



# THE GET HAPPY CHEAT SHEET

by kim hodous



# happiness

*noun* hap·pi·ness \ 'ha-pē-nəs \

a : a state of well-being and contentment

b : a pleasurable or satisfying experience

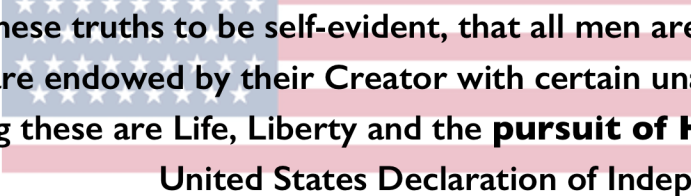
Our definition of happiness has changed over the years. Prior to the 17th century people thought happiness was simply a matter of luck, virtue or divine favor. Going all the way back to ancient Greek, in a variety of languages, happiness was associated with some form of luck.

**Hap – Old English & Old Norse – the root of Happiness was defined as luck or chance.**

**Heur – Old French – the root of Bonheur was defined as good fortune or happiness.**

**Gluck – German – means both happiness and good fortune.**

Then, a new definition of happiness began to prevail in the 17th and 18th centuries.



**We hold these truths to be self-evident, that all men are created equal,  
that they are endowed by their Creator with certain unalienable Rights,  
that among these are Life, Liberty and the **pursuit of Happiness** –  
United States Declaration of Independence – 1776**

So as a nation and a people, we began to look at happiness not as something that might come our way by chance or luck, but as something we could direct our attention and our intention towards.

Our language defines happiness as a noun. A thing. You can be happy - just like you can be tall, green, fuzzy or old.

But I define happiness as a verb. An action. I believe Happiness is a series of actions that bring about those feelings of well-being and contentment. Actions like laughing, exercising, connecting, helping, showing appreciation, resting, loving, practicing gratitude, trusting.

Happy employees are

**12% MORE  
PRODUCTIVE**



Happy salespeople produce  
**37%  
GREATER  
SALES**



**36%**  
of employees  
would give up  
**\$5,000**  
a year in  
salary to be  
happier at work!



Companies with happy  
employees outperform  
the competition by

**20%**



Close work  
friendships  
boost  
employee  
satisfaction by  
**50%**

Employees who report being  
**HAPPIER** at work take

**10%**  
**FEWER  
SICK DAYS**  
than unhappy  
employees.



34%

of professionals  
returning from  
vacation are **HAPPIER**  
and are more  
productive at work.



A good, hearty  
**LAUGH** relieves  
physical tension  
and stress, leaving your  
muscles relaxed for up to



**45** minutes

The  
**HAPPINESS**  
**BOOST** from  
just 20 minutes  
of exercise can  
last up to



**12** HOURS



Active people are

**20%**

**HAPPIER**  
than inactive people

# 10 things that bring more happiness

We can affect our own happiness. Here are some of the best things I've found.

## 5 Physical Practices to Increase Happiness

**Eat Well:** Caffeine. Sugar. Processed food. Our bodies crave them and they're as altering as drugs. (If you don't believe me – eat a snickers bar and drink a coke on an empty stomach - it'll alter your physiology and your psychology as much as any illegal substance!) Eat real food. Drink lots of water.

**Be Around People:** They say up to 70% of our happiness can be determined by the quality and number of our friendships. Make connecting with others a priority during your day. Invite someone to lunch. Text or email a friend you've been out of touch with. It'll make them as happy as it'll make you!

**Sleep More:** It's hard to be happy when you're tired. In fact, there's a reason that 'tired & cranky' are often found together. The average American goes to bed at 11:45 PM. That's just way TOO late if you're going to get 8 good hours! Tonight, trying going to bed an hour earlier than usual.

**Exercise:** A study showed that regular exercise was as effective as Zoloft for increasing your mood. If you don't like exercise, it's because you're not doing the right kind. Find what makes it fun for you. I'm a social exerciser – I love classes, group training or biking with a friend. Try different things till you find your sweet spot!

**Meditate:** No longer just for monks and yogis. Meditation is now mainstream and there's a reason. Taking even just 5 minutes to get quiet can calm your mind and create feelings of well-being.

## 5 Mental Practices to Increase Happiness

**Optimism:** Whatever we focus on increases. If we look for the good, we'll find more good. If we look for the bad, we'll find more bad. Good makes us happier. Bad doesn't. Focus on the good in your life and in the people around you. It'll make you happier.

**Gratitude:** One of the chapters in my book is titled, Be Grateful for Everything, All the Time. I know. I know. Easier said than done. But gratitude is a muscle we can exercise and once we start to be grateful for EVERYTHING – the good and the not-so-good – our life will start to change for the better.

**Authenticity:** To live a happy life is to live an authentic life. The impact YOU can make is genuine and unique to you. Oscar Wilde said, "Be yourself. Everyone else is taken." REAL happiness can only come when you're the REAL you!

**Focus:** Multi-tasking creates mental chaos. Distractions cause disruption. Order your life so you can have blocks of time without cell phones, email, social media and the like. It will lower your stress and up your contentment if you focus on what's important – one thing at a time.

**Stop Comparing:** There will always be people better off, healthier and more successful than you. And there will always be people striving to make it to where you already are. Quit comparing yourself to others – and if you have to - compare yourself to those less fortunate. You'll always have a reason to feel happier about where you are in life.

# what makes you happy?



Answer these questions:

What were you doing the last time you remember experiencing pure joy or happiness?

---

Who were you with?

---

---

What was your focus?

---

---

How long did it take?

---

---

List 3 more times you remember being happy in the past?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What are the recurring themes during these times? \_\_\_\_\_



happiness is...

What is ONE THING you could do EVERY DAY THIS WEEK that would improve your happiness?

---

How can you make sure you'll do it? (IE: set a time in your phone, put a note on your bathroom mirror, etc)

---

What is ONE thing you could do THIS WEEK that would improve your happiness?

---

How can you make sure you do it? (IE: ask someone to hold you accountable, schedule it in your calendar, etc)

---

What is one thing your could do THIS MONTH that would increase your happiness?

---

How can you make sure you'll do it? \_\_\_\_\_

What method will you use to evaluate if it made you happier? \_\_\_\_\_

OR

How will you know if it made you happier? \_\_\_\_\_

*...because happy people make good things happen*

LIST THREE THINGS YOU'LL COMMIT TO TRYING TWICE\* TO ENHANCE YOUR HAPPINESS:

(\*I always say I'll try anything twice because the first time might be a fluke...)

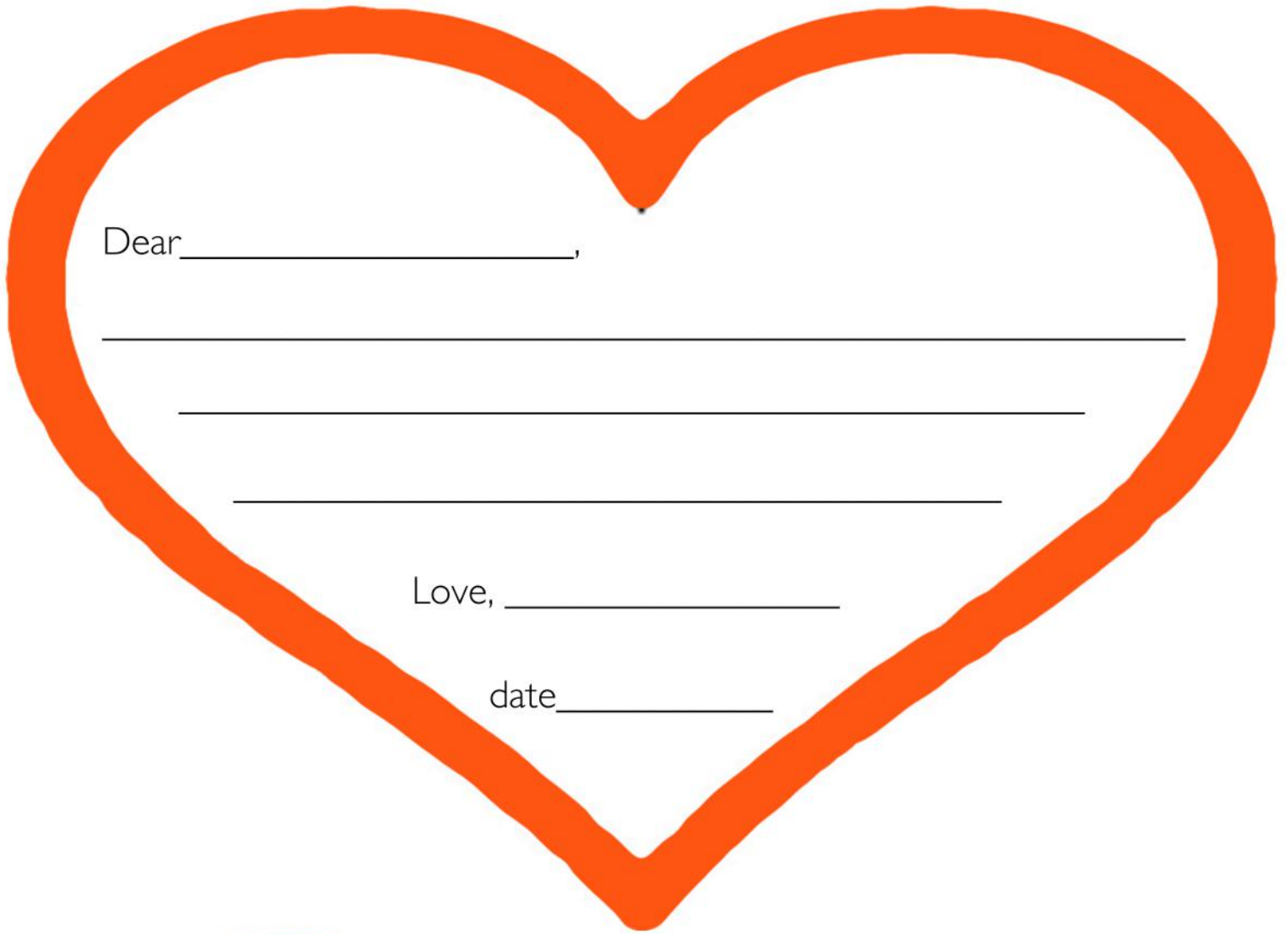
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Write yourself a note reminding you why happiness is important to you:



Dear \_\_\_\_\_,

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Love, \_\_\_\_\_

date \_\_\_\_\_



Come on, let's get  
**HAPPY!**