



Habits of Happiness Tracker

See how your habits unfold. One day at a time.

The Habits of Happiness

The Habits of Happiness – was designed by Samantha based on her years of experience and understanding of anxiety, the mind, emotions and supporting people to live their best life possible.

Samantha joined with Vanessa Charlton to ignite their vision to support young children in gaining the skills to navigate through life. The project builds on what is already being taught in schools about resilience, mindfulness, emotional intelligence and growth mindset. The unique aspect of this project is that it combines many positive skills into a short 10 minute morning routine that, when practised regularly, helps to develop positive healthy habits that support the emotional, mental and physical wellbeing of the children and adults.

In the current situation these life skills can really help with the anxious feelings caused by all the concern and changes in daily life. There has been a lot of research into all of these areas. We have tried to distil it to the simplest form so that it can be easily understood and put in to practice. Brain research shows that positive emotions are good for our bodies, minds, and brains. All of these tools aim to increase positive emotions , such as happiness, calm, contentment, peace and joy.



The Habits of Happiness

* Happiness – What do we mean by 'happiness'?

We are not talking about the momentary happiness of receiving a gift but more the general positive feelings of ease and contentment and being able to understand and navigate all emotions. Happiness is unique to each person. But it is generally about the way we feel, our positive emotions, our internal happiness.

Our happiness is not fixed, we can learn to feel happier.

We can achieve this by training our brain out of the habit of looking at the negatives and into more positive habits. When we feel the more positive 'happy emotions' our body releases beneficial hormones such as oxytocin, dopamine, serotonin etc which promote the healthy function of our body and mind.

* Habits – Why are we talking about Habits?

Unknowingly we do things over and over again. And some can create negative behaviours or emotions that don't support us. Therefore becoming aware of our habits, means that we have the opportunity to change them in to more helpful, positive ones.

Below is the seven-step morning routine to help build new positive habits



The 7 Steps



1

Intention - Our 'mood' and perspective can filter through our whole day. Just like 'getting out of the wrong side of bed'. So when we set an intention we are consciously choosing how we want to feel during the day and our mind is guided towards those more positive feelings.



2

Affirmation - We can easily get caught out by negative thoughts about ourselves, we often don't realise we're thinking them. They can stop us from trying new things or enjoying the things we do. Repeating an Affirmation each morning helps to grow and instil positive feelings about ourselves.



3

Gratitude - Being grateful for the big and small things that we have in our lives can help to train the brain to look for the positives.



4

Meditation - There are many types of meditation. We are using a short and simple breath meditation. When our breathing becomes regular it calms the fight, flight or freeze response and brings us back in to a calm mental, physical and emotional state.



5

Goals - Big goals can sometimes overwhelm us which can unintentionally prevent us from moving towards them. Creating a daily habit of setting small personal goals trains our mind and body to be more comfortable with goal setting which can help children become more resilient.



6

Visualisation - The brain doesn't know the difference between when we are imagining something or experiencing it. For example: if you imagine eating a lemon - our body responds by salivating. We are often visualising things without realising it, and it can often be negative predictions. So here we are giving a tool to promote a more positive use of this natural ability that we all have. Many sports people use visualisation to practice envisioning their goals being achieved - scoring a goal, swimming their fastest race. And this involves seeing and feeling it happen in advance of doing it.



7

Movement - Movement can be used to change our emotions and the way we feel in our bodies. Moving our body in a lively way can help lift our emotions, just as moving our body in a calm way can bring a sense of peace.

Directions

- * Listen to the videos in order.
- * Print out the worksheets.
- * Fill in each sheet by either writing or drawing.
- * Tick monthly tracker when you have completed the full morning routine.
- * Now you are ready to start creating wonderful new habits.



My Intention today is.....

How do I want to feel today?

(here are some examples)

Calm

Joyful

Full of energy

Proud of myself

Loving

Focused



Draw or Write your Intention below

Tick



Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



My Affirmation today is:

What do I want to say to myself?

I am

kind

calm

amazing

confident

great at trying new things



What does it feel like to BE that?

Draw or Write your Affirmation below		Tick ✓
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



I am Grateful for:

What or who are you grateful for?

(here are some examples)

the people who look after me

Pets

friends

Hugs

my home

parents

grandparents

Food

People who are kind to me

Grow the feeling of gratitude inside you.

	Draw or Write what you are grateful for	Tick ✓
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Today's meditation

Close your eyes

Breathe in through your nose and out through your mouth.

Feel your body relax and your mind relax.

Focus on your breathing, calm and regular.



How do you feel now?

Draw or Write about your meditation below

Tick
✓

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



My Goal today is:

What do I want to achieve today?

At home

School work

Be helpful

Finish something

A fitness goal

Take the dog for a walk

Do something kind

Draw or Write your goal below		Tick ✓
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Today I visualised my goal:

Close your eyes
Breath in through your nose and out through
your mouth.

Imagine yourself doing your goal for the day.
Feel yourself doing it and how it feels when it
is done. Really bring your goal to life using
your senses.

How did it feel visualising it?

	Draw or write your visualisation	Tick ✓
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Today's Movement:

You can follow the movement on the video to feel good and set yourself up for the day.

Or create your own.

First decide how you want to feel today.

If you want to feel energised, choose a large lively movement like dancing or jumping.

If you want to feel calm, choose slow relaxing moves.

How do you feel after doing the movement?

Draw or Write your Movement below		Tick ✓
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Space for thoughts and creativity.

Draw or write how you felt this week.

