affect your life?

Staying committed

Make no mistake: once the initial novelty wears off, many of us will find several very impressive excuses to quit! But forming a new habit means persevering through this dip to reach the easier flow-state of an established habit. You've come here to transform you life. Let's make sure that happens by taking an honest look at what might arise for you over the coming month and set some commitments for what you can do now to avoid crashing into the dip.

What might get in the way of you doing your meditation in the next month?

What are some steps or commitments that you can make right now to help you avoid possible roadblocks? (Examples: limiting technology or television, setting an alarm on your phone to remind you it's time to meditate, arranging for help with family or pets to clear some time and space, creating a dedicated meditation nook, doing this with a friend to keep each other accountable, etc…)

Rewards and routines

It is easier to build a habit when we reward ourselves for following through on the things we set out to achieve.

What are some nourishing ways you could reward yourself for doing your daily meditations? This might be a small thing every day or one bigger something at the end of each week.

Now that you've done all the work of intention setting, ask yourself if there's anything else you'd like to commit to for this month that will help arrive to International Happiness Day (Mar 20) feeling transformed? (For example: a healthy diet, a fitness routine, giving up an addiction, learning something new, etc.)

You're all set!

Well done on taking some time to reflect and set your intentions. If you've come this far, we are already impressed at how committed you are to your wellbeing! Now all you have to do is take ten minutes a day to practice mindfulness. We will be here to help guide you to the finish line.

To get the most out of your experience, here are some things we suggest:

1. **Buy The Happiness Plan** for an in-depth understanding of each topic we will be covering. The days are broken up into small, easy chapters that can be read in ten or twenty minutes, making the learning bite-sized. Get it here.

2. **Follow #thehappinessplan hashtag on Instagram** and be sure to hashtag your own journey so the community can follow your story and help keep you going. Follow here.

3. **Join our Facebook Group** to connect with others who will be doing this experience with you. Join here.

4. **Invite a friend or loved one** into the experience with you and help keep each other accountable. Send them this.

We hope you enjoy your journey!