



Print this Action Guide



## Action Guide:

# How to Work with Your Happiness Compass

Hi, this bonus guide is your "handout" to use while listening to the audio podcast. Print out the guide to jot down your strategic reminders.

Your Happiness Compass...

Starting today, point your imaginary compass for life's journey toward "H" (for Happiness) and take readings throughout the day to be sure you are on course.

Don't leave it to chance or guesswork. Your journey is too important for that! And wouldn't you like to be happier?

Teach your mind to view the world as your personal training ground, with vital lessons to learn...

Lessons like how to be joyful and contented even during tough times...

How to love and care for others in a healthy way...

How to use your natural talents and develop your innate skills.

In everything you do, point toward happiness.

Begin to automatically filter out the negative messages and interpretations that cause you mental strife, anxiety and worry.

Your three Power Tips are:

- I. Avoid giving yourself impossible goals such as saying "I will fix my whole life by the end of the year!"
  - A. Be patient with yourself.
  - B. Pick one area at a time to work on.
  - C. Your new attitude will blossom outward, into your other relationships and work.
  
- II. Don't get lost in trying to fix everyone else's lives, and taking on emotional burdens that don't belong on your shoulders.
  - A. Realize that you've allowed others to dump random magnets near your Happiness Compass.
  - B. Let out the frustration and stress you've been carrying around.
  - C. Don't try to take care of everything on your agenda all at once.
  - D. Pick your priorities more carefully and thoughtfully.
  - E. Studies show that what is "urgent" is rarely "important" – and the things that are truly important in our lives are rarely urgent.
  - F. Enjoy quiet time for yourself. Do things that make you feel good inside and helps you connect with your core values and goals.
  - G. Remind yourself that you are on a journey of unknown length, to be cherished every single day.
  
- III. Don't "wait" to have fun on special occasions. Make each day special.
  - A. Stop toiling like a donkey, refusing to have a good time because you've got so much work to do and life is serious. Find joy in your work!
  - B. Point your Happiness Compass toward paradise and leap right in!
  - C. Take steps like using this Action Guide to change your life so that it brings you richness and fulfillment instead of just worry and anxiety.

If you have a specific question for me about how to dump your stress and get on the path to happiness, please go to [www.askevelynbrooks.com](http://www.askevelynbrooks.com).

There you can ask me your most important question about how to get happy-- it's free and private. Maybe your question is one I'll answer during my next teleseminar call.

**Until we meet again, remember: point your compass toward Happiness!**

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