

HACKING HAPPINESS

3 fundamentals to a truly happy life



by Laura Erdman-Luntz
master life coach



Congratulations!

You have taken a powerful next step in your life's journey!

Become intentional with how we live our life so we can experience more happiness will change everything.

Are you ready for this experience? I encourage you to create a little bit of space for each of the 5 days - 20 minutes should do it. The coaching video is around 10 minutes and then start thinking about the daily "assignment".

Five days is all I need to help you experience MORE happiness!

Peace & miracles,

Laura

Come Follow!



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Facebook Community: Ignite Your Life with Laura



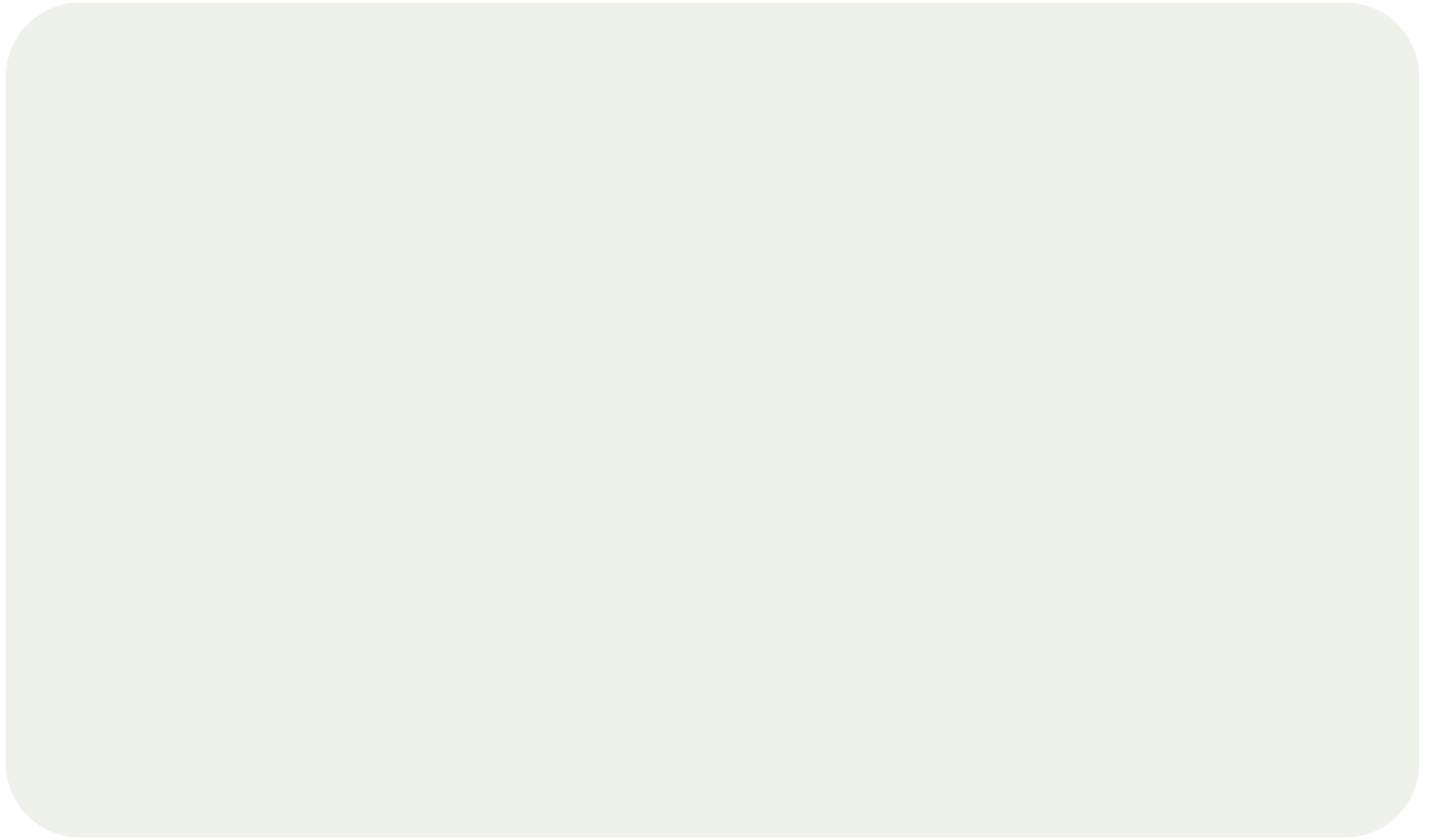
YouTube: @LauraErdmanLuntz



Podcast: Ignite Your Life with Laura

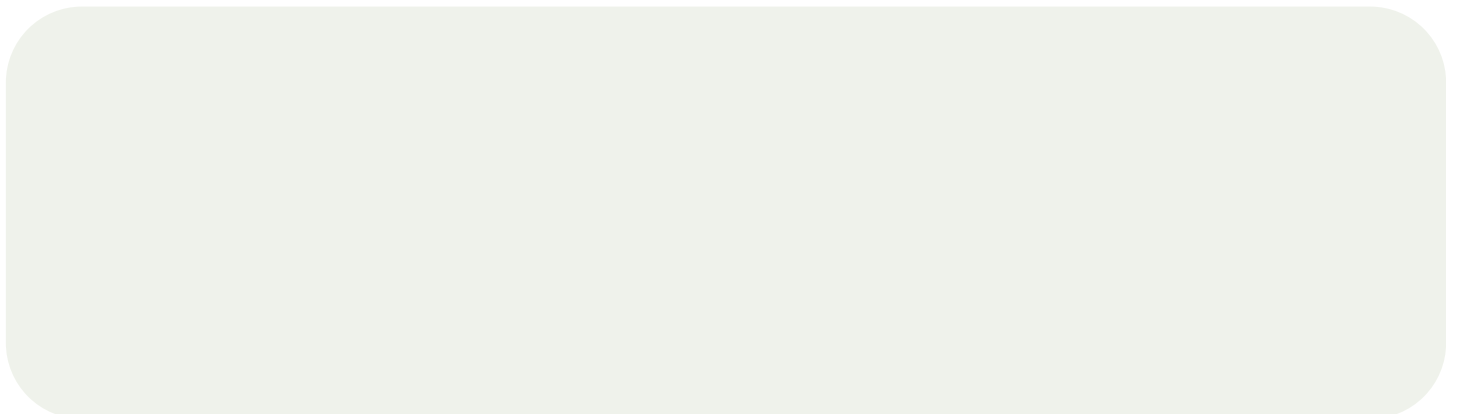
Video #0 Let's Get Ready

Notes:



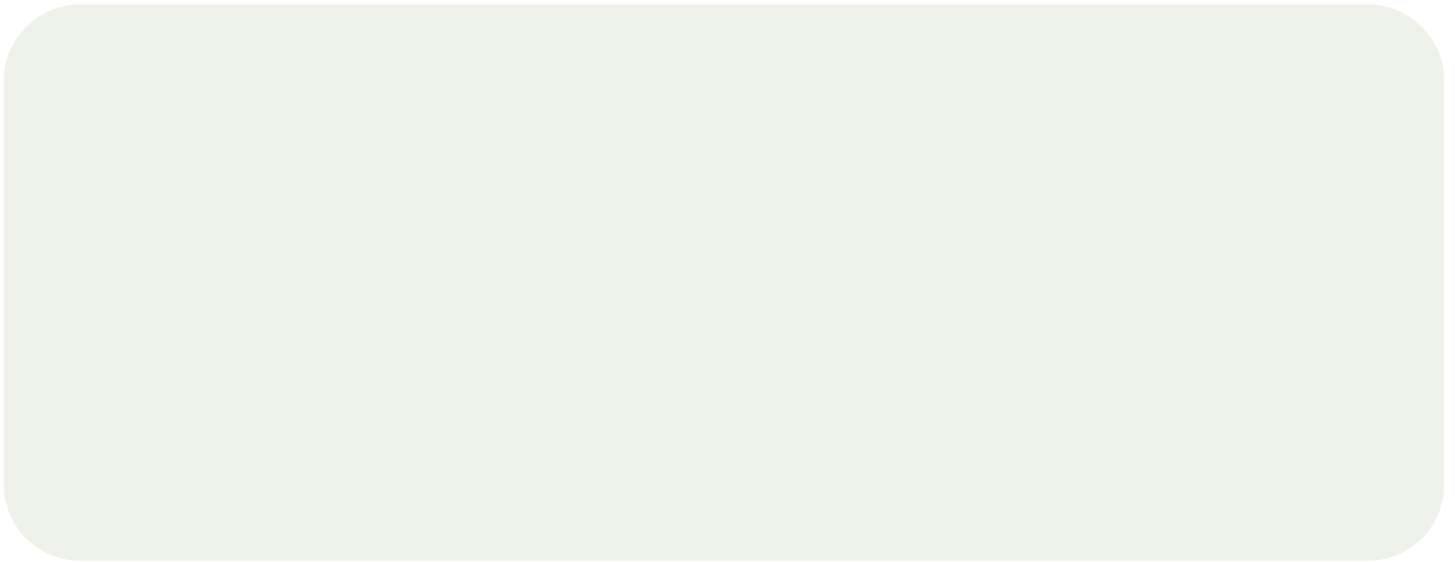
Rewrite this statement. Feel free to embellish, if it feels right:

**I am crossing a line today.
I am changing to embrace a new future.
Things are going to be different.**



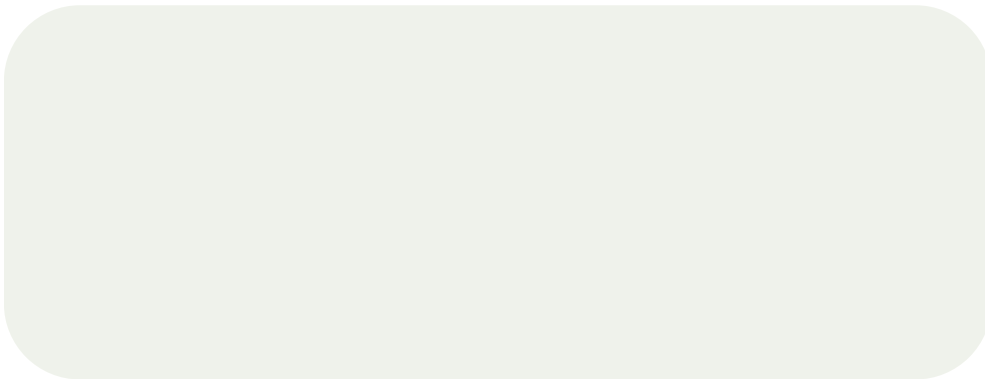
Video #1 Love the Life You are In: Part I

Notes:

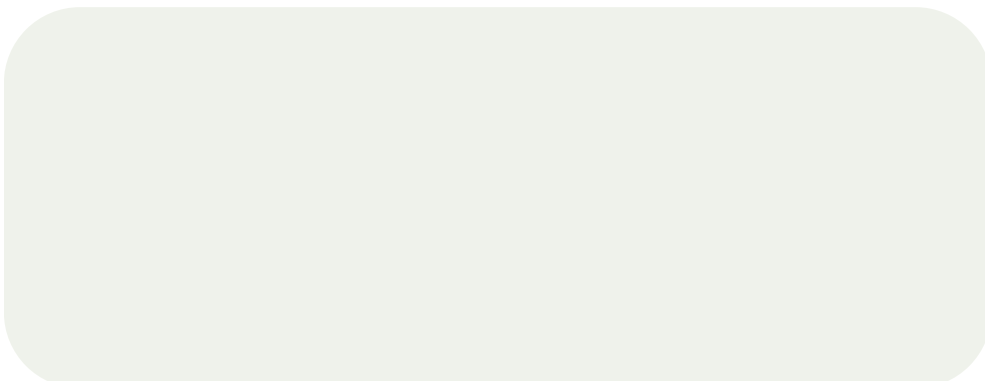


Create YOUR list of what brings you up and down:

List of things that bring me up:



List of things that bring me down:



Universal "Feel Goods":

Hydration

Fresh air

Music

Moving your body

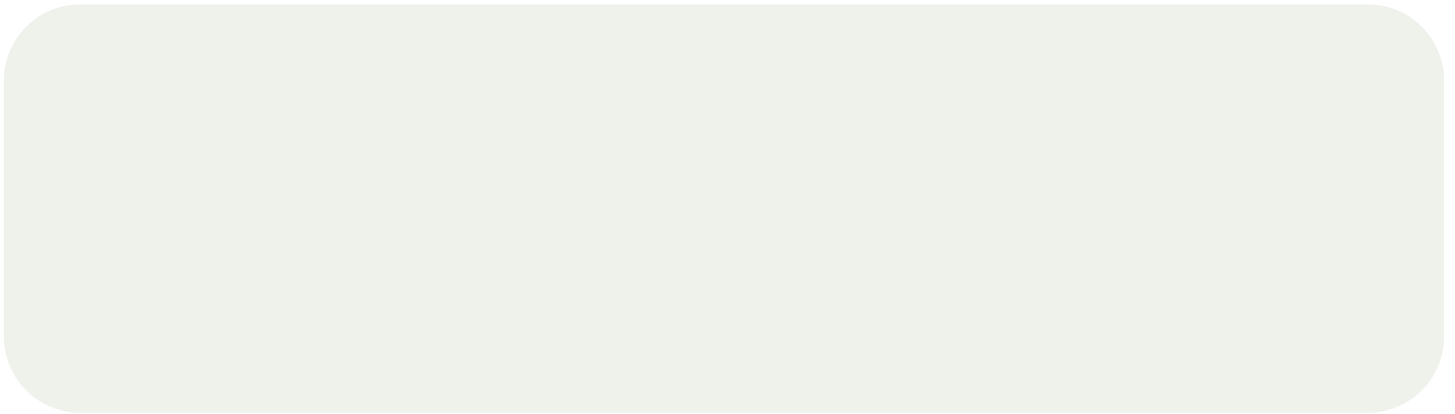
Time with friends

Deep breathing

Relaxation

Video #2 Love the Life You are In: Part II

Notes:

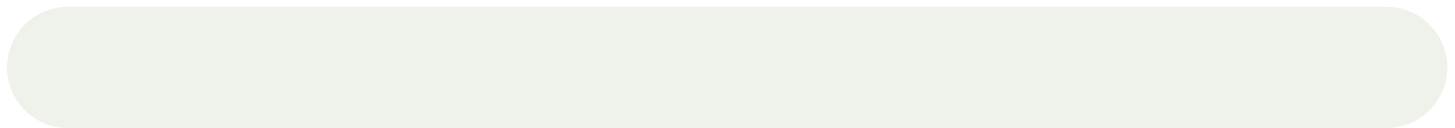
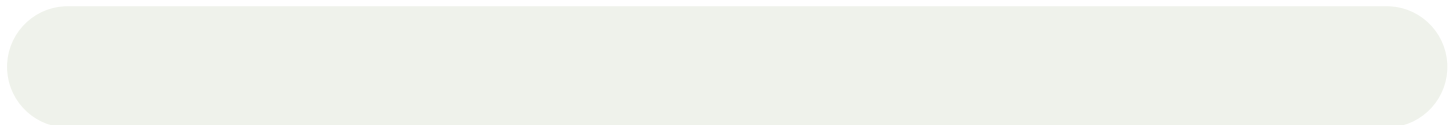


Gratitudes:

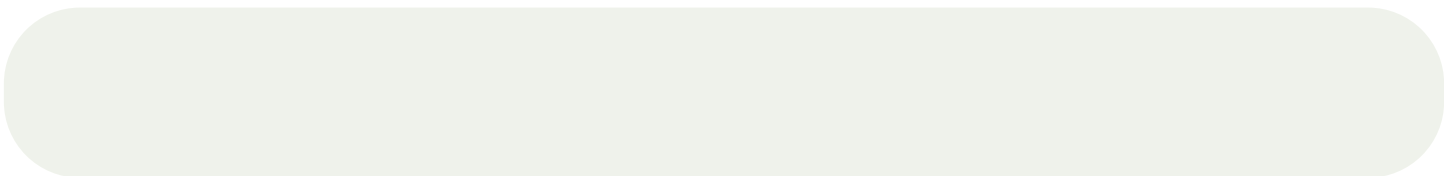
Write 3 things you are grateful for with this format:

"I am so grateful for _____ because I feel _____"

Deepen your experience by doing the Gratitude Yoga practice before doing this exercise.



Now set a timer for 3 minutes and sit with the *feeling* of gratitude for each for one minute. Write your thoughts down when you are done:



Use the next page for your daily gratitude practice. Print one out each week.

Gratitudes

Day:

1

2

3

Day:

1

2

3

Day:

1

2

3

Day:

1

2

3

Day:

1

2

3

Day:

1

2

3

Day:

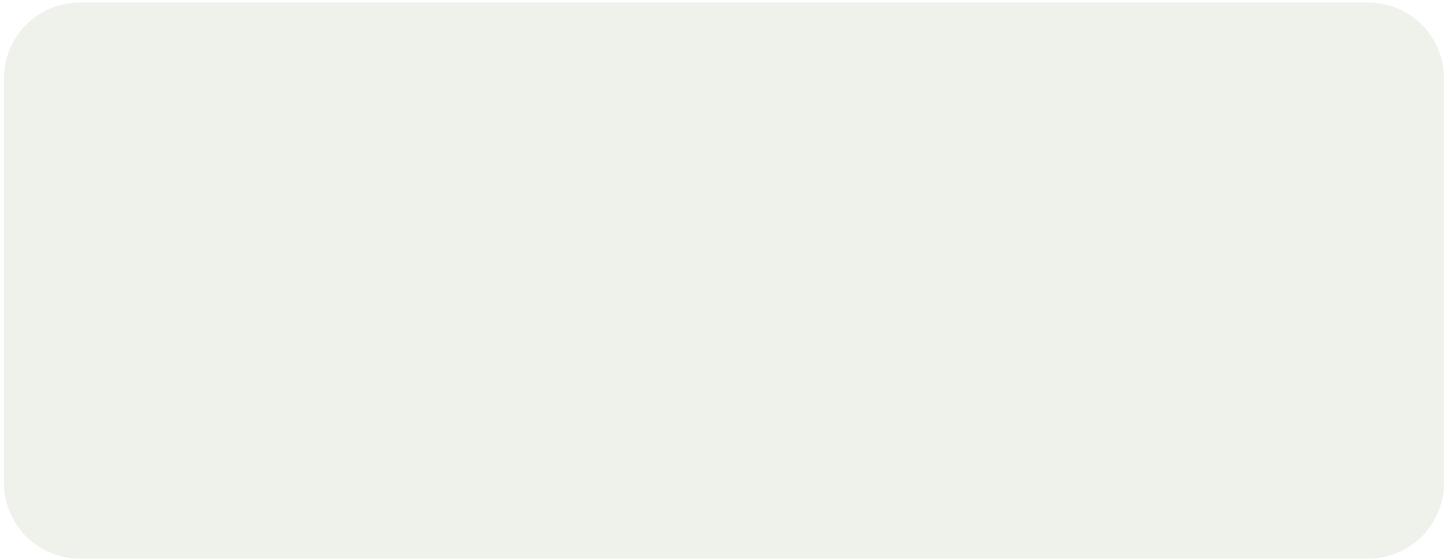
1

2

3

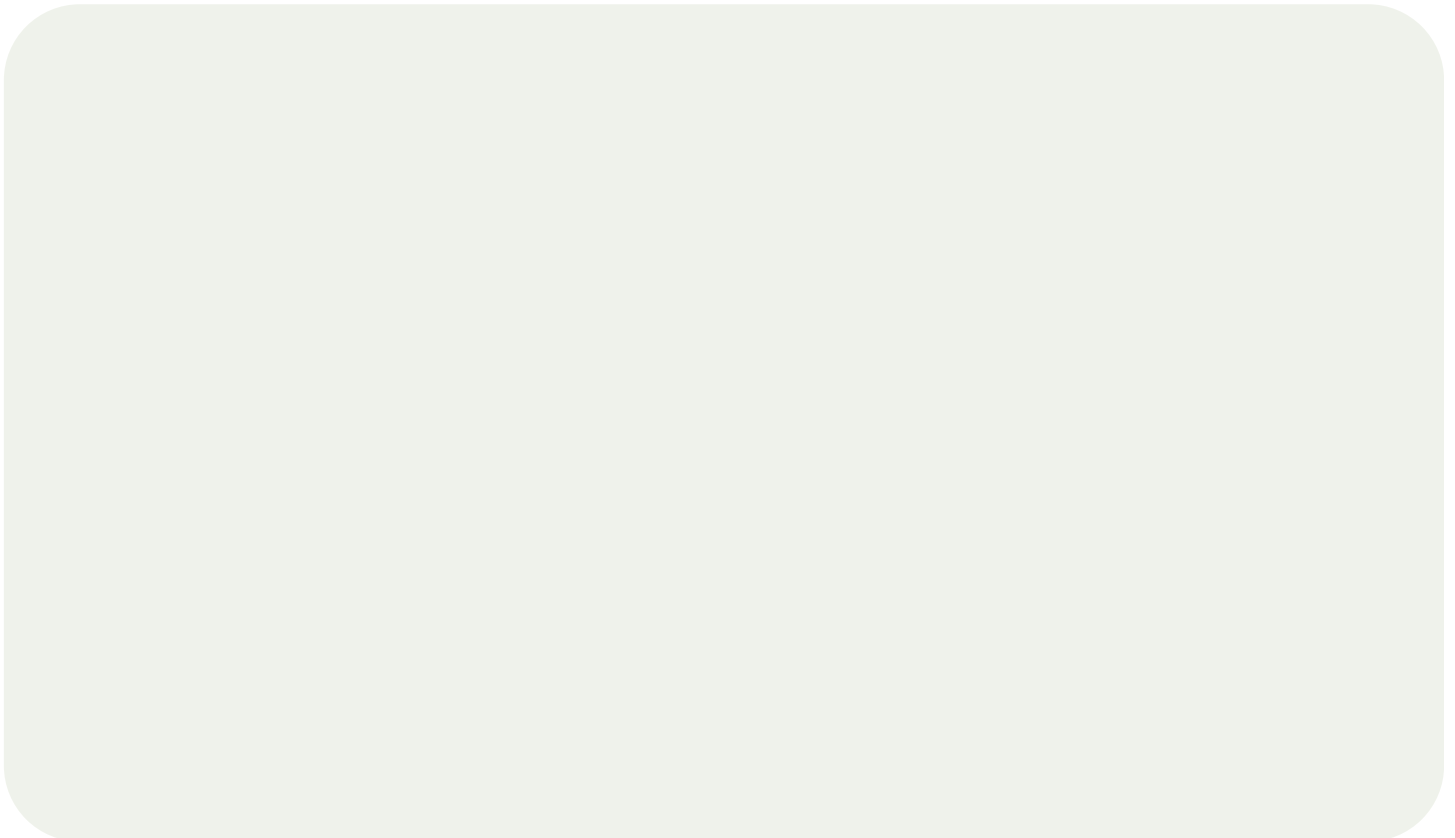
Video # } Find Your Dream: Part I

Notes:



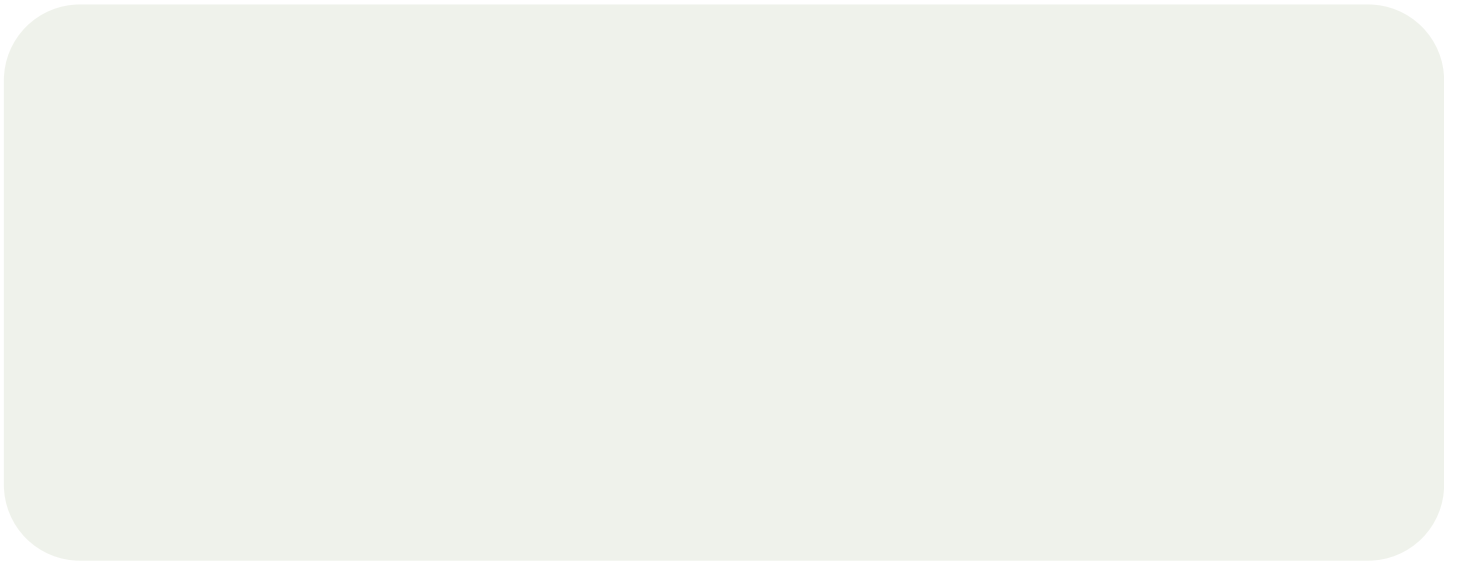
Stories:

Reflect on some of the stories you remember learning that you can see are still affecting your life today - both positively and negatively.



Video #4 Find Your Dream: Part II

Notes:

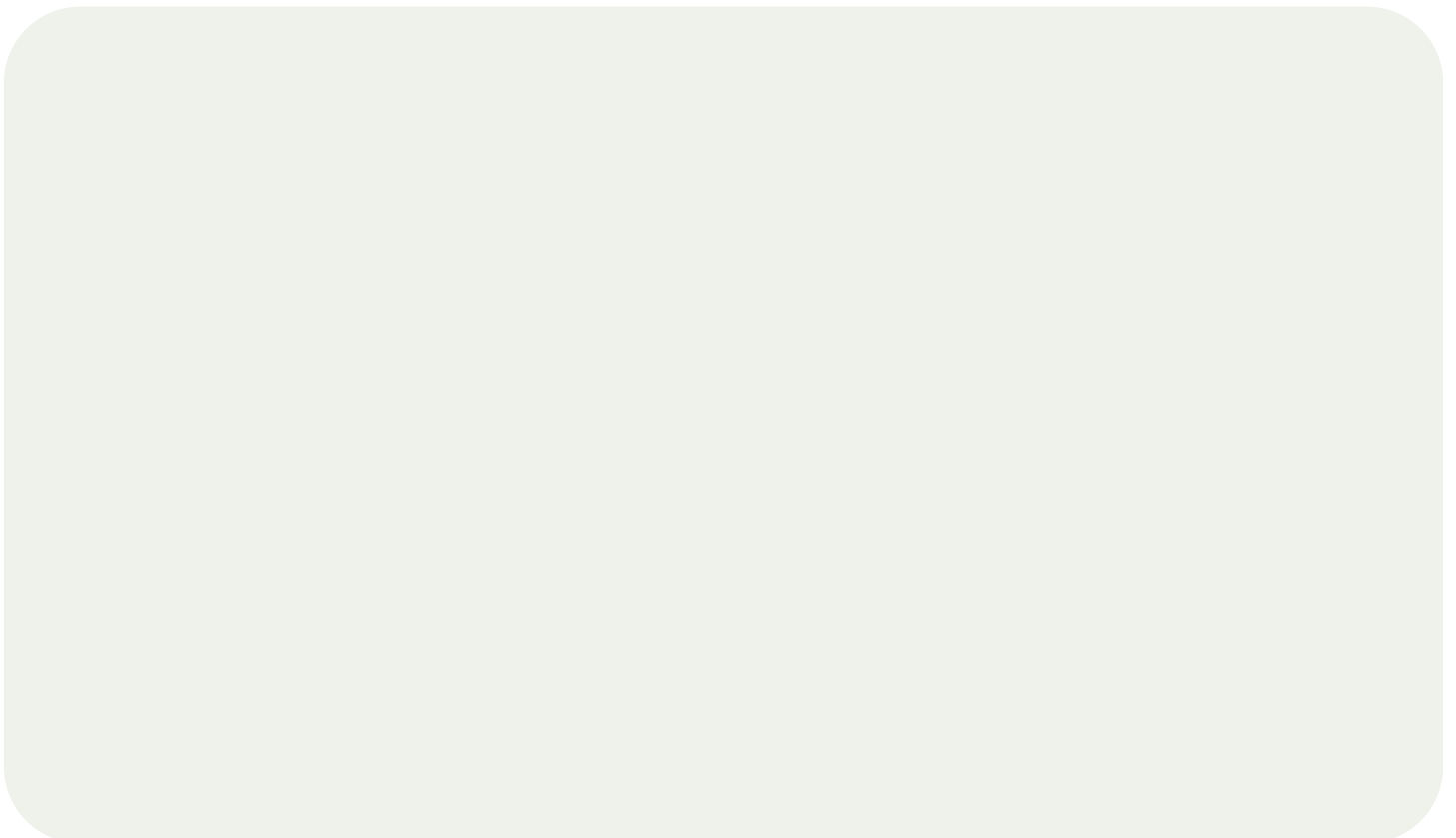


What's Your NEW Story?

Take some time to begin to write your NEW story.

What do you really want to be?

Do the Stand Tall practice for at least 2 minutes before you begin!



Video #5 You Need a Plan - Actually TWO!

Notes:

What's Your Plan?

What are the TWO actions you will take to enjoy the life you are already living even more AND how often and when you are going to do them?

What?

How often?

When?

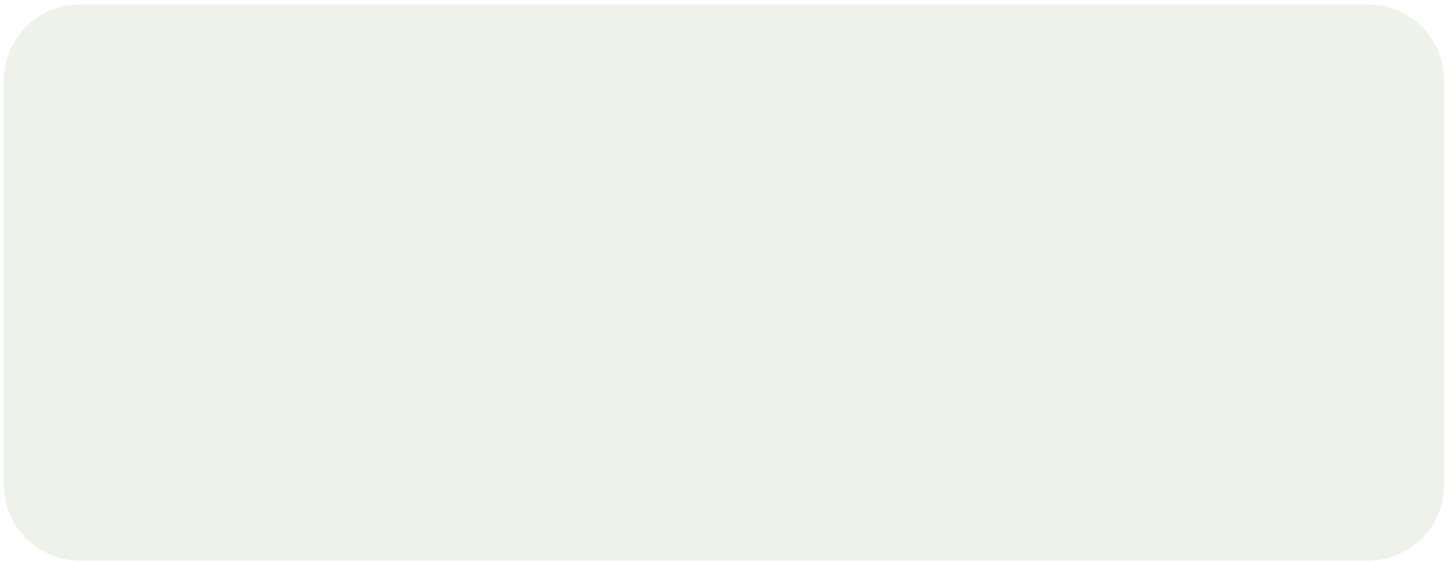
What are the 1 or 2 actions you will take to begin to create the life of your dreams?

What?

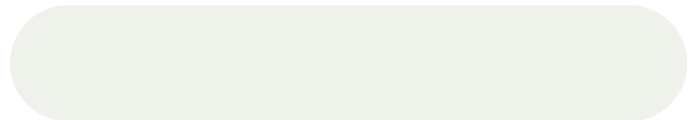
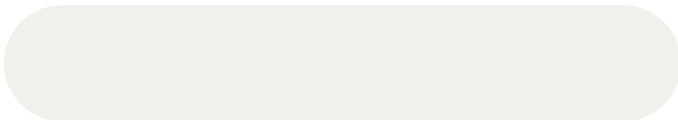
When?

Video #5 Plan for "Failure"

Notes:

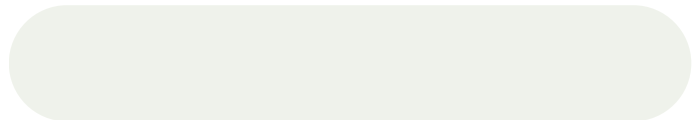


What are the 4 things you can tap into when you are feeling like a "failure" or you want to quit?

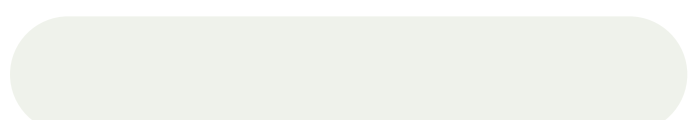
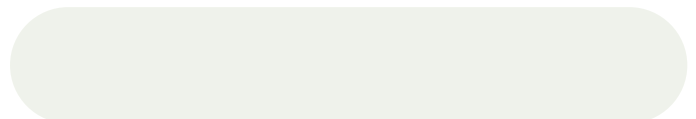
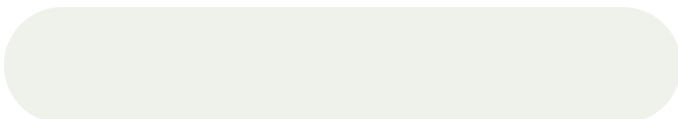


What's Your "Quitting" Plan and/or "Failure" Plan?

Who is your accountability partner?



What are your "Feel Good" activities?





What's next?

Ready to KEEP GOING? Now that you KNOW what you want, it's time to GET it! Join me for a very special weekend:



ACCESS SPECIAL
PRICING - CLICK TO GET
ON THE WAITING LIST

LauraErdmanLuntz.com/jump

See you on the inside!

*Peace & miracles
Laura*

