



COUNSELING  
CENTER OF  
MARYLAND

“It is not necessarily the reality that shapes us, but the lens through which your brain sees the world that actually shapes our reality. If we can change the lens, we can change your happiness.” – Shawn Achor



*This journal has been created to provide you with a structure and roadmap with evidence based ways to raise the baseline of your level of happiness.*

*Before beginning, please watch the following Ted Talk:*

*[https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work?language=en](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en)*

*All of the items recommended in this video are encompassed in your journal. Additional items (cited below) are also included.*

*In using this journal, take a dialectical stance. An **all** (completing every task, everyday) or **nothing** (I missed some entries or day(s), therefore my commitment is diminished) stance will not be effective. Instead, have an intention to maintain the journal daily and complete all parts, AND allow flexibility.*

*Please enjoy this journal!*

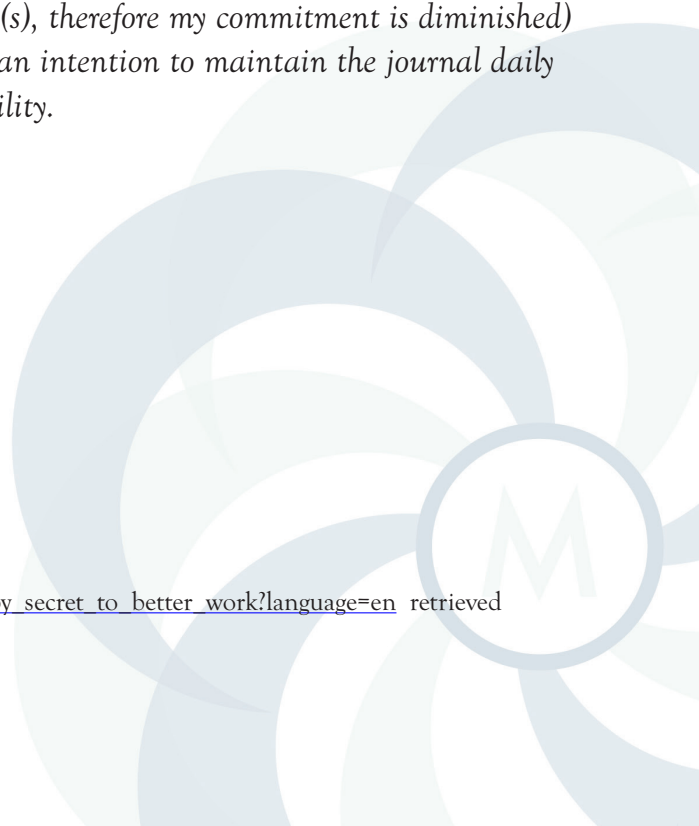
*The Counseling Center of Maryland*

*Adapted from:*

*[https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work?language=en](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en) retrieved 1/28/2015*

*The Happiness Equation, Neil Pasricha  
Search Inside Yourself, Chade-Meng Tan*

*The Guide to Happiness, Mark Manson*



## Instructions:

### Daily Affirmations or Intentions:

#### Sample Affirmation:

*I am attracting joy into my life*

- Start with the words “I am.” These are the two most powerful words in the English language.
- Use the present tense, make it specific and keep it brief.
- State it in the positive. Affirm what you want, not what you don’t want.
- Include an action word ending with -ing.
- Include at least one dynamic emotion or feeling word.
- Make affirmations for yourself, not others.

#### Sample Intentions:

*I will have at least one genuine conversation today*

*When I notice defensiveness within me, I will be aware and allow my self to fully experience the bodily sensations and take the next action mindfully (allowing responsiveness)*

- Intentions should be clear, concise, and specific.
- State it in the positive. Affirm what you will do, not what you don’t want to do.

**Meditation:** State how many times(s), and minutes(s). Reflect on the experience if you choose.

**Exercise:** In order to build a habit, consider doing some form of additional movement (such as going up and down a staircase for no particular reason). The goal is to build a habit.

**Self-Care** should be your specific goals which may include items such as sleep, nutrition, avoiding or limiting substance, taking medications as prescribed, etc.

**I am grateful for...:** Reminds you to focus throughout your day (to be prepared to write them down) on things you are grateful for (verses the things you don’t want or fear, as we are biologically wired to do). This allows you to shift your attention (a behavioral choice) and create new neural pathways.

**Random acts of kindness:** Doing for others (or a pet, or the environment, etc.) is one of the most effective ways we can elevate our mood.

**Reflections of positive thing(s) that happened today:** Use this section to write free form, without filtering.

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What would make today great?

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Meditation \_\_\_\_\_

Exercise \_\_\_\_\_

Self-Care (Ate well, took care of myself) \_\_\_\_\_

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I am grateful for ... (minimum of 3)

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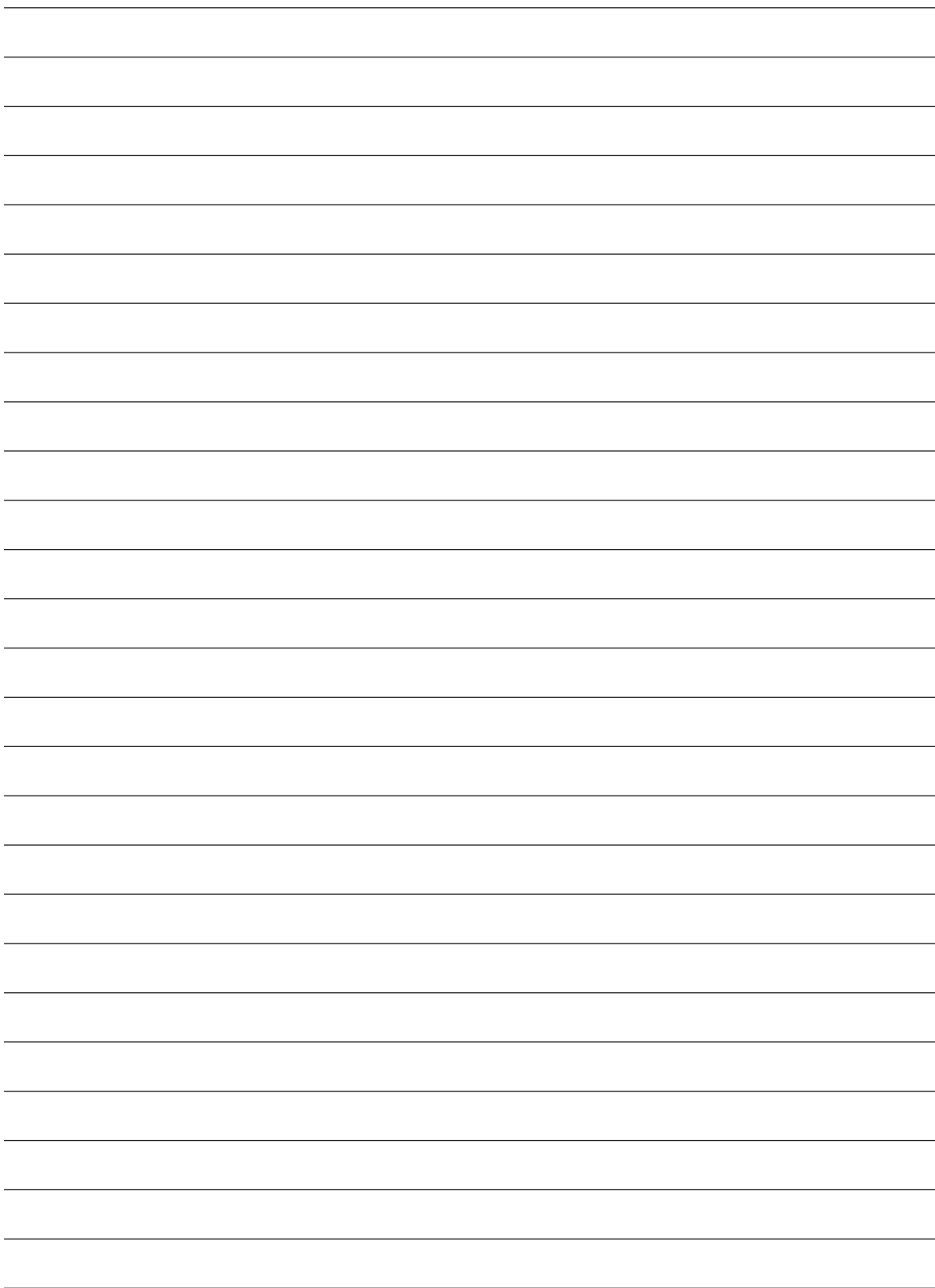
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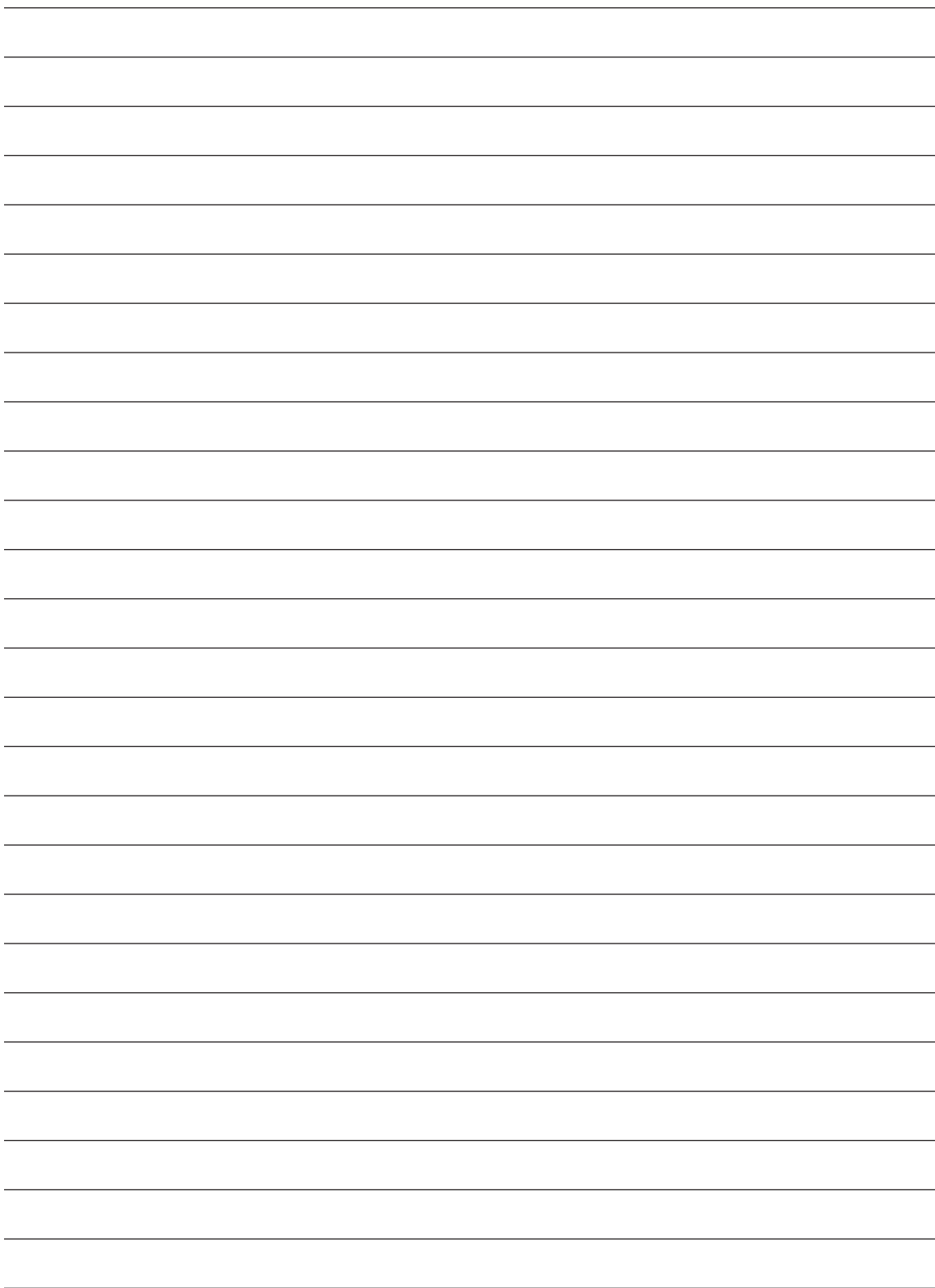
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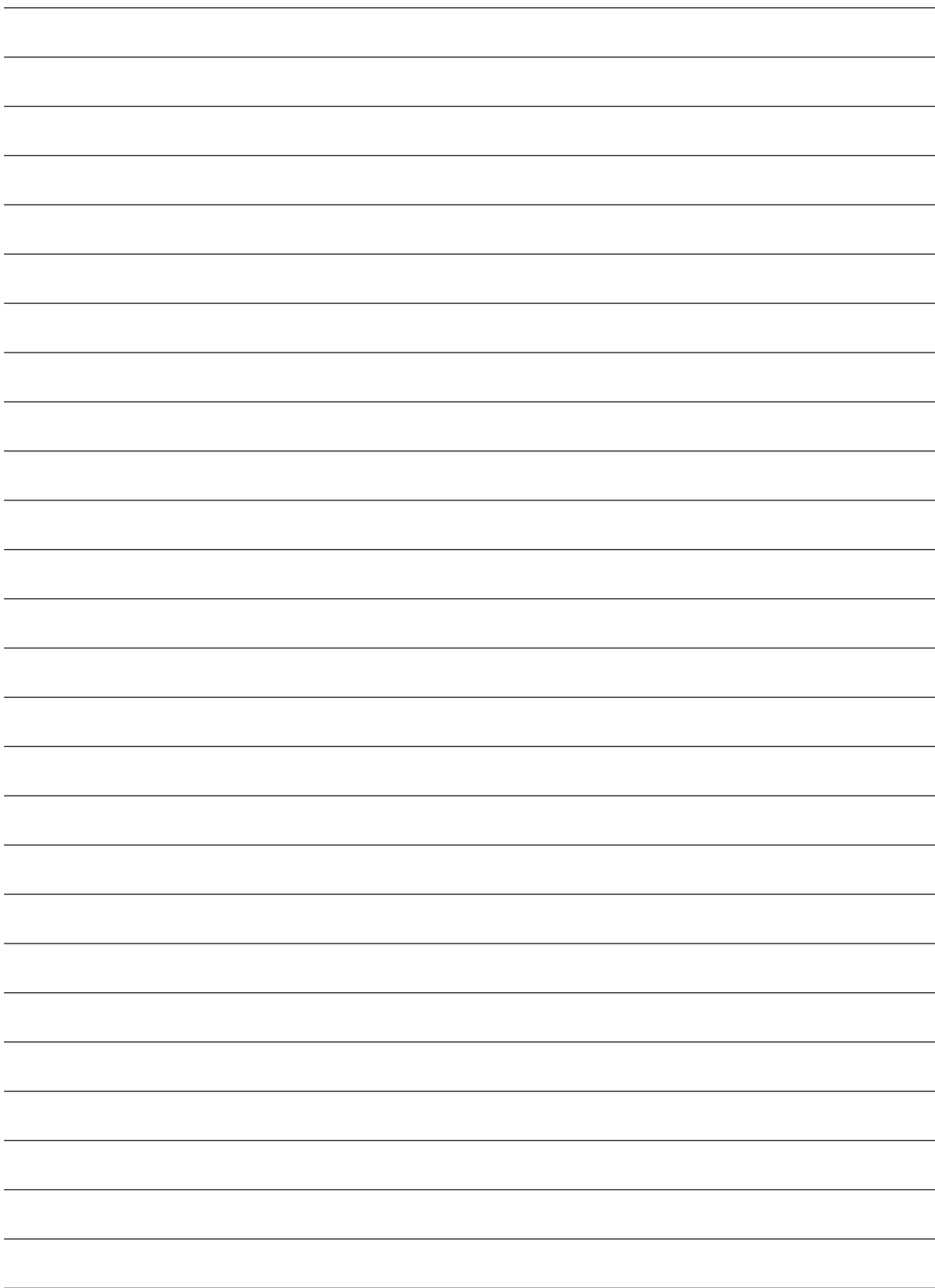
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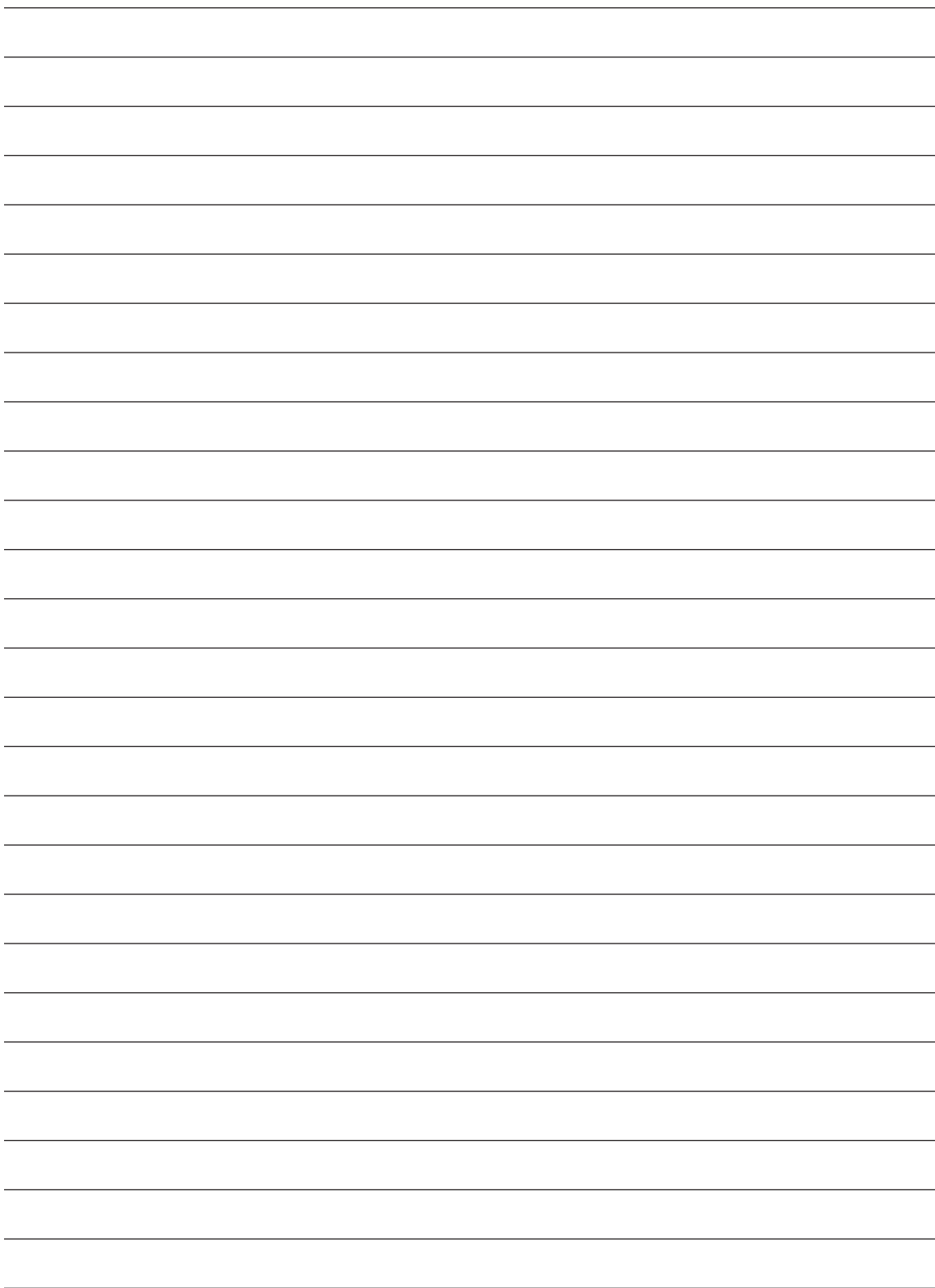
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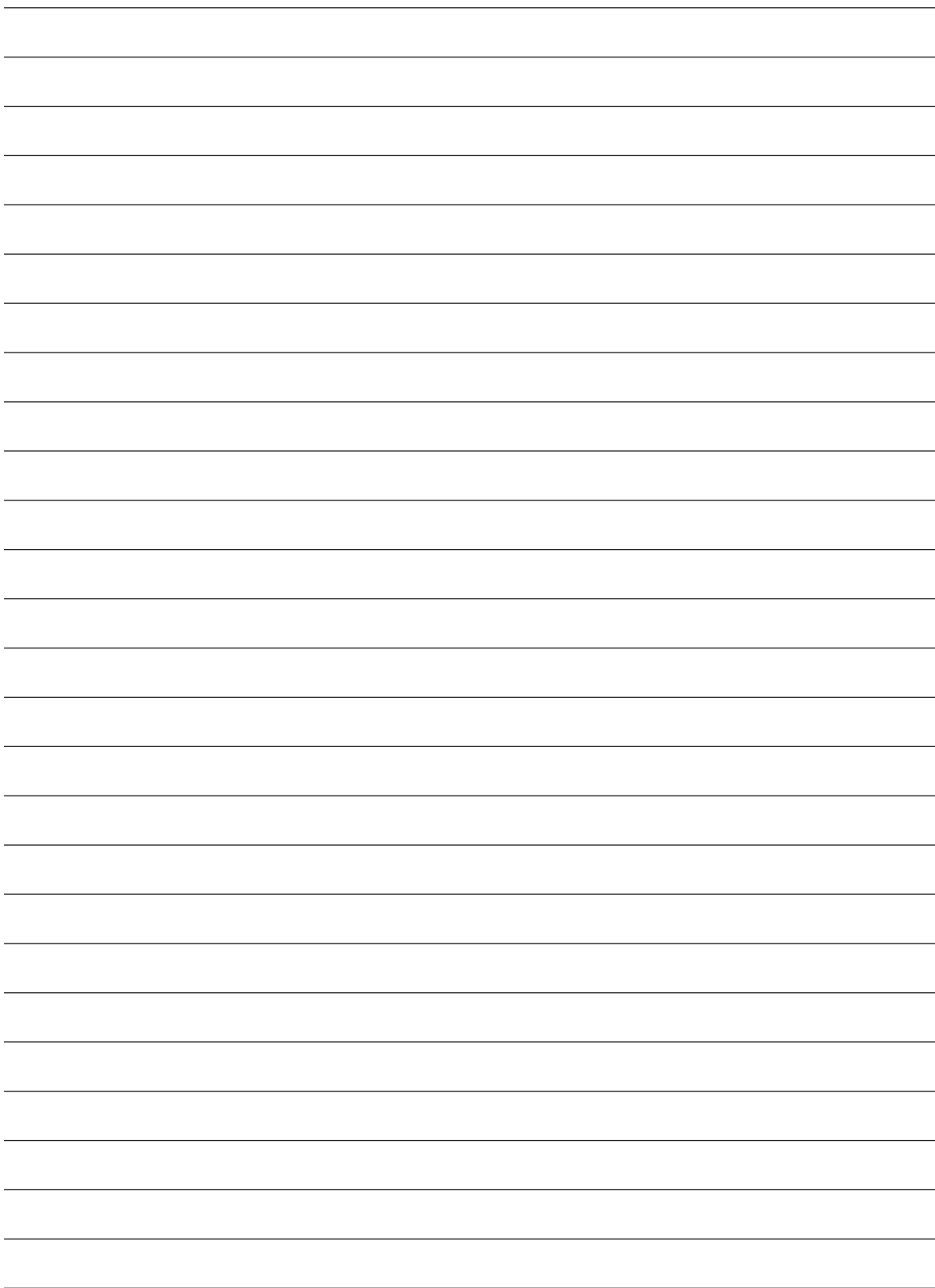
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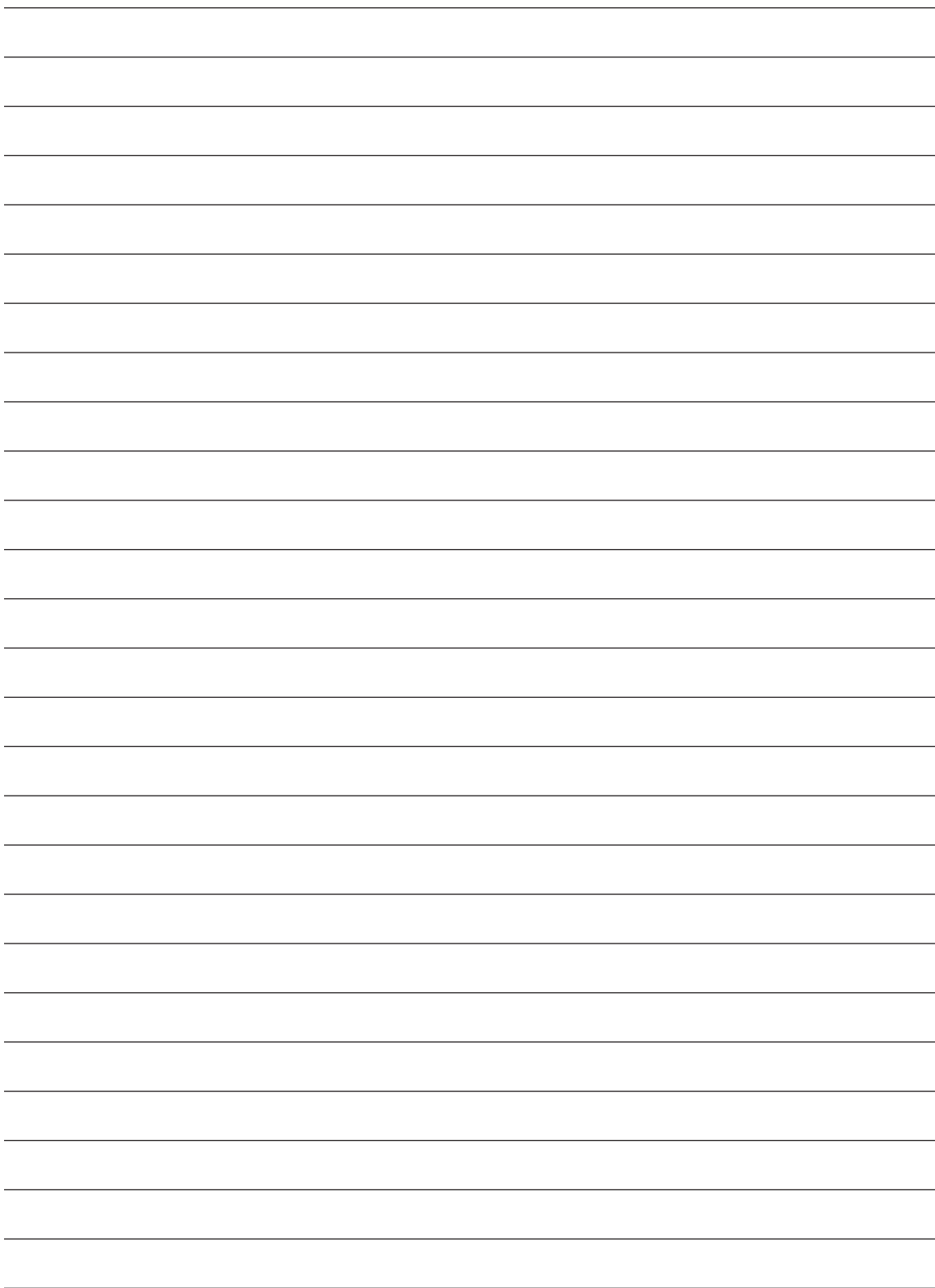
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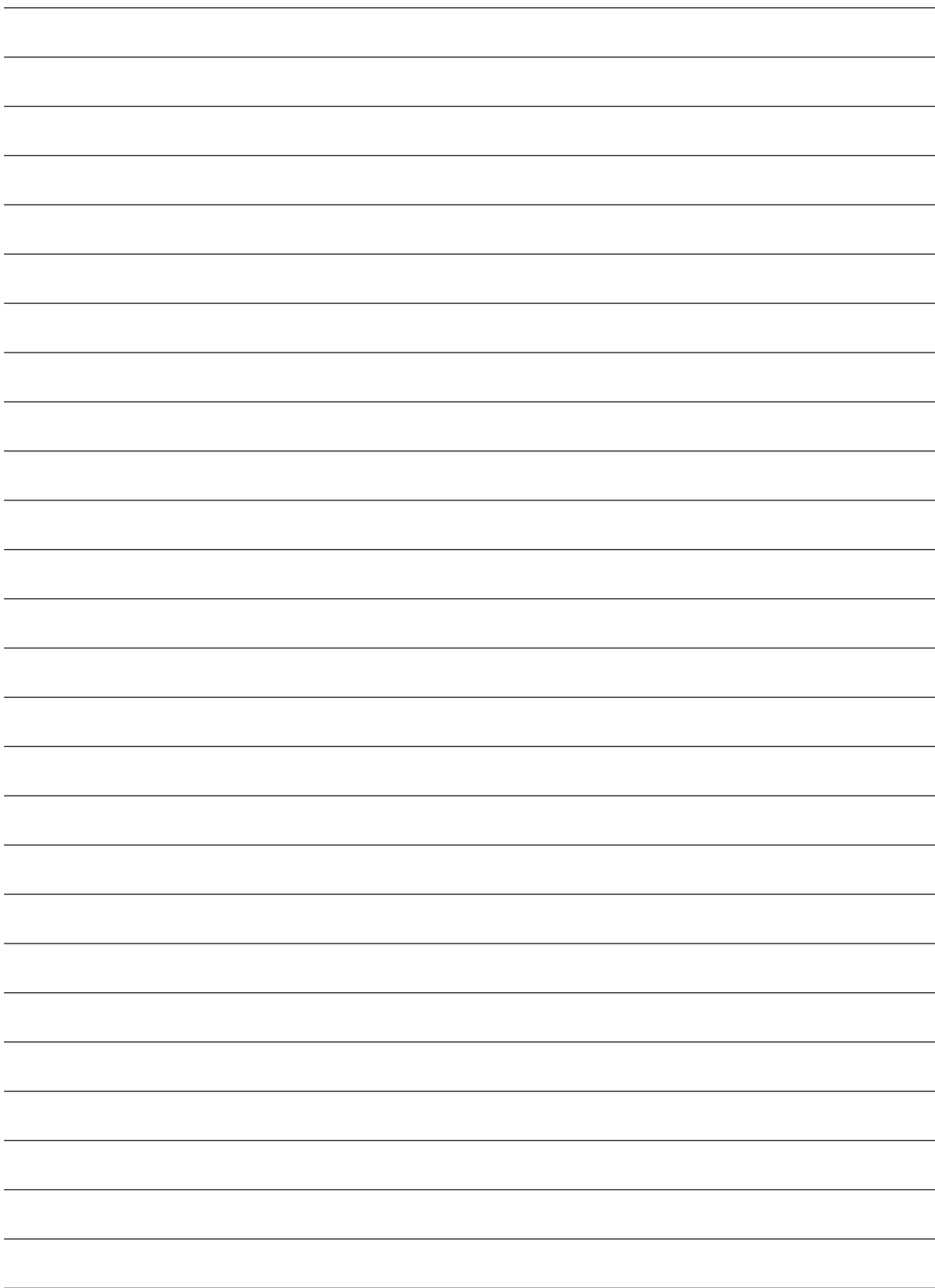
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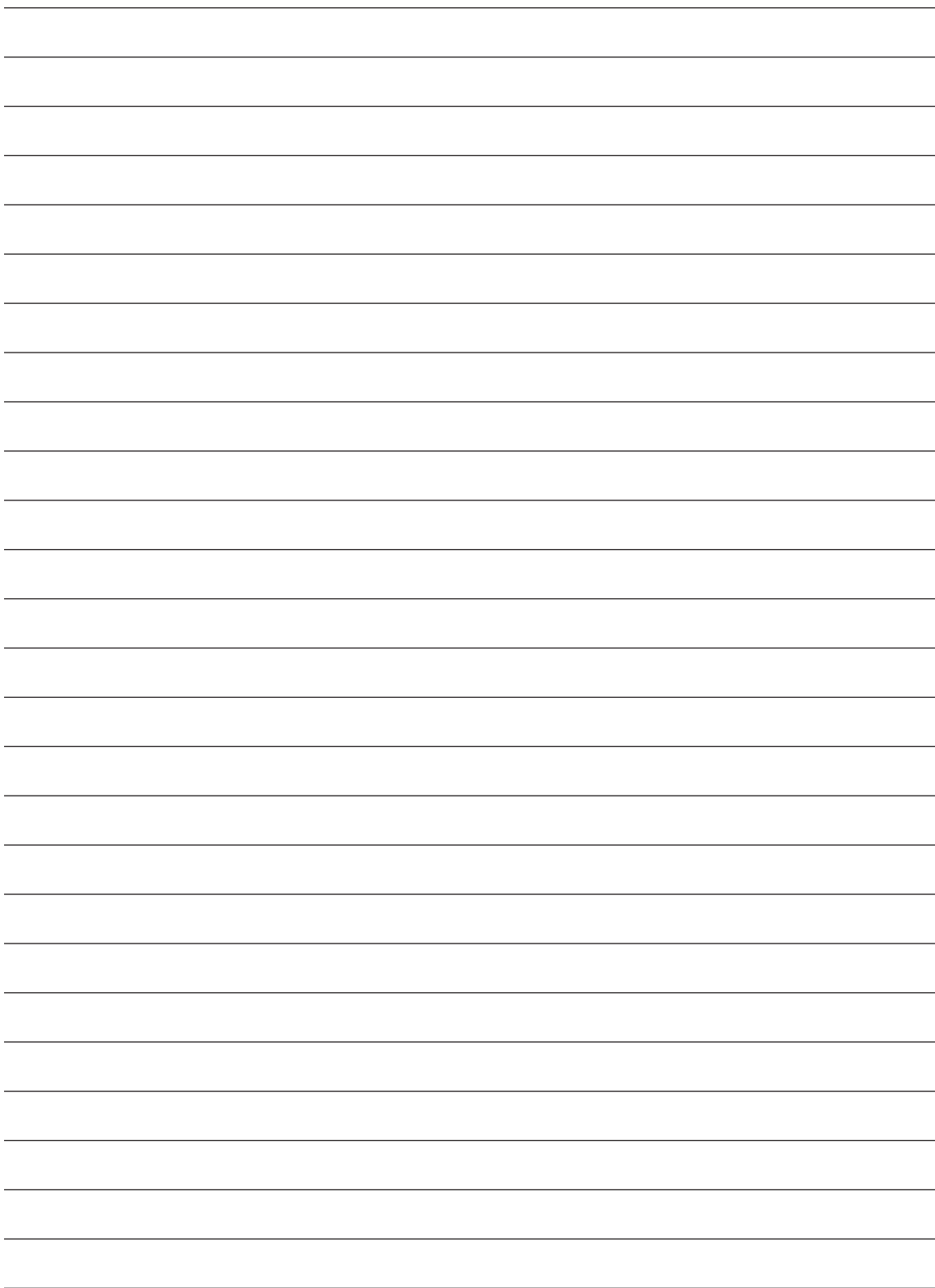
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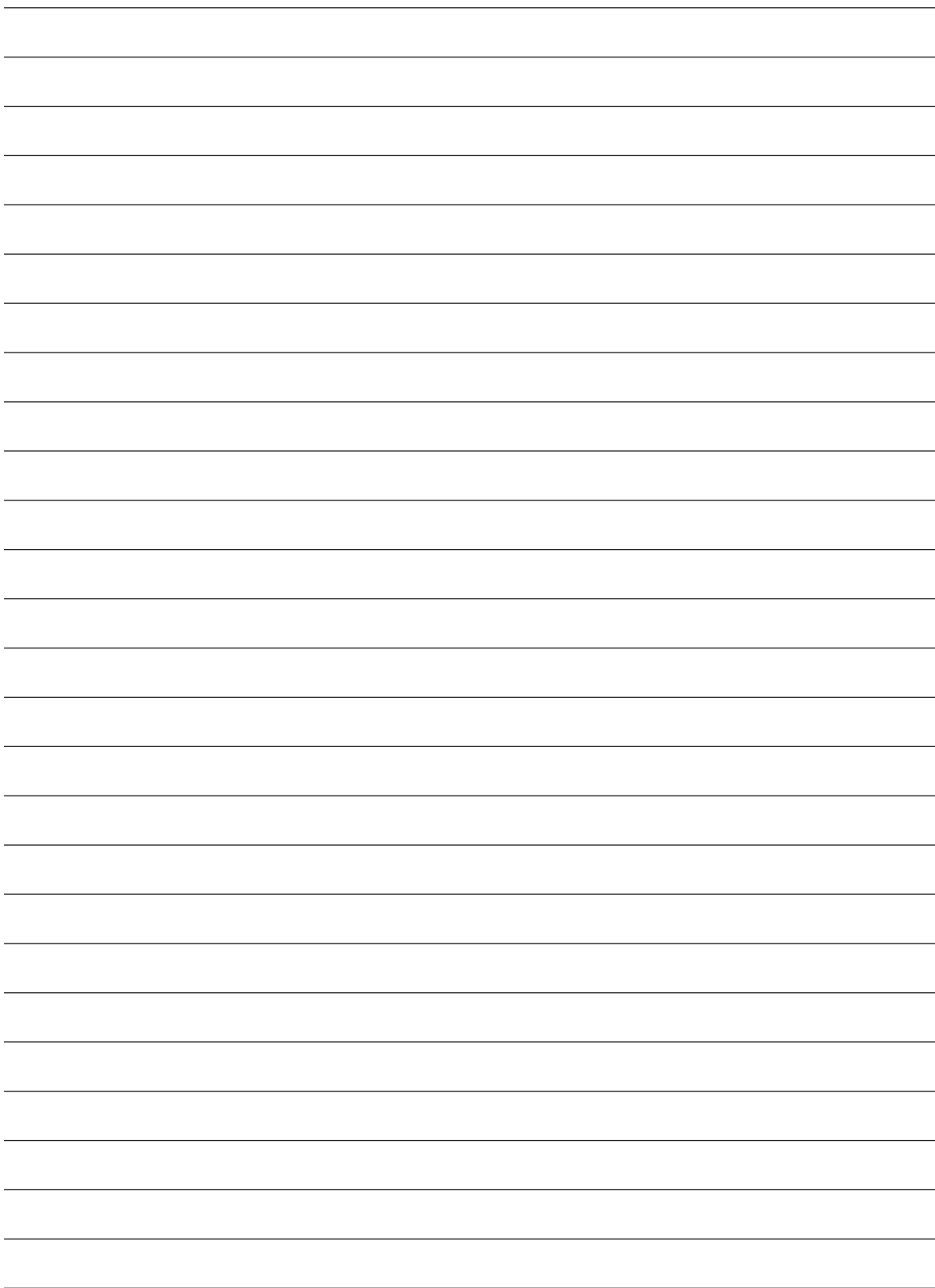
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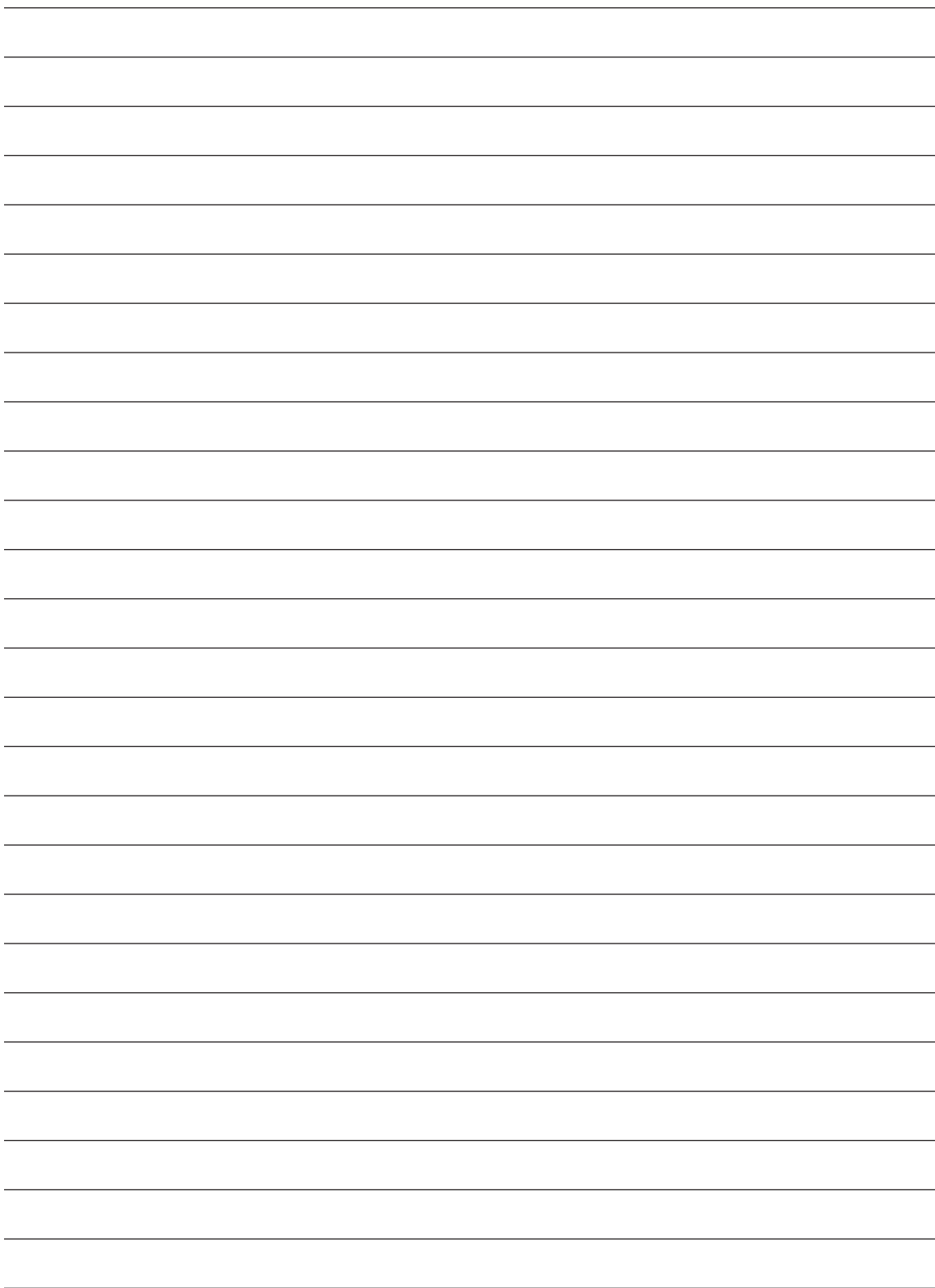
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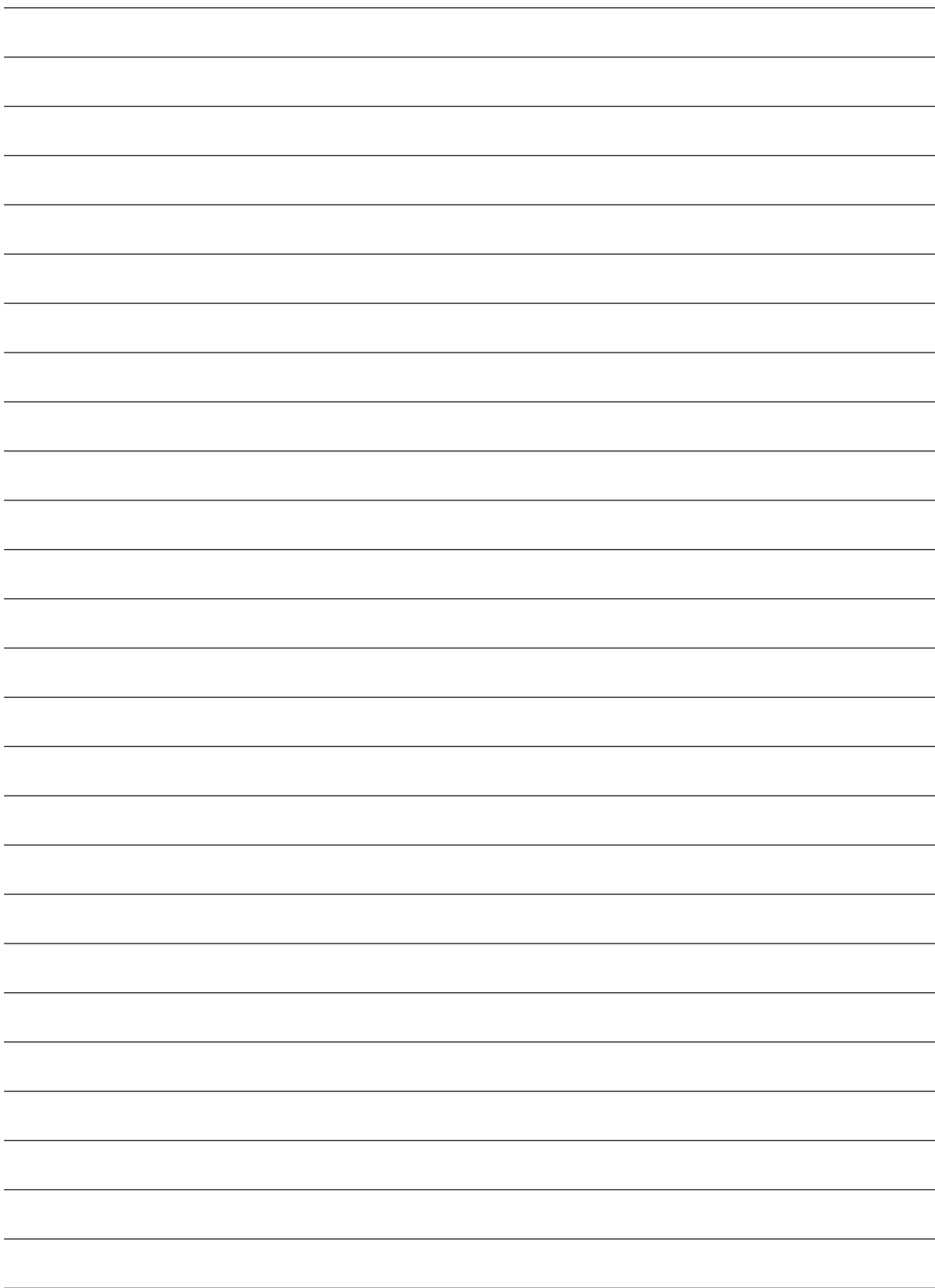
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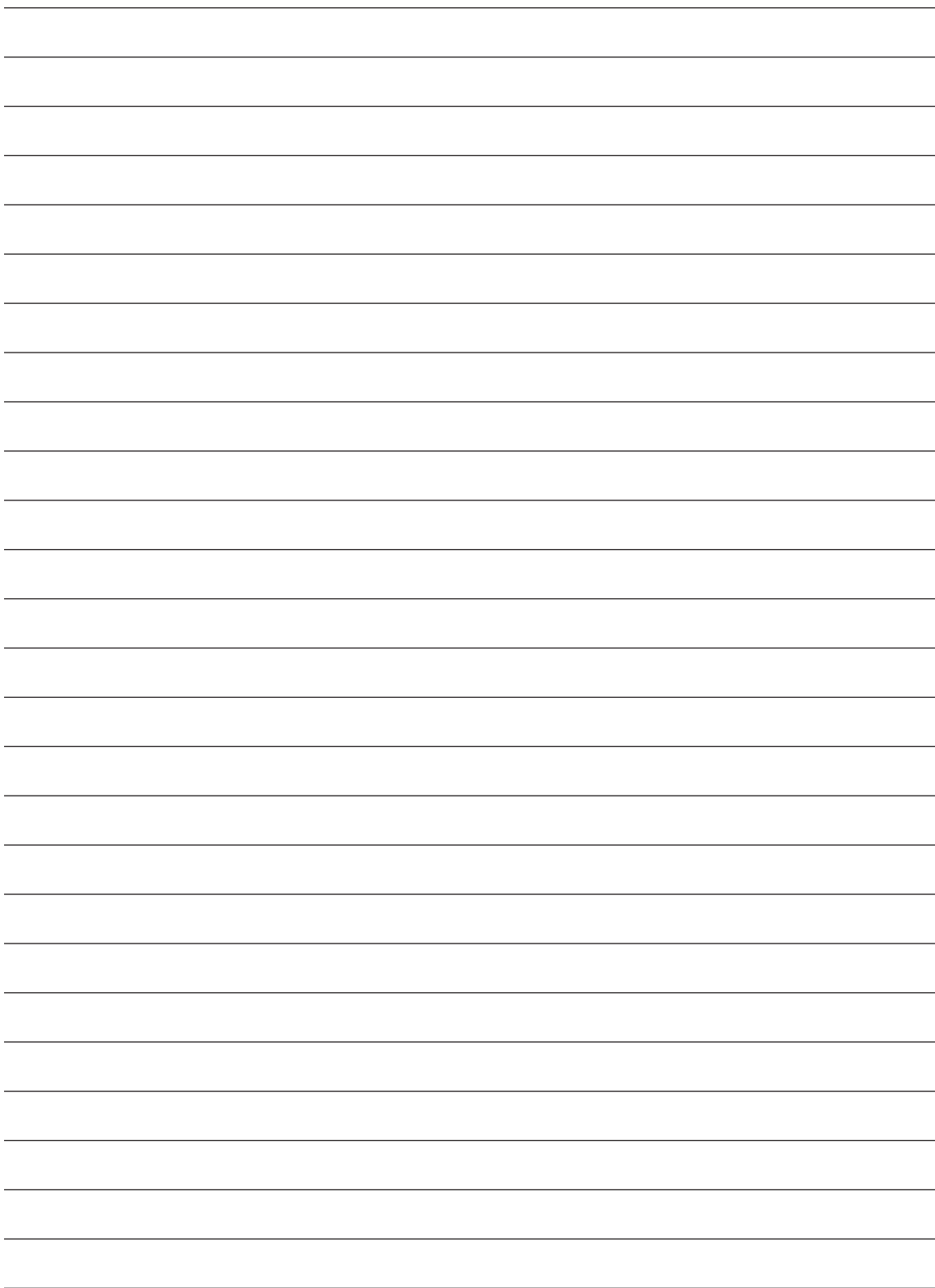
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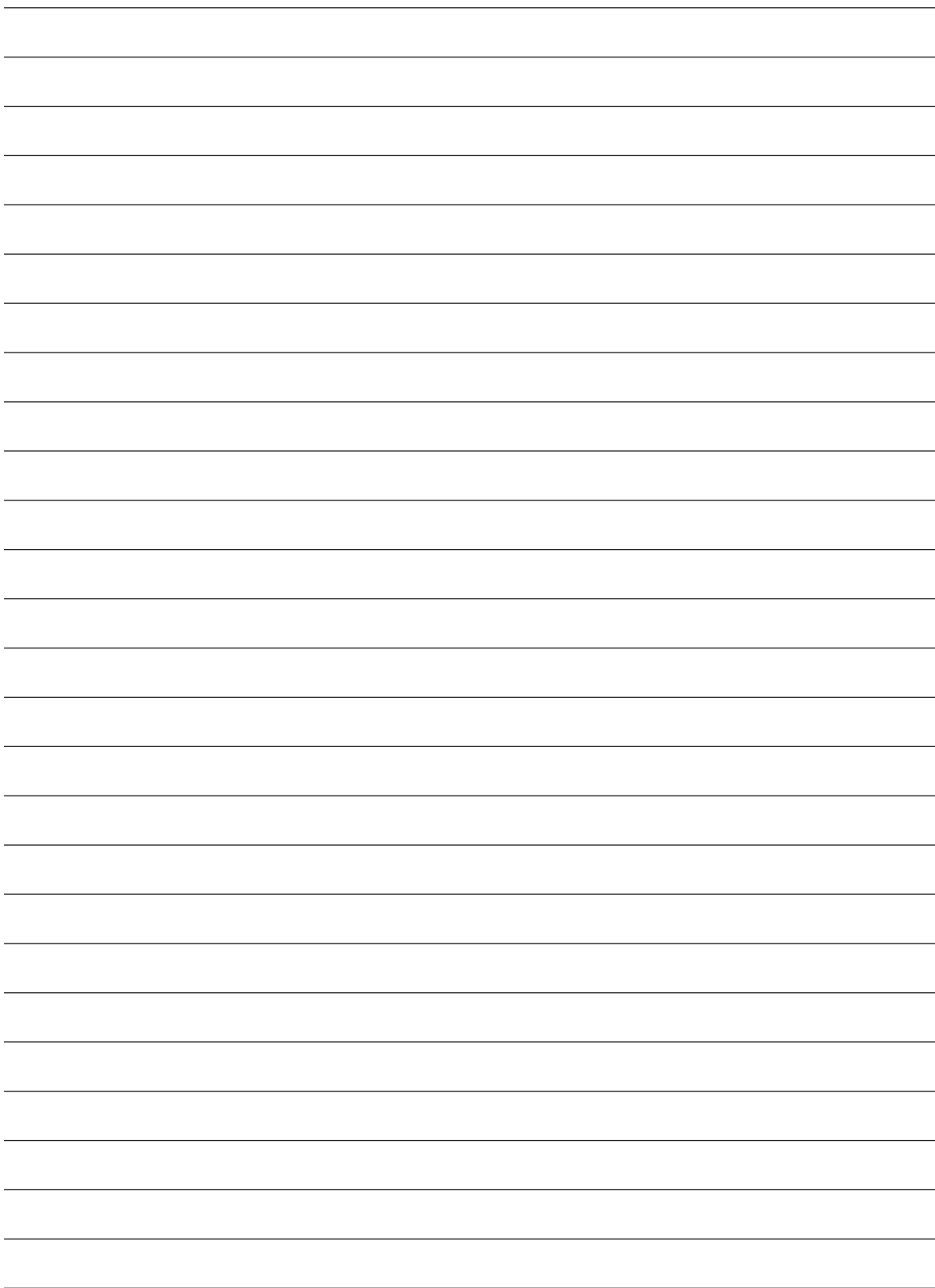
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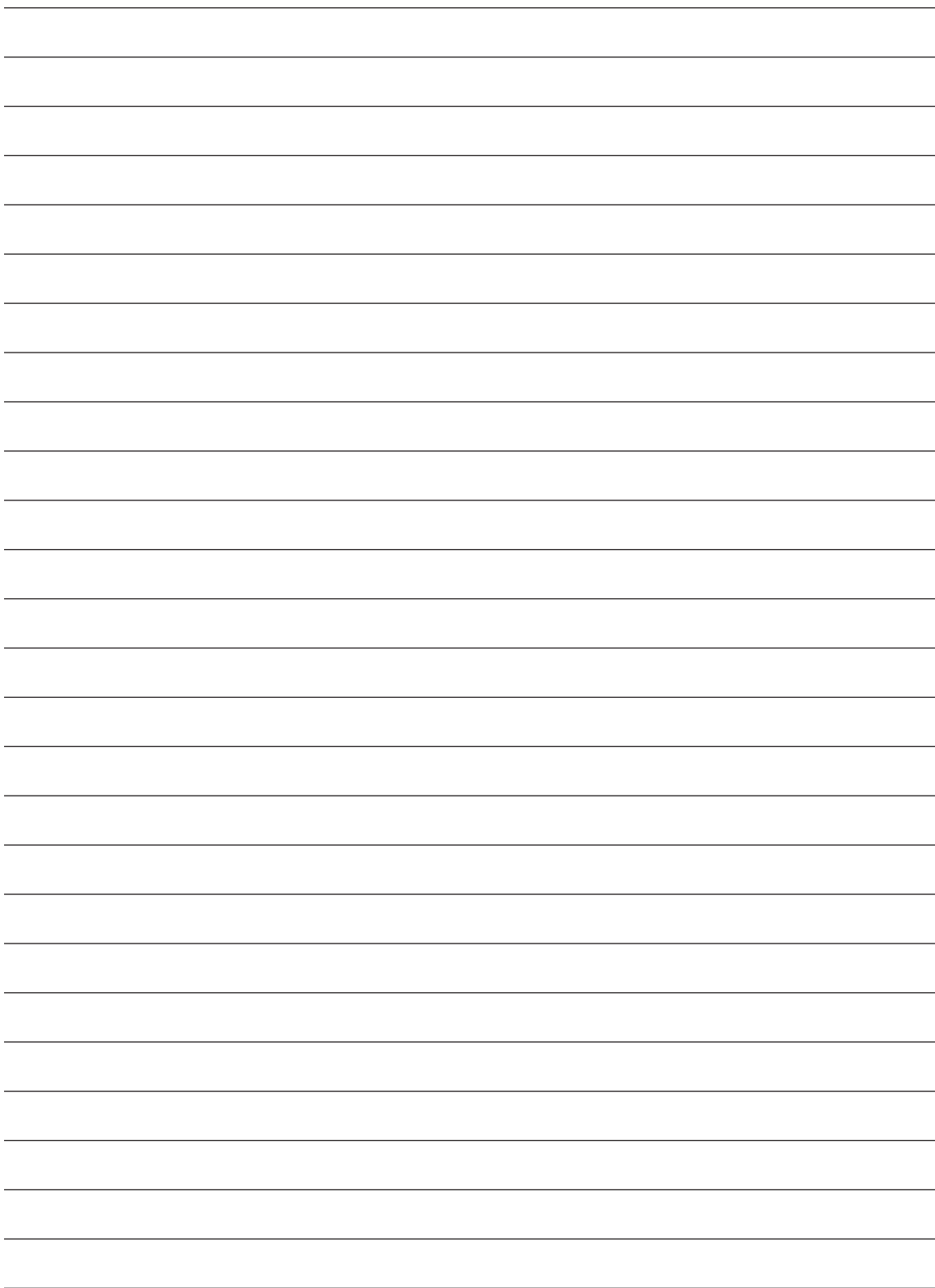
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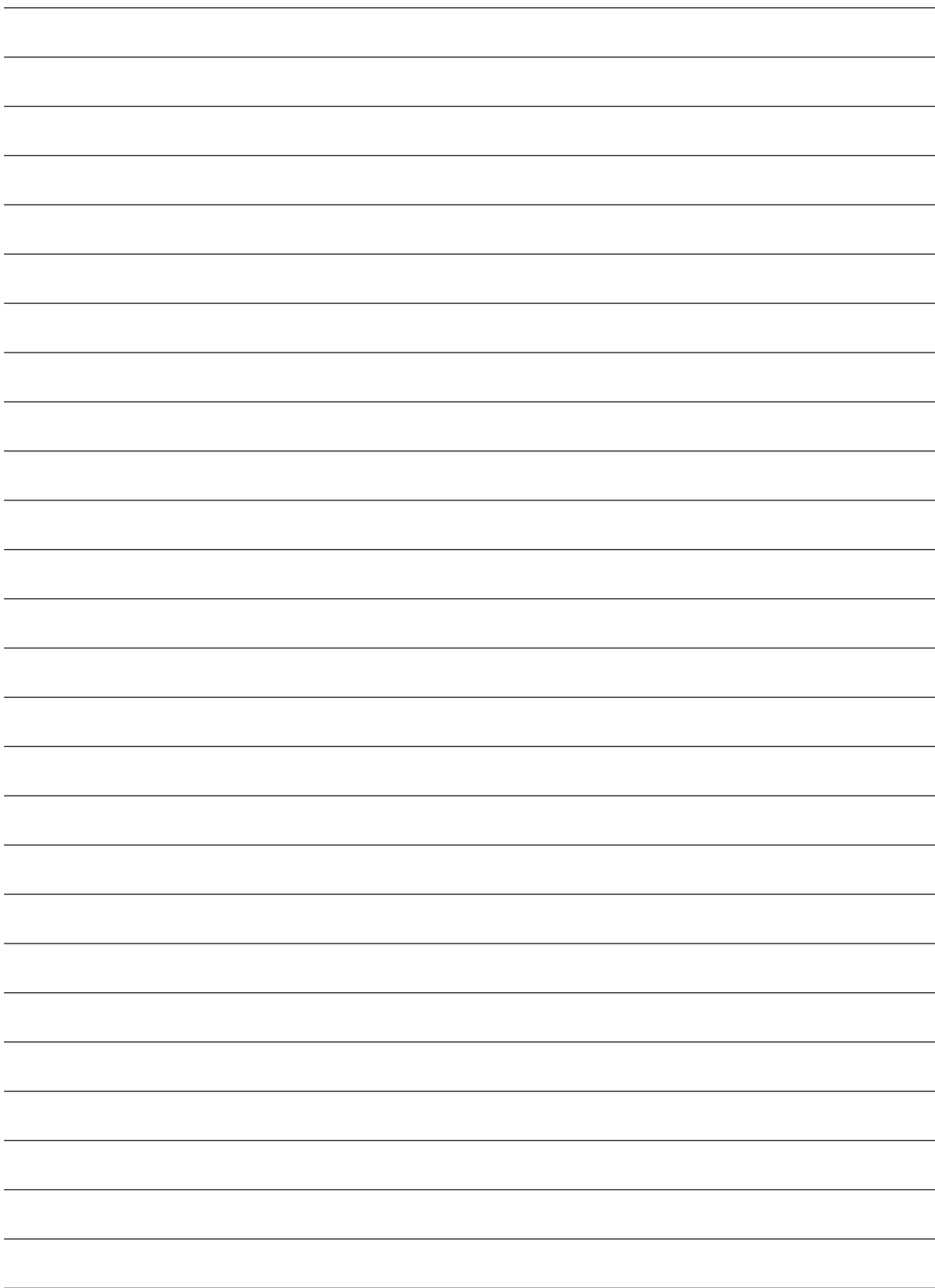
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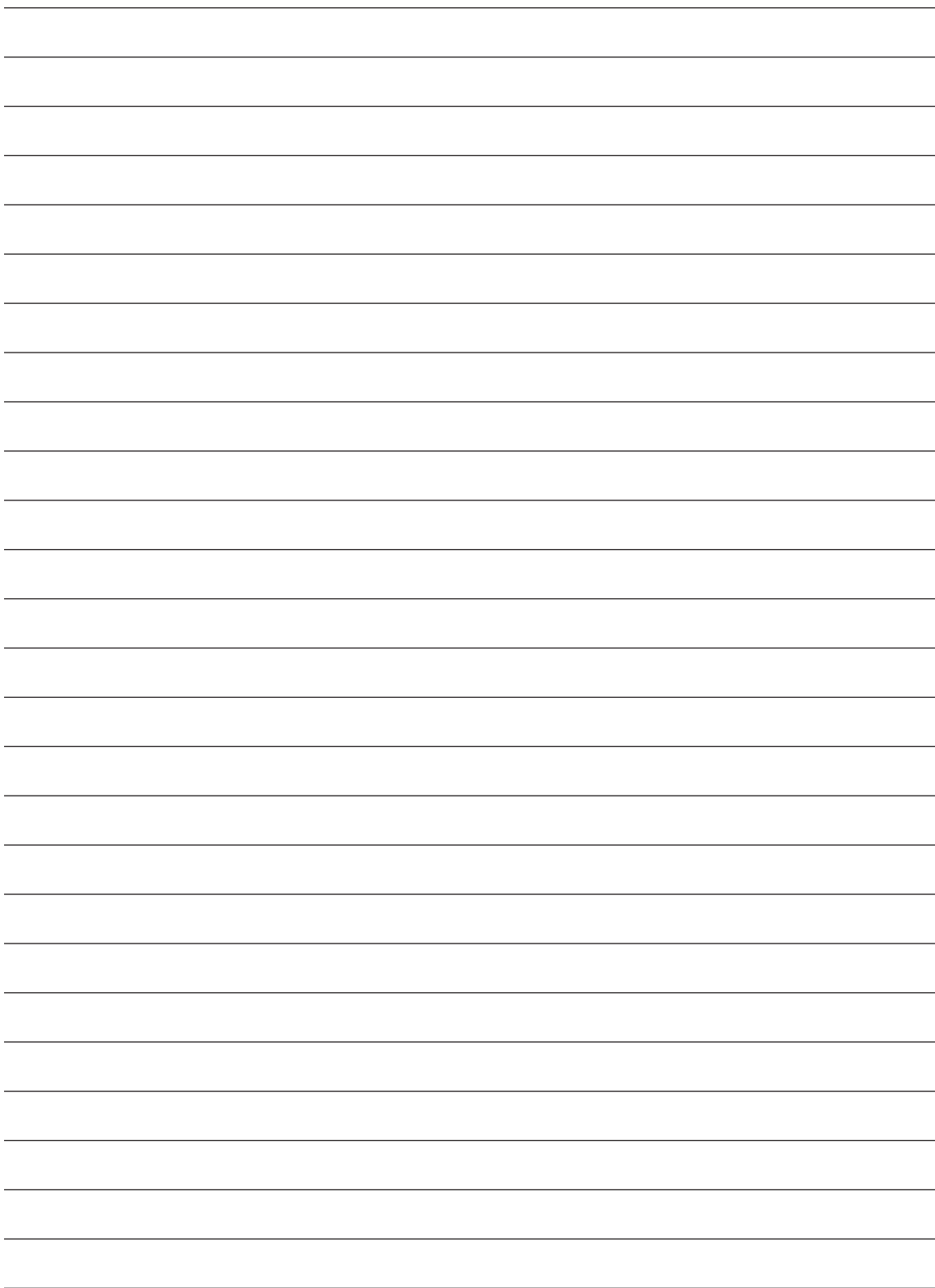
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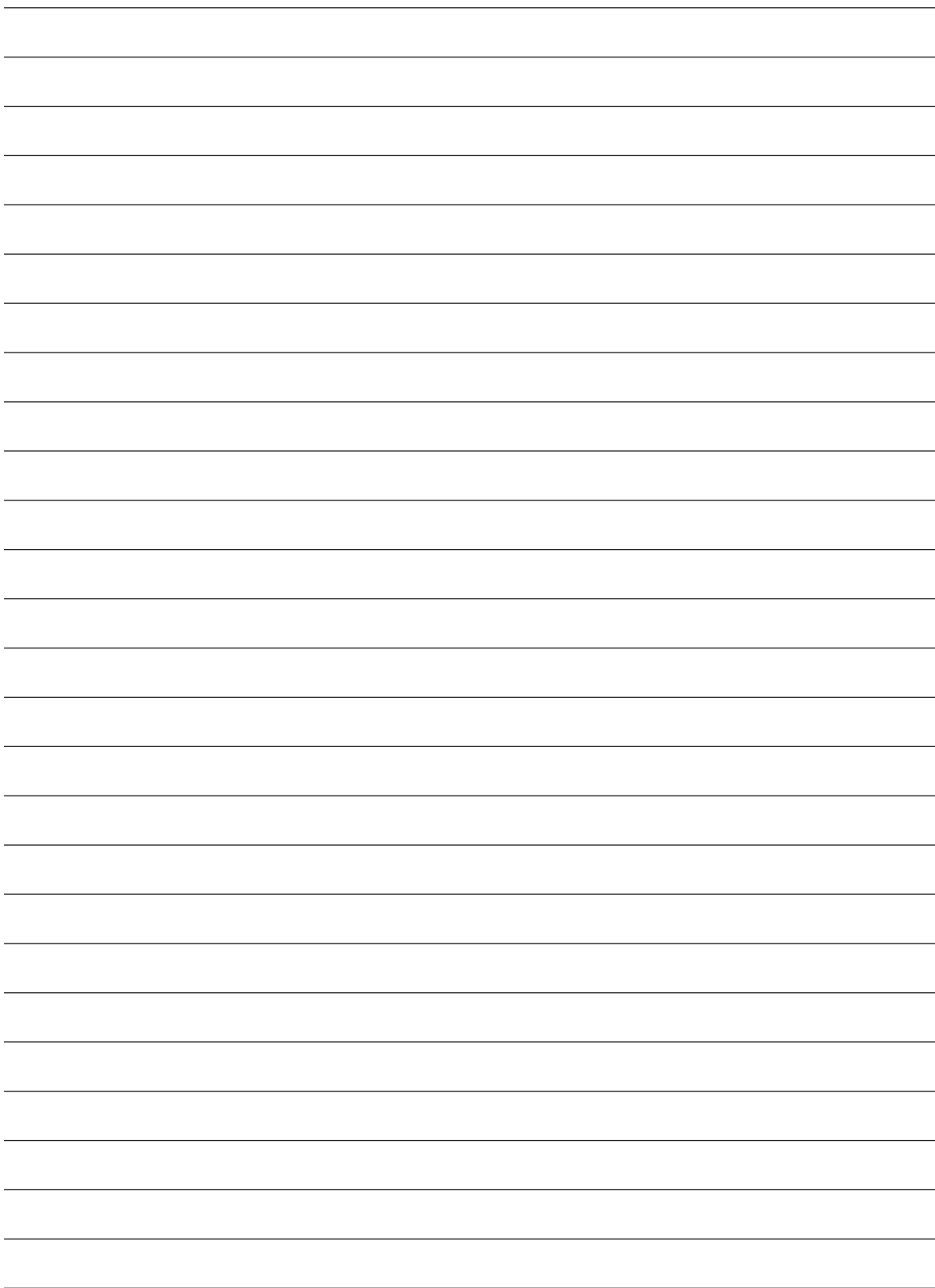
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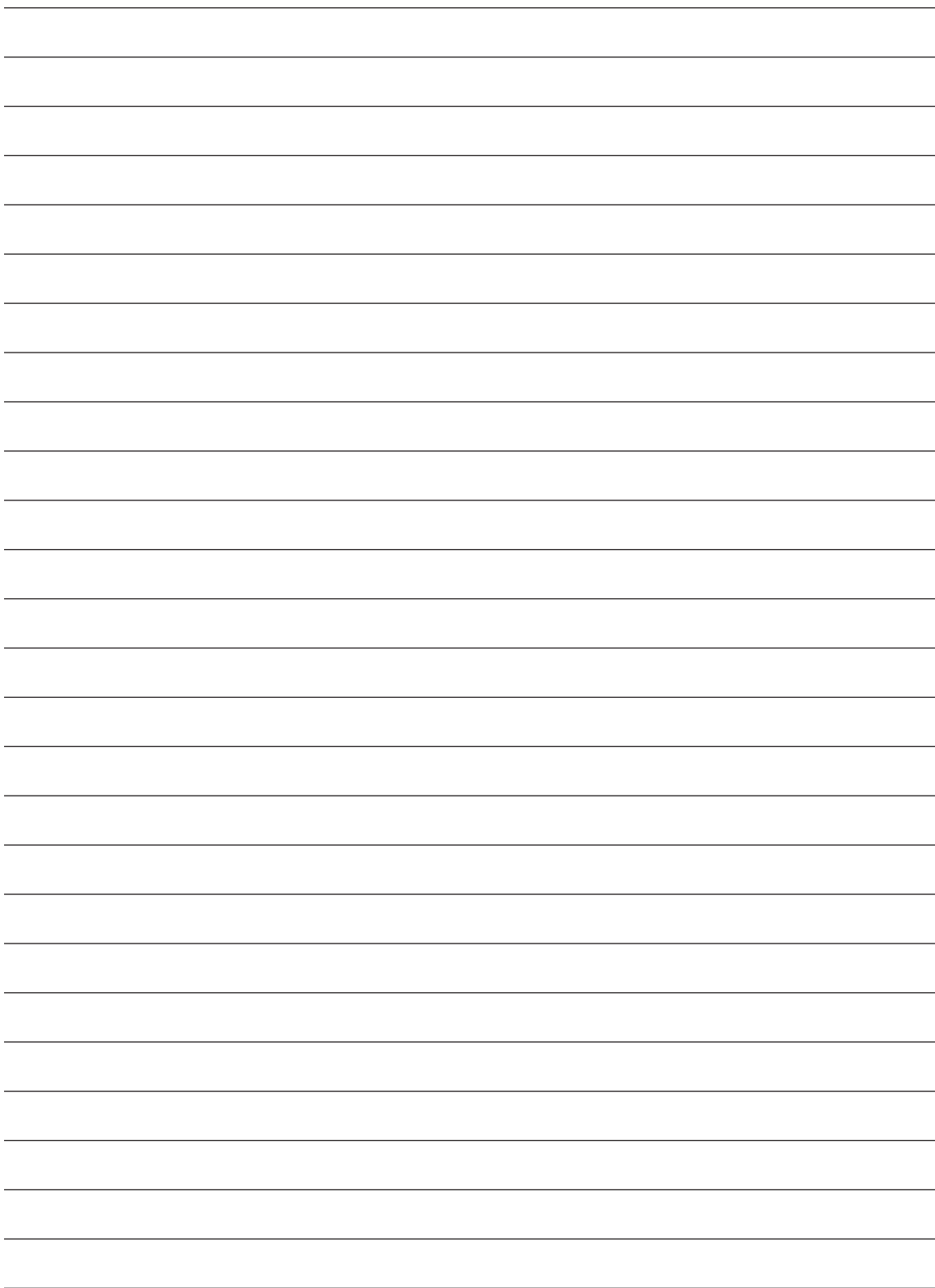
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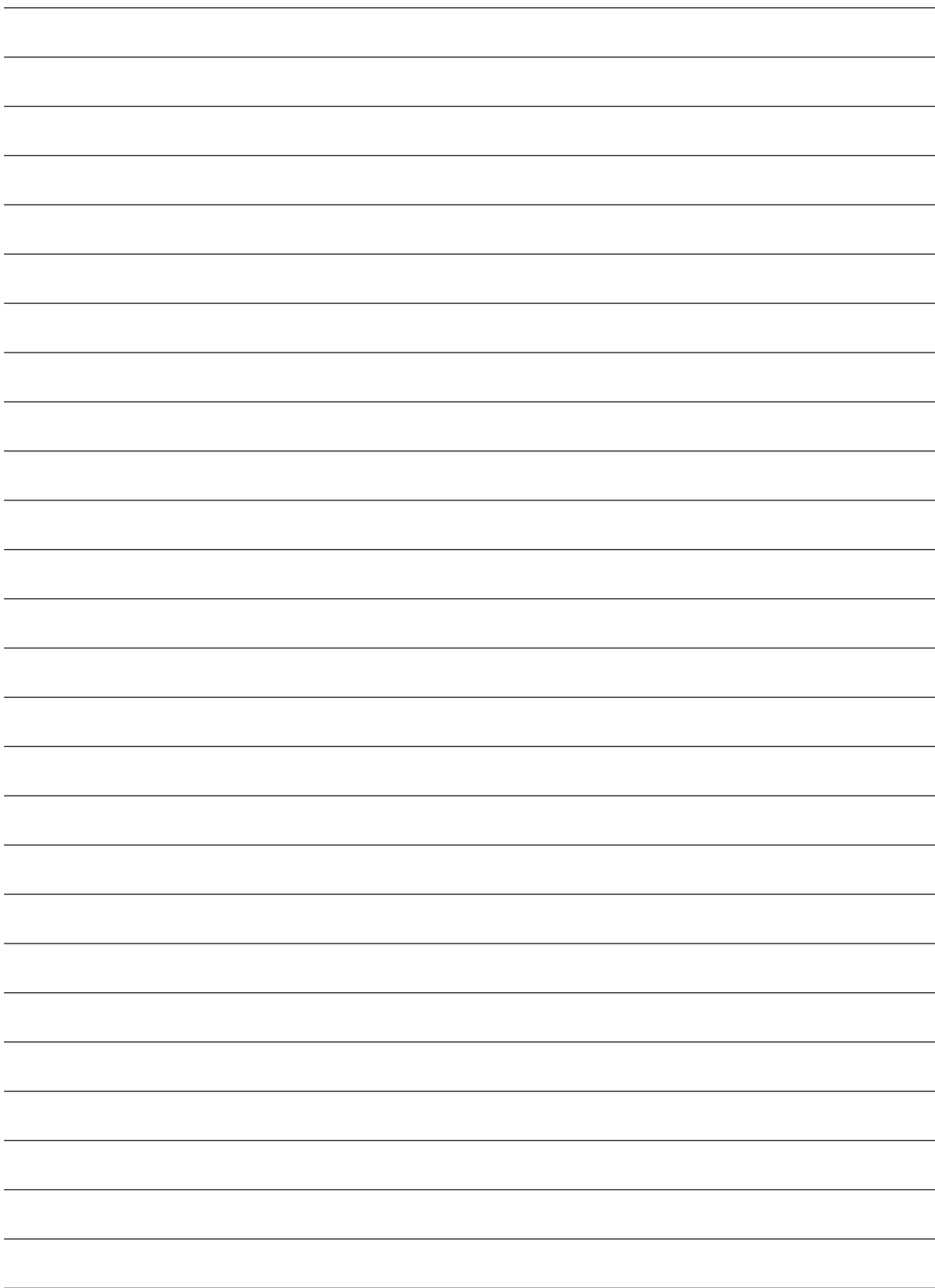
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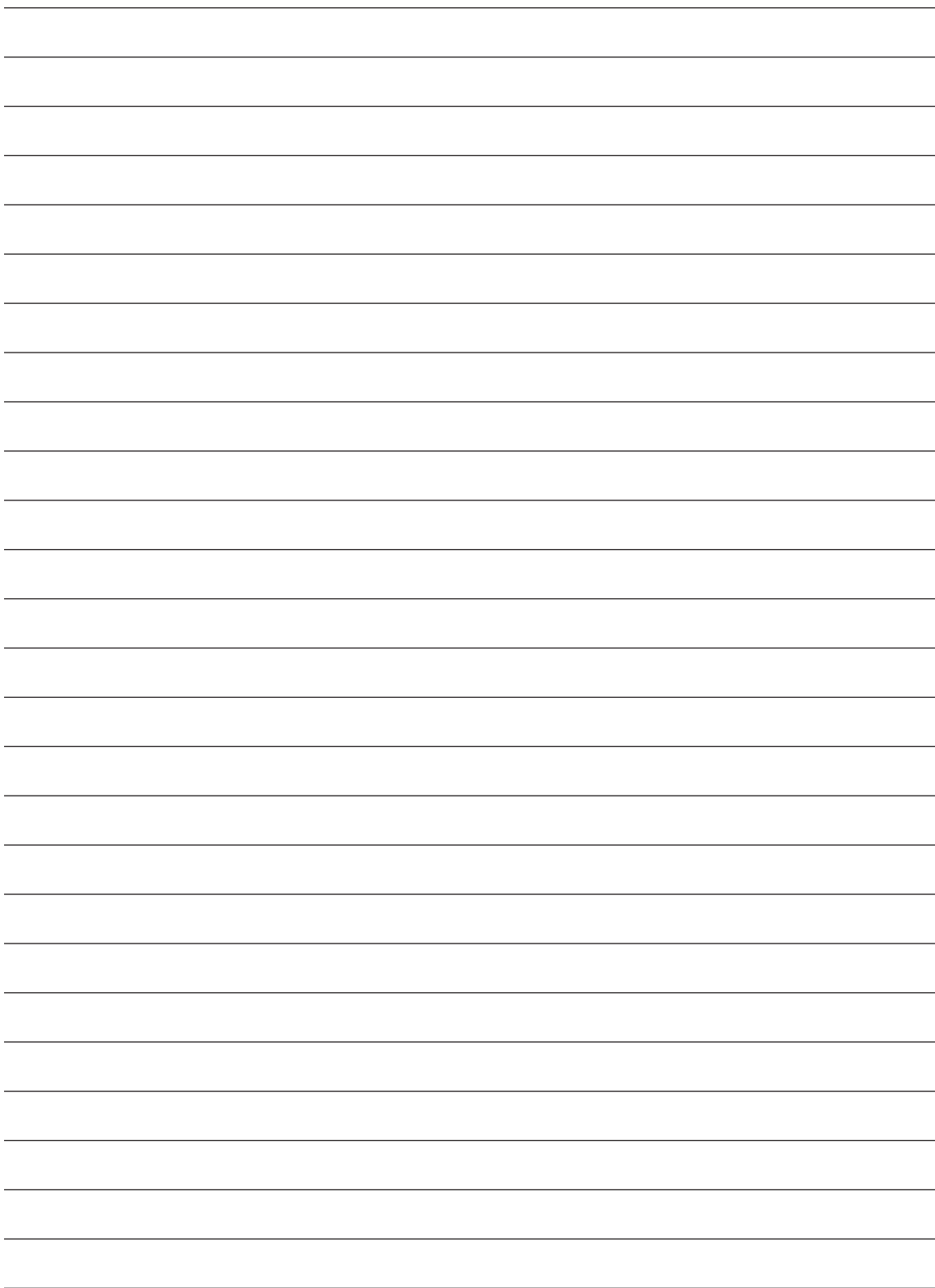
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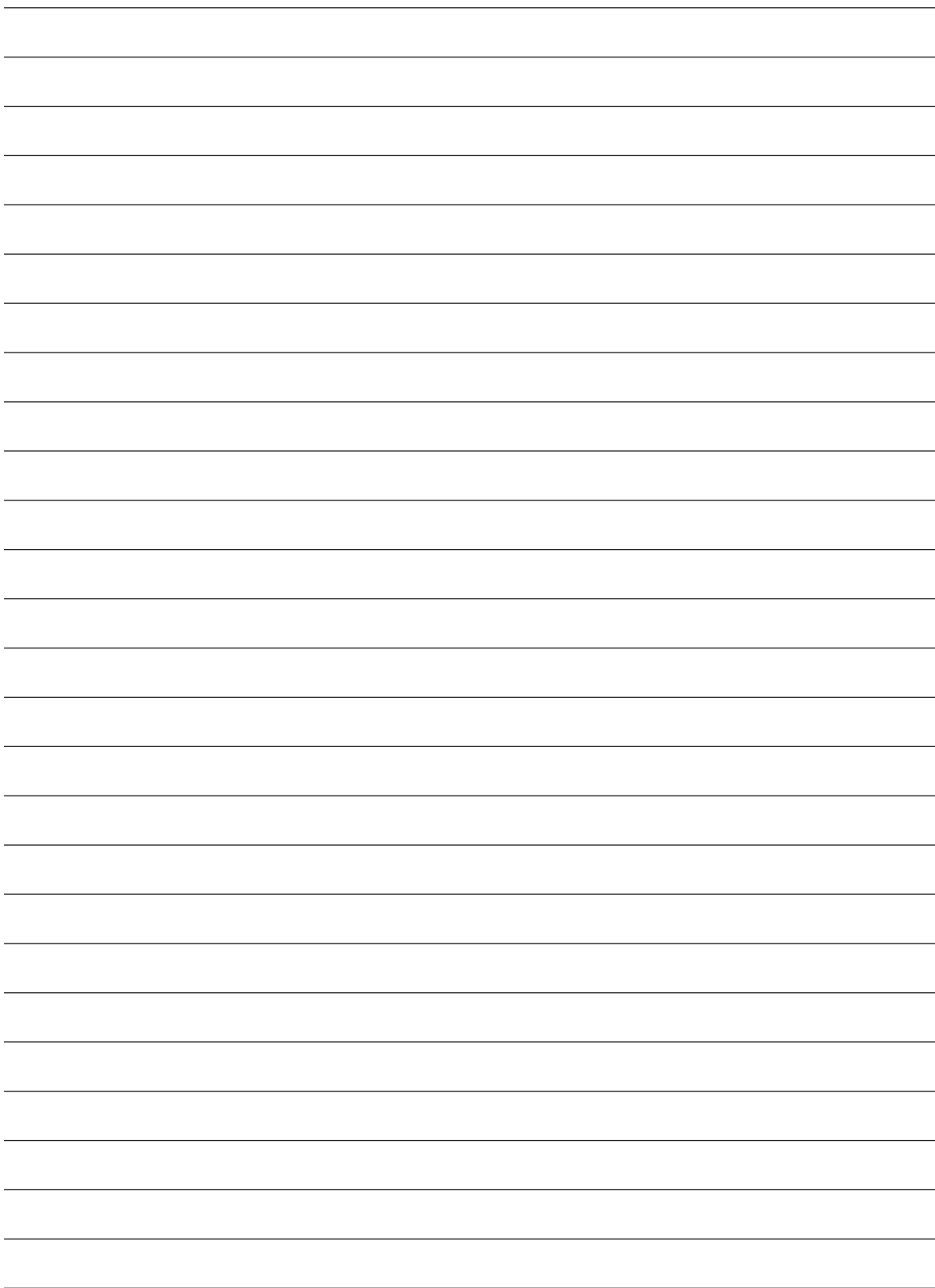
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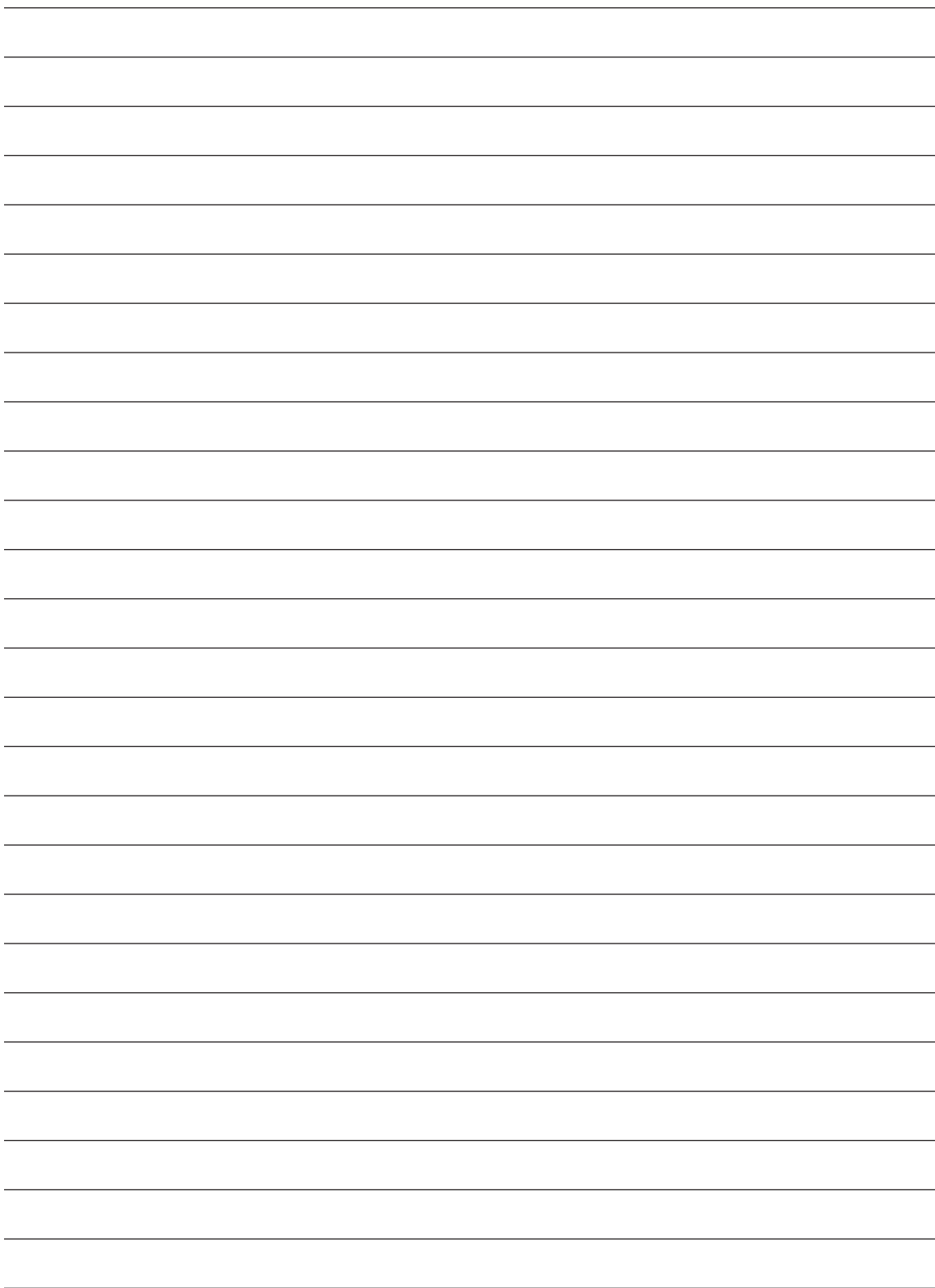
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Date: \_\_\_\_\_

Daily Affirmation or Intention:

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What would make today great?

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Meditation \_\_\_\_\_

Exercise \_\_\_\_\_

Self-Care (Ate well, took care of myself) \_\_\_\_\_

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I am grateful for ... (minimum of 3)

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Random acts of kindness... (at least 1 per day)

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Reflections of positive thing(s) that happened today (continue on reverse side):

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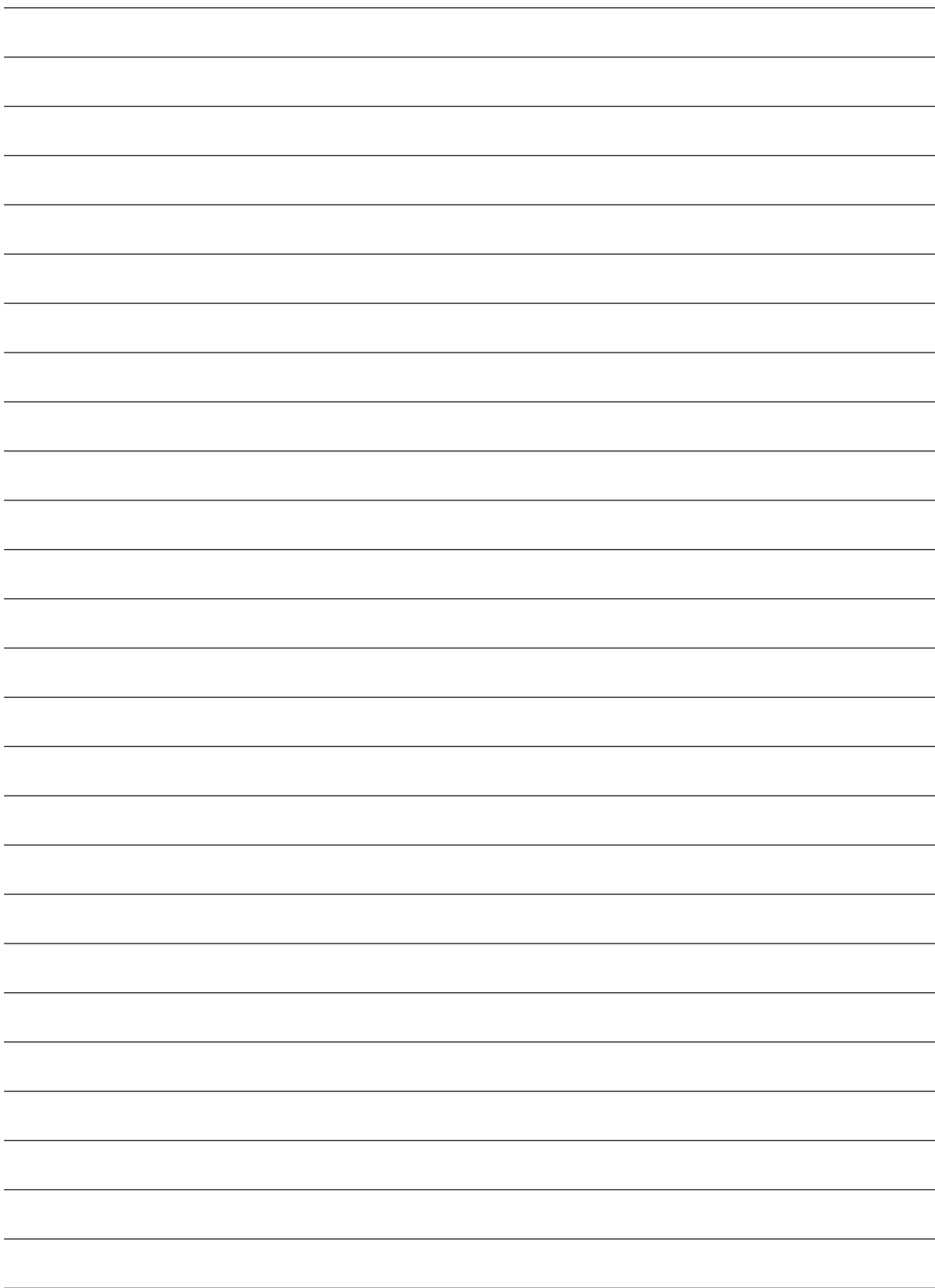
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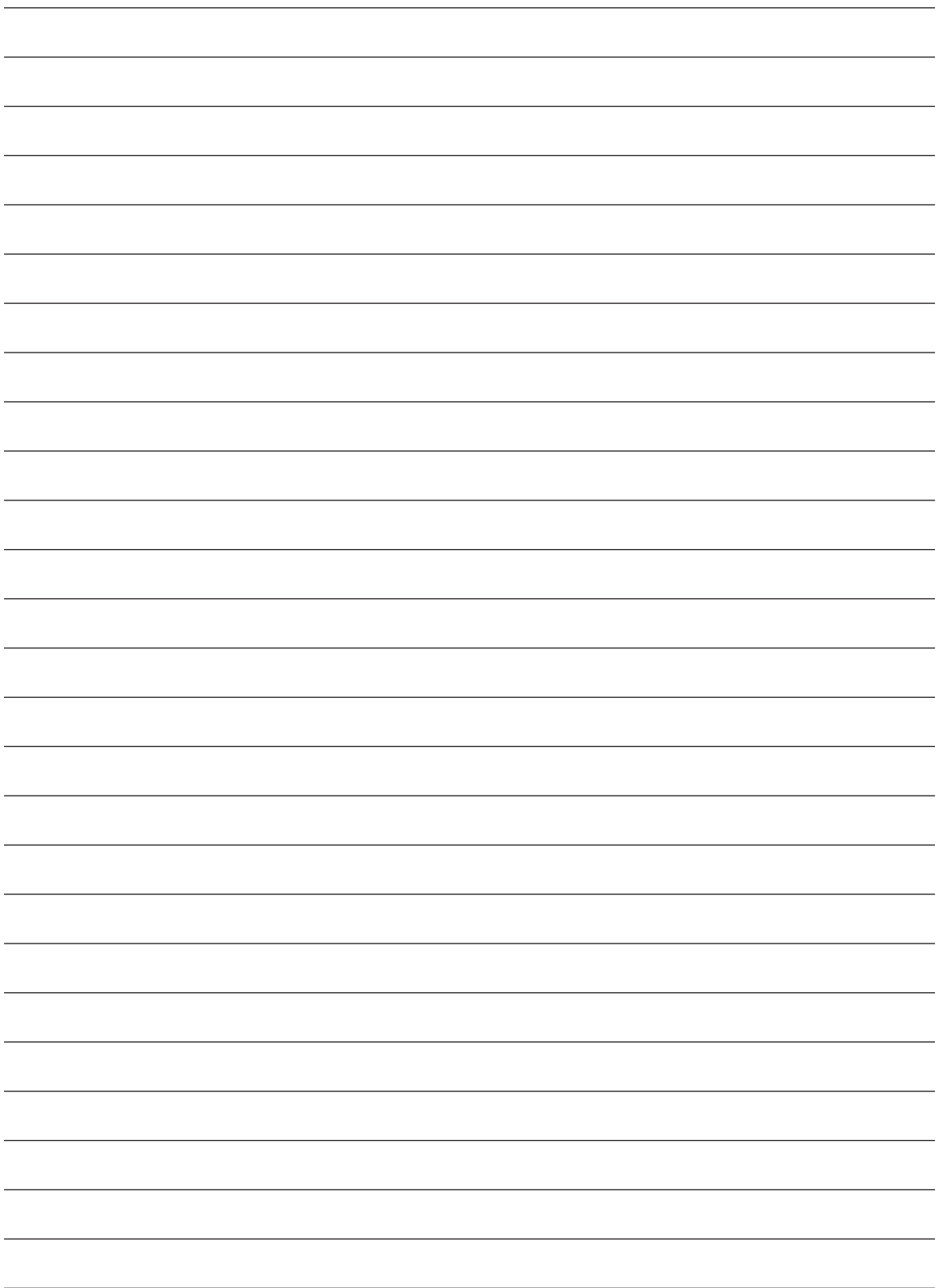
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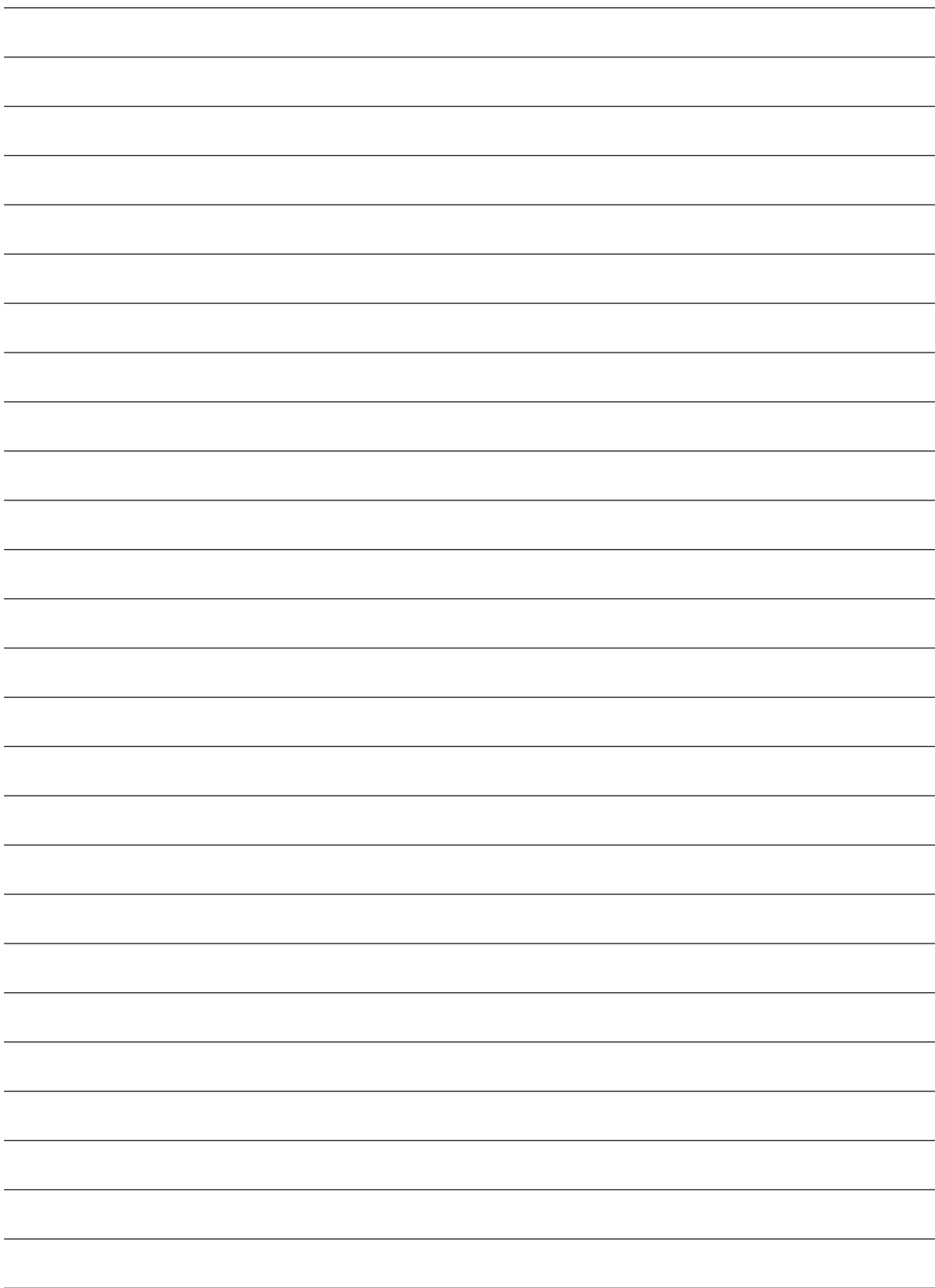
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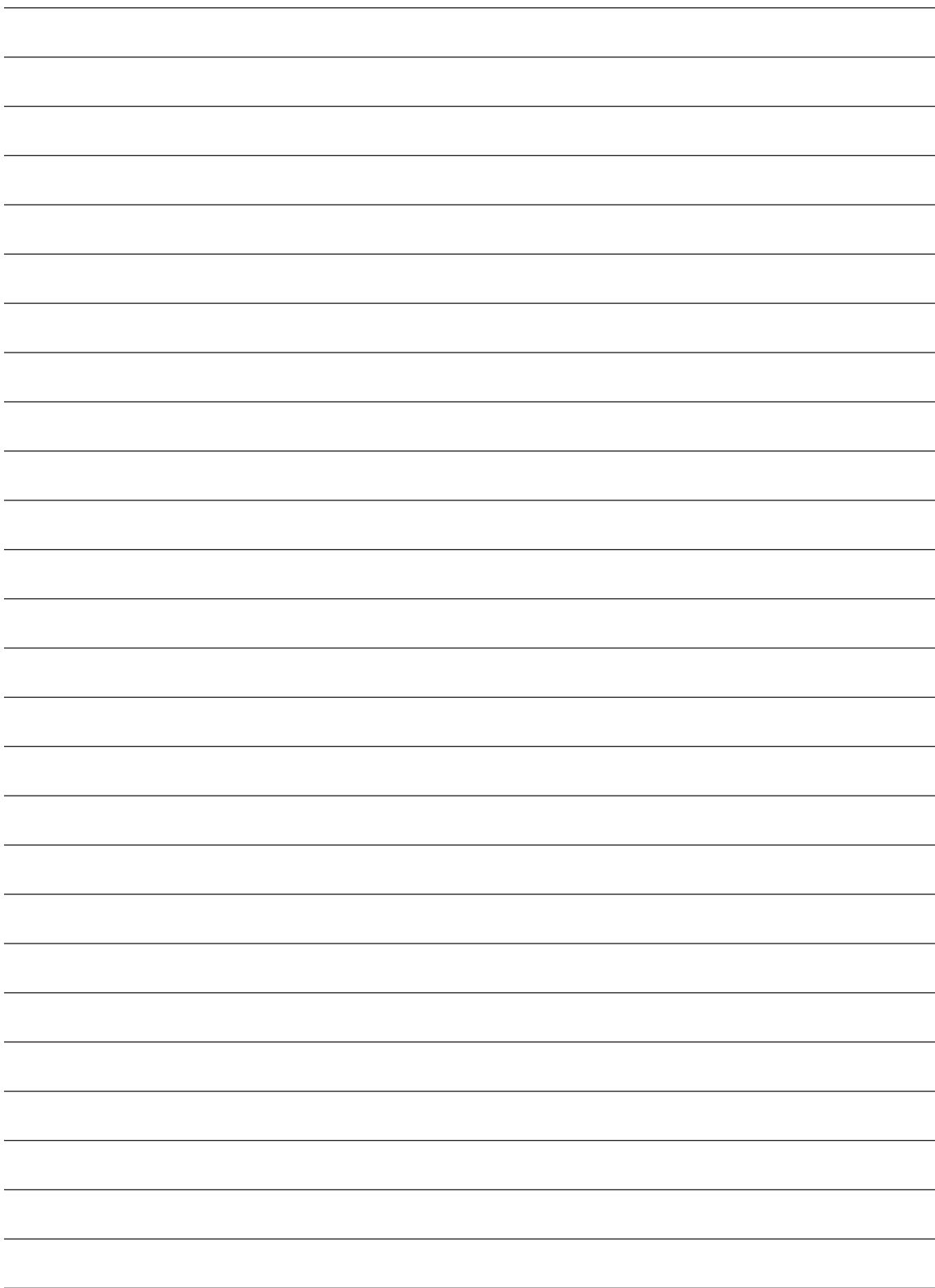
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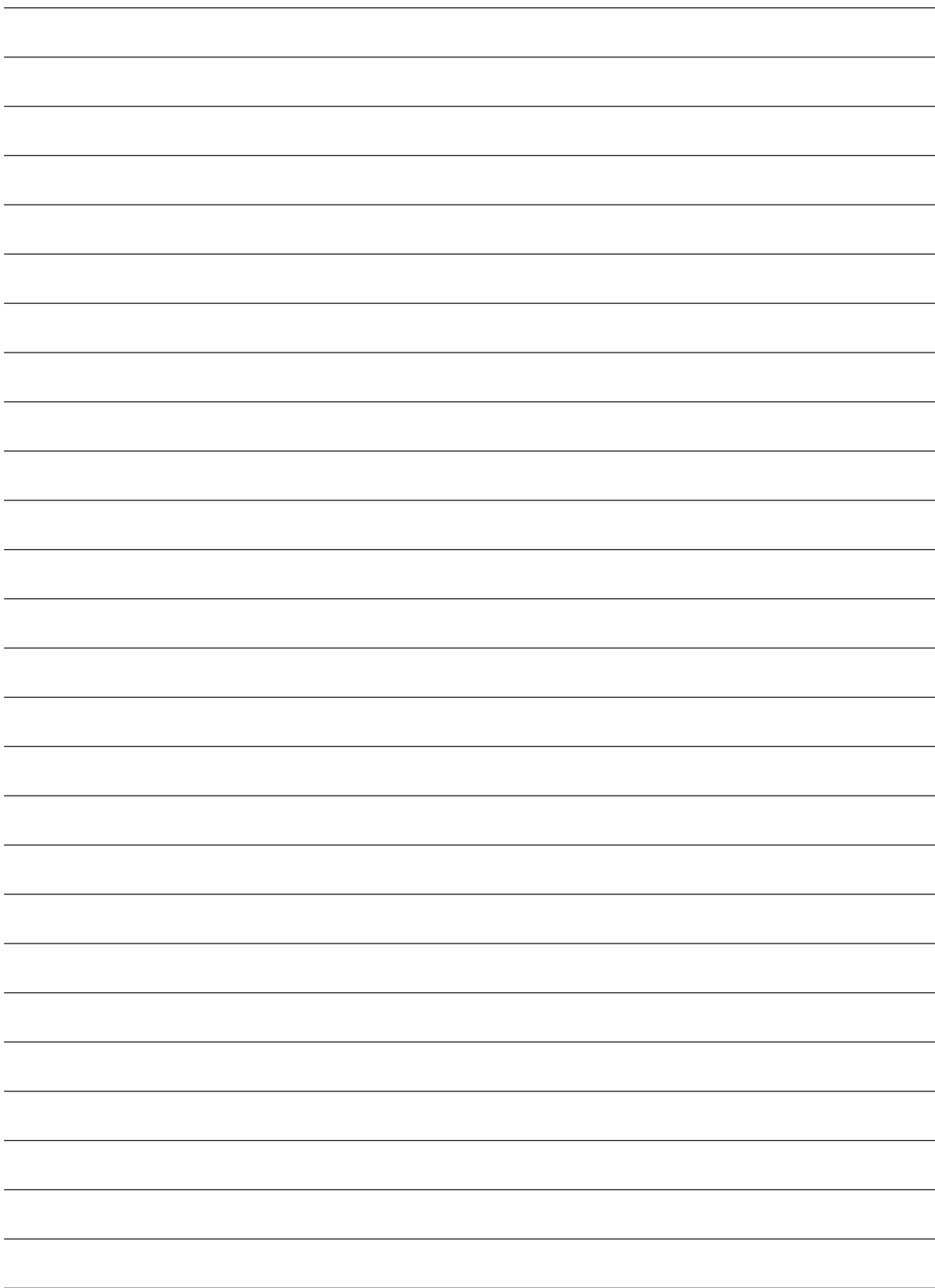
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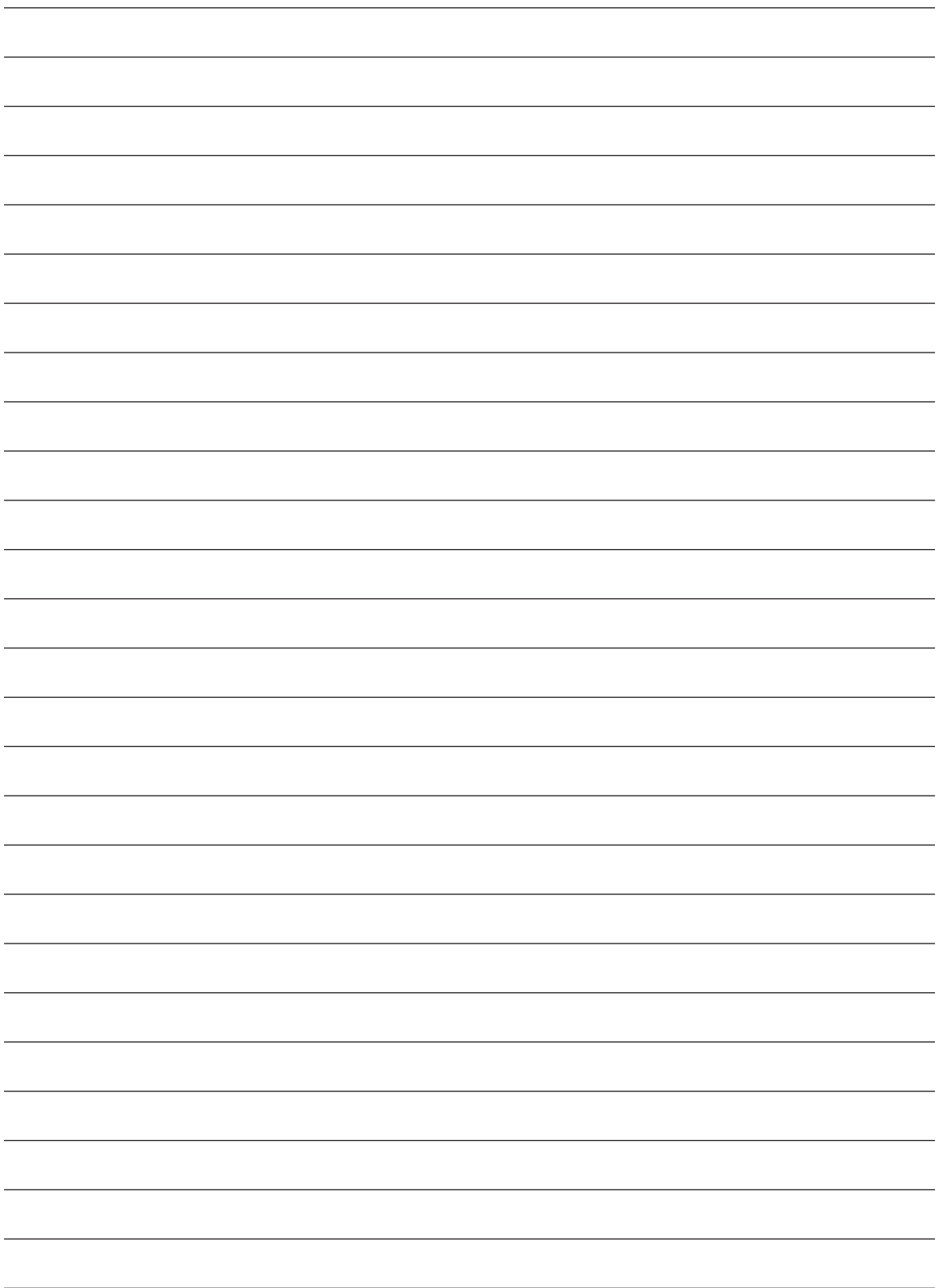
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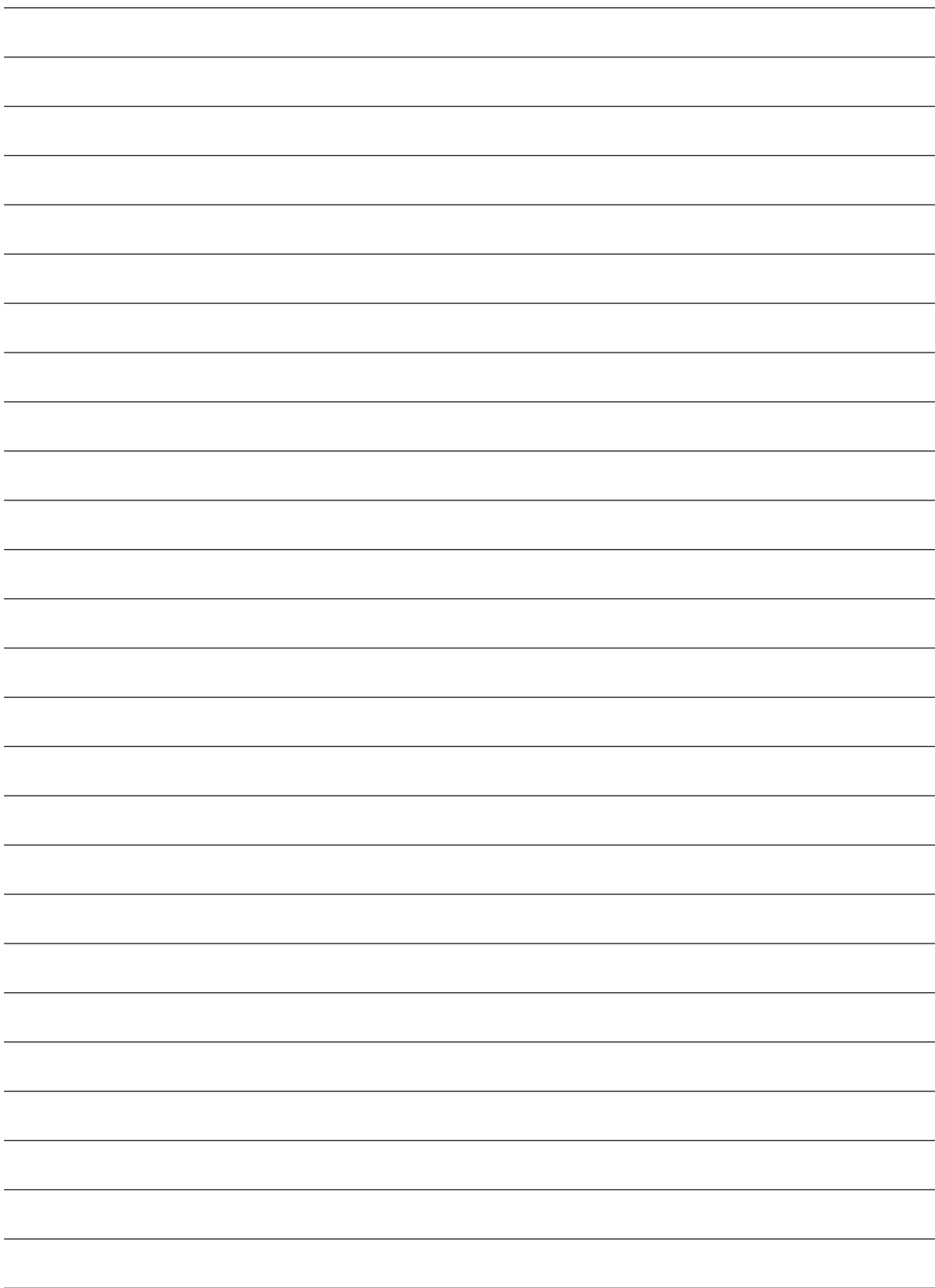
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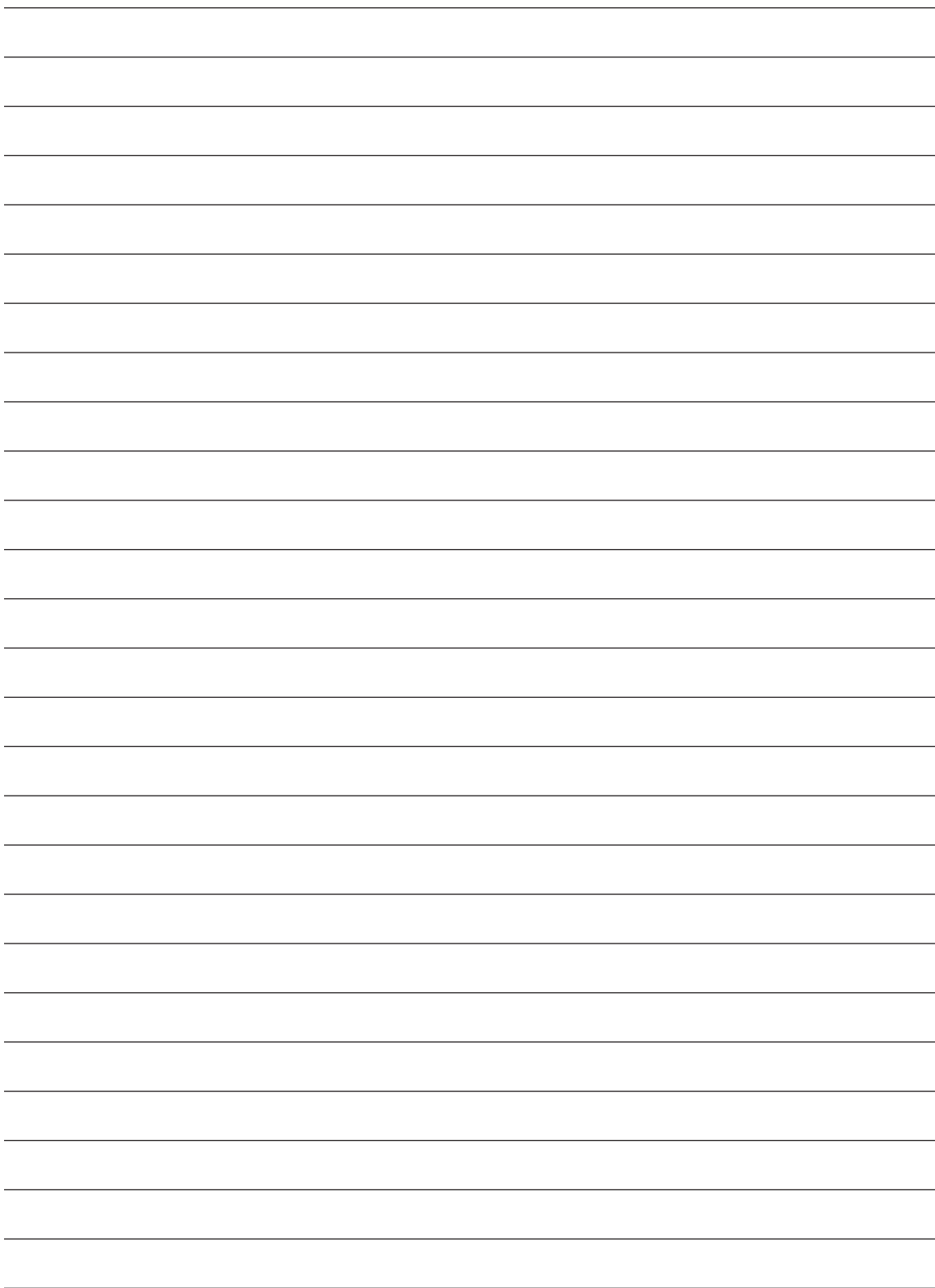
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