

# Finding happiness...

Take notes as we go...use this as a reminder about what you want to be doing!

Watch the coaching video on the thank you page then:

Tip #1a: What are 3-5 things you can do that help you feel better? Or even good?

## Read Email #2:

Tip #1b: Who are the 5 people you spend the most time with? Do they usually leave you feeling better (+), worse (-) or a bit of both (+/-)?

Name	+/-	Who will you reach out to?

## Read Email #3:

Tip #2: I recommend setting an alarm at least 3x a day with a reminder to do this tip. You'll be amazed!

## Ready Email #4:

Tip #3: So you sleep with the BEST thoughts! What is the Best Thing that happened to day so far??

This worksheet goes with the ebook: 3 Fundamentals to a Happy Life by Laura Erdman-Luntz.

You can get it for free: [LauraErdmanLuntz.com/ebook](http://LauraErdmanLuntz.com/ebook)

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