

30 Days of Happiness

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Table of Contents

[How to Use This Workbook](#)

[30 Days of Happiness](#)

[30 Days to Change Your Life](#)

[About Deniz Yalın](#)

[Connect with Deniz Yalın](#)

Stay updated, share your achievement. This will not only keep yourself accountable and motivate you, but will also let your friends to see you as an inspiration. Use button below 😊



How to Use This Workbook

Each day I have provided you with a quote that pertains to happiness, kindness or gratitude.

Act of Kindness: Be sure to record what kind deed or word you put out into the universe for the day!

After each act, write down what you did in at least one or two sentences; for more of a happiness boost, also write down how it made you feel.

Gratitude: List 3 things that you are grateful for that day. If it's one of those days it can be as simple as 'I'm grateful I woke up today.'

Research has found that gratitude can significantly increase your happiness, and protect you from stress, negativity, anxiety, and depression.

Exercise: Everyday, you will have a practical tool that restores body, mind and spirit into its natural rhythm of being. Everyone can have the subtle experience the Program offers regardless of age, background, physical readiness - basically, if you are human you are eligible.

You will become a calm, relaxed, healthier, more knowledgeable, happier person with simple but effective daily exercises.

A happy mind lets you stay calm; make better decisions and improve the overall quality of life. Fill in the form below to learn how a dash of happiness can revamp your life.

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DAY 1

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

Buddha

Send 1 positive message to someone in your social support network praising or thanking them

Call to mind someone who did something for you for which you are extremely grateful but to whom you never expressed your deep gratitude. This could be a relative, friend, teacher, or colleague. Try to pick someone who is still alive and could meet you face-to-face in the next week. It may be most helpful to select a person or act that you haven't thought about for a while—something that isn't always on your mind.

This affirms positive things in your life and reminds you how others have cared for you—life seems less bleak and lonely if someone has taken such a supportive interest in us. Visiting the giver allows you to strengthen your connection with her and remember how others value you as an individual.

Some evidence that it works

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). [Positive psychology progress: empirical validation of interventions](#). *American Psychologist*, 60(5), 410.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

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DAY 2

“The moments of happiness we enjoy take us by surprise. It is not that we seize them, but that they seize us.”

Ashley Montagu

Take a 15 minute walk outside

Of course walking is great for health. But there is another thing we should consider:

In our daily lives, we don't always notice or acknowledge the pleasant and positive things around us. We may be in a rush, distracted by other thoughts, or busy checking our phones. As a result, we miss opportunities for positive experiences and positive emotions; the building blocks of long-term happiness.

As you walk, try to notice as many positive things around you as you can. These can be sights, sounds, smells, or other sensations.

As you notice each of these positive things, acknowledge each one in your mind—don't just let them slip past you. Pause for a moment as you hear or see each thing and make sure it registers with your conscious awareness, really take it in. Try to identify what it is about that thing that makes it pleasurable to you.

Act of Kindness:

Gratitude:

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- 3.

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DAY 3

Don't rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can't love and respect yourself – no one else will be able to make that happen. Accept who you are – completely; the good and the bad – and make changes as YOU see fit – not because you think someone else wants you to be different.”

Stacey Charter

Say Something Nice To Everyone You Meet

One of the most encouraging findings to have emerged from the science of happiness is that people take delight in giving to others. In fact, several studies have found that spending money on others brings more happiness than spending on yourself. Giving feels especially good when it feels like a choice, rather than an obligation, in part because it allows people to express their generosity as well as their autonomy, and feelings of autonomy are key to general life satisfaction.

However, you don't have to spend money. In fact, saying something nice is best gift that you can give to people.

Some evidence that it works

Weinstein, N., & Ryan, R. M. (2010). When helping helps: Autonomous motivation for prosocial behavior and its influence on well-being for the helper and recipient. *Journal of Personality and Social Psychology*, 98, 222-244.

Aknin, L. B., Sandstrom, G. M., Dunn, E. W., & Norton, M. I. (2011). Investing in others: Prosocial spending for (pro)social change. In R. Biswas-Diener (Ed.), *Positive Psychology as a Mechanism for Social Change*. London: Springer (219-234).

Aknin, L. B., Dunn, E. W., Whillans, A., Grant, A. M., & Norton, M. I. (2013). Making a difference matters: Impact unlocks the emotional benefits of prosocial spending. *Journal of Economic Behavior and Organization*, 88, 90-95.

Act of Kindness:

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- 3.

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DAY 4

"It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about."

Dale Carnegie

Smile at a stranger

Smile. Smile hard and smile often. You don't need to know everyone's story and you don't need to understand why someone's feeling the way that they are, all you need to do is remind them that there is still happiness in this world. It's still attainable. And one bad day is just that: one bad day. There are so many more great ones to come.

Give someone the smallest, yet arguably greatest, gift today: smile at them. Smile big, smile proud, and don't ever stop.

Studies suggest that smiling, forced or not, can have a positive effect on your mood, decrease stress levels, and even make everyone around you feel better. What happy news!

Smiling releases endorphins, makes your immune system stronger by making your body produce white blood cells to help fight illnesses.

Some evidence that it works

[Does happiness help healing?](#)

[Social laughter is correlated with an elevated pain threshold, Published 14 September 2011.DOI: 10.1098/rspb.2011.1373](#)

Act of Kindness:

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DAY 5

"Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering."

Winnie the Pooh

Try a new food for lunch.

Something that piques your curiosity to taste.

Act of Kindness:

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- 3.

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DAY 6

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

Frederick Keonig

Arrange a meeting with yourself

Rather than harsh self-criticism, a healthier response is to treat yourself with compassion and understanding. According to psychologist Kristin Neff, this "self-compassion" has three main components: mindfulness, a feeling of common humanity, and self-kindness.

Give yourself at least 15 minutes to check in with you, catch up on your own news and put yourself first. This is not selfish of you; it is essential for everyone. Tune in to your well-being.

Some evidence that it works

Neff, K. D., & Germer, C. K. (2013). [A pilot study and randomized controlled trial of the mindful self-compassion program](#). *Journal of Clinical Psychology*, 69(1), 28-44.

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- 3.

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DAY 7

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

Thich Nhat Hanh

Savoring

Savoring positive experiences makes us appreciate the simple pleasures of life. When we take time to go slowly, our senses are sharper and we are mindful of what's happening around us.

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- 3.

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DAY 8

"Perhaps they are not stars, but rather openings in heaven where the love of our lost ones pours through and shines down upon us to let us know they are happy."

Eskimo Proverb

LEARN HOW TO DO 1 NEW THING.

Even if it's really simple.

Why will this make us happier? 'It's actually a core need for psychological wellbeing. Learning can help us build confidence and a sense of self-efficacy. It can also be a way of connecting with others too,' says Vanessa King, positive psychology expert. 'As human beings, we have a natural desire to learn and progress. Psychologists call it mastery.'

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DAY 9

"To be kind to all, to like many and love a few, to be needed and wanted by those we love, is certainly the nearest we can come to happiness."

Mary Stuart

Schedule a break

Make a 10-minute break part of your to-do list. Planning this date with yourself will make keeping it a priority, rather than something you can forsake for the other, more pressing items on your list.

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DAY 10

"Happiness is when what you think, what you say, and what you do are in harmony."
Mahatma Gandhi

FIND 1 COMMON NEGATIVE THOUGHT. CHANGE IT TO SOMETHING POSITIVE.

Do this whenever it comes up.

It's easy to take the good things in life for granted, but research suggests that the more we stop to appreciate what we have, the happier and healthier we are. This exercise is designed to help you increase feelings of gratitude for positive events, things and thoughts in your life.

Some evidence that it works

[It's a wonderful life: Mentally subtracting positive events improves people's affective states, contrary to their affective forecasts.](#) *Journal of Personality and Social Psychology*, 95(5), 1217.

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DAY 11

“Better to do something imperfectly than to do nothing flawlessly.”

-Robert Schuller

Work up a sweat.

Exercise is one of the best ways to destress. Pop in a workout video, hop on your bike or grab your jump rope. Picture the stress leaving your body through your pores, and let it go.

Physical activity helps our bodies produce disease-fighting proteins—called antibodies—and our brains release endorphins. While antibodies boost happiness by keeping illness at bay, endorphins are feel-good chemicals that improve your mood while promoting feelings of euphoria.

Some evidence that it works

[Long-term association between leisure-time physical activity and changes in happiness: analysis of the Prospective National Population Health Survey.](#) Wang F, Orpana HM, Morrison H. American Journal of Epidemiology, 2012, Nov.;176(12):1476-6256.

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- 3.

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DAY 12

"We turn not older with years but newer every day."

-Emily Dickinson

WRITE DOWN 1 MOMENT WHERE YOU WERE HAPPY THIS WEEK.

Put it on your wall.

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- 3.

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DAY 13

"Some of the secret joys of living are not found by rushing from point A to point B, but by inventing some imaginary letters along the way."

-Douglas Pagels

Squeeze here

The fleshy place between your index finger and thumb is called the “hoku” spot in traditional Chinese medicine. Squeezing there firmly for just 30 seconds can reduce stress and tension in your upper body.

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DAY 14

"Never regret. If it's good, it's wonderful. If it's bad, it's experience."
– Victoria Holt

Organize your life.

De-stress your mind by de-cluttering. Clear off your desk, clean out your closet, utilize a planner and donate items you don't use. You'll be more relaxed and ready to tackle other issues.

Also, according to a 2013 [Association for Psychological Science study](#), working at a tidy desk could promote healthy eating and generosity.

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DAY 15

"Freedom is man's capacity to take a hand in his own development. It is our capacity to mold ourselves."

--Rollo May

DO 1 NEW THING THAT'S OUT OF YOUR ORDINARY ROUTINE

You've seen inspirational quotes that encourage you to get out and do something strange—something you wouldn't normally do—but getting out of your routine just takes so much work. There's actually a lot of science that explains why it's so hard to break out of your comfort zone, and why it's good for you when you do it. With a little understanding and a few adjustments, you can break away from your routine and do great things.

The idea of the comfort zone goes back to a classic experiment in psychology. Back in 1908, psychologists Robert M. Yerkes and John D. Dodson explained that a state of relative comfort created a steady level of performance.

Dr. Elizabeth Lombardo, therapist and author of *Better Than Perfect*, says people who regularly seek out fresh experiences tend to be more creative and emotionally resilient than those who remain stuck in routine. "Breaking your own mold can only make you stronger and more confident to reach higher levels in your professional and personal life," she says.

Most of us have a set daily routine, by making small changes to this we can push ourselves to step outside of our comfort zone. You don't have to make huge changes, small subtle differences in your day-to-day routine can be enough to change your perspective.

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DAY 16

"He who smiles rather than rages is always the stronger."

-Japanese Wisdom

Accept imperfection.

Be realistic--no one is perfect. Don't be afraid to ask for help, and appreciate the outcome of your best efforts, even if it falls short of ideal.

The personal development journey contains a tension that never goes away. You have to be happy and grateful with what you have, yet at the same time strive to improve yourself.

Learning to accept imperfection is a crucial part of learning how to navigate this fine line. Instead of letting imperfection frustrate you, you make peace with it and use it as a personal development tool.

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DAY 17

"A child's life is like a piece of paper on which every passer by leaves a mark."
-Chinese Proverb

Transition out of the stress zone

If you race home from the office, your mind still focusing on the million and one things left on your to-do list, you're likely to bring that stress and tension into your home and risk taking it out on your family. Gather your thoughts during your commute to transition from frazzled to stress free.

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DAY 18

Happiness is not something ready-made. It comes from your own actions.”
Dalai Lama

Bend over backwards

Yoga poses that focus on back-bending movements are great relaxation tricks. Opening up your chest allows the oxygen to flow more freely to your lungs, lowering your heart rate and blood pressure. Try Bridge Pose for instant clam.

Some evidence that it works

[Exercise, yoga, and meditation for depressive and anxiety disorders](#). Saeed SA, Antonacci DJ, Bloch RM. American Family Physician, 2015, Apr.;81(8):1532-0650.

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DAY 19

We begin from the recognition that all beings cherish happiness and do not want suffering. It then becomes both morally wrong and pragmatically unwise to pursue only one's own happiness oblivious to the feelings and aspirations of all others who surround us as members of the same human family. The wiser course is to think of others when pursuing our own happiness."

Dalai Lama

Feel the flower

One study shows that looking at flowers first thing in the morning leads to increased happiness and energy and decreased anxiety. Not only that, but being surrounded by blooms can also positively affect your 9-to-5—it's been shown to boost creativity and make workspaces feel more pleasant.

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- 3.

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DAY 20

A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?"
Albert Einstein

Stay present.

When stressing about the past or future, remind yourself to focus on what matters right now at this very moment. After all, there's no use in worrying about things you can't change.

Act of Kindness:

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DAY 21

No one can get inner peace by pouncing on it.
- Harry Emerson Fosdick

De-stress your commute.

Less driving means less road rage. Instead of stressing out in traffic, relax as you ride a bus or train, carpool (so you only drive sometimes), or bike to work (to release stress and endorphins).

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DAY 22

Maturity is achieved when a person accepts life as full of tension.

- Joshua L. Liebman

Flip through old photos

When you're feeling down, break out your kids' baby albums or pics from your favorite vacation. It may actually make you feel happier than a square of Godiva chocolate would.

To keep your spirits high at work, upload your favorite pics to your computer and set them as a rotating screensaver. Or splurge on a frame that flips through digital photos.

Act of Kindness:

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DAY 23

Happiness is a myth we seek,
If manifested surely irks;
Like river speeding to the plain,
On its arrival slows and murks.
For man is happy only in
His aspiration to the heights;
When he attains his goal, he cools
And longs for other distant flights.”
Kahlil Gibran

Spend time outside

Sometimes it can feel like we're at the center of our own universe, fixated on our personal concerns without much regard for other people. Experiencing awe is a great way to put some pep back in your step. Even just looking at images of nature scenes can stimulate the parts of your brain associated with happiness, positivity, and emotional stability.

Some evidence that it works

Piff, P. K., Dietze, P., Feinberg, M., Stancato, D. M., & Keltner, D. (2015). [Awe, the small self, and prosocial behavior](#). *Journal of Personality and Social Psychology*, 108(6), 883-899.

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- 3.

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DAY 24

There must be quite a few things that a hot bath won't cure, but I don't know many of them.
- Sylvia Plath

Sleep more.

Catnaps, power naps, a full night's sleep... no matter the method, a quality snooze session is vital for overall well-being and happiness. In fact, research shows that not sleeping enough may lead to lower levels of optimism.

Act of Kindness:

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- 2.
- 3.

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DAY 25

There is more to life than increasing its speed.

- Mohandas K. Gandhi

Practice patience.

When you're in a hurry, everything becomes urgent. Give yourself plenty of time to get things done. Think of that slow driver as a teacher, encouraging you to relax and be patient

Act of Kindness:

Gratitude:

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- 2.
- 3.

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DAY 26

Some of the secret joys of living are not found by rushing from point A to point B, but by inventing some imaginary letters along the way.

- Douglas Pagels

Play a game.

You probably have a dozen stashed in your closet, waiting to be dusted off. A quick game of Candy Land, Shoots & Ladders, Connect Four, or even Twister is always good for a smile.

Recent studies have shown that adults who play video games have higher levels of happiness, and in some cases relaxation, as a result of their gaming.

Act of Kindness:

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DAY 27

Life is really simple, but we insist on making it complicated.”
Confucius

COMPLIMENT A STRANGER

Act of Kindness:

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- 2.
- 3.

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DAY 28

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.

- Marcus Aurelius

Take a walk.

Need a break from the office or hectic day at home? Slip out the door and let your feet take you somewhere. Walking will help you clear your head and relax. It's great aerobic exercise, too!

Act of Kindness:

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DAY 29

To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring -- it was peace.

- Milan Kundera

Stay present.

When stressing about the past or future, remind yourself to focus on what matters right now at this very moment. After all, there's no use in worrying about things you can't change

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DAY 30

Releasing the pressure, it's good for the teapot and the water. Try it sometime.
- Jeb Dickerson

Writing

Over the next four days, write down your deepest emotions and thoughts about an emotional challenge that has been affecting your life. In your writing, really let go and explore the event and how it has affected you. You might tie this experience to your childhood, your relationship with your parents, people you have loved or love now, or even your career. Write continuously for 20 minutes.

Research suggests that this writing exercise can increase happiness, reduce symptoms of depression and anxiety, strengthen the immune system, and improve work and school performance.

Some evidence that it works

Pennebaker, J.W., Kiecolt-Glaser, J., & Glaser, R. (1988). [Disclosure of traumas and immune function: Health implications for psychotherapy](#). *Journal of Consulting and Clinical Psychology*, 56, 239-245.

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30 Days to Change Your Life

Now according to popular wisdom, it takes 30 days to make or break a habit and you will be learning what it takes to create the life you want. Following workbooks are designed for you to cultivate different qualities of awareness into your life so you can achieve mental and emotional states of peace and happiness. If you commit to these challenges, I promise you will experience dramatic positive shifts in your well-being, physical and emotional health, and your vitality.

[30 Days of Meditation](#): How to Meditate Deeply – Meditation Techniques to Relieve Anxiety & Improve Your Health in 5 Minutes

[30 Days to Gratitude](#): Learn how to appreciate all the good in your life and thereby create even more of it with an attitude of gratitude

[30 Days of Affirmation](#): Learn Affirmations to Achieve Success, Self-Motivation and Confidence in Your Life

Also you can enjoy our [inspirational blog post](#).

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About the Author

Deniz Yalım is the founder of BayArt which is about Mindfulness Meditation for Relax, Breathe, and Quality of Life to Reduce Stress, Anxiety and Depression.

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