



Minx Boren, MCC
PERSONAL & BUSINESS COACH
FACILITATOR • SPEAKER • AUTHOR • POET

LifeWise™ Tips

HAPPINESS HABITS – A Daily *To DELIGHT* List

#1 JUMP START the day in a positive way by...

- a. Giving thanks upon awakening for the gift of this day
- b. Envisioning in advance how you want your day to go / what good things might happen
- c. Reading a positive thought. Some good *daily thought* books include:
 - i. Saying Yes to Change by Joan Borysenko and Gordon Dveiriin
 - ii. A Deep Breath of Life by Alan Cohen
 - iii. The Book of Awakening by Mark Nepo

#2 EXPLORE ENCHANTING ENDINGS

- a. DAILY – Keep a journal of 3 good things / the 3 best things that happened that day
- b. WEEKLY – On the same day each week write in a Gratitude Journal very specific things you are grateful for that happened during the week.
- c. Identify and make note of ACCOMPLISHMENTS – daily, weekly, or monthly.

#3 MAKE TERRIFIC TRANSITIONS

- a. Practice leaving the office behind
- b. Have a transition routine – music, a call to a friend, a good book on tape for the drive home

#4 TAKE TIME FOR JOY by scheduling time during the day for play and pleasure practices. Use a pink (for pampering) pen or highlighter so that your date with yourself stands out in your calendar.

#5 MAKE TIME FOR CONNECTION with friends and family and, perhaps, use the time as an opportunity to express what you appreciate about them.

#6 KEEP THINGS FRESH- Avoid hedonic adaptation by continually trying new things, experimenting and exploring new possibilities.

#7 BUILD YOUR OPTIMISM MUSCLE so that optimism can become a more natural way of thinking.

1. **Keep a *Best Possible Selves* Diary** – how you expect your life to be 1, 5, and/or 10 years from now
2. **Write down *Goals and Sub-Goals*** – develop hopeful thinking by identifying long-range goals and breaking them up into doable sub-goals
3. **Identify barrier thoughts** – automatic pessimistic thoughts - and ask “*What evidence do I have that this is really true?*” and “*What is a more optimistic alternative way of thinking?*”
4. **Build Compelling Evidence for Positive Possibilities** - First, recognize and appreciate the strengths and resources that you already have. Second, recall times in the past when you have felt successful and talk about them.

PHONE (561) 624 7984 MOBILE (561) 301 2399 EMAIL MINX@COACHMINX.COM

WWW.COACHMINX.COM • WWW.EMPOWERCIRCLES.COM • WWW.CLEANANDLEANREVOLUTION.COM/MINX