

### HAPPIEST YEAR

When was the happiest year of your life to date? \_\_\_\_\_



What did you do that year?



What significant achievements and events occurred?



Who were the important people in your life and who did you help?



How do you feel right now thinking about your happiest year?

### HAPPIER THAN HAPPIEST YEAR VISION

Now think about how you could have your *happier* than happiest year this year:



What will you do?



What will you accomplish?



Who can help you and who will you help?



How will you feel?

### MAKE IT HAPPEN

To enable you to achieve your vision, determine what you will need to stop, start, and continue doing:

CONTINUE

STOP

START



## MY HAPPIEST YEAR EVER RESOLUTION

### HAPPIEST YEAR EVER RESOLUTION

Now put it all together:

I, \_\_\_\_\_, hereby resolve to make this year my happiest ever. I will do so by adopting an attitude of gratitude for my current situation and for the opportunity presented by each new day, and also by doing and achieving the following: