



A H A B I T O F  
H A P P I N E S S

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21 DAYS TO GET YOUR HAPPY ON

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# READY TO GET YOUR HAPPY ON?

First of all, know this: Happiness is a choice. That means that starting today, you get to choose to live a happy life... or not. It's up to you. I know that's easier said than done, but I also know that you are reading this because you are ready for a change.

This guide will show you the baby steps you can take to create a Happy Habit. It takes three weeks to form a habit, so follow these simple steps each day for twenty-one days. You must select at least one per day, but you can go out of order if you'd like. Remember: it takes three weeks to establish a habit, so if you miss a day, start over! No shortcuts here.

When you finish, you will have a habit of happiness in your life and you can continue to nurture that habit however you choose; you can start over, select your favorite exercises and do them every day, or create your own happiness habit program. What matters is that once you create the habit, you keep it going!

Start Date: \_\_\_\_\_ Anticipated End Date: \_\_\_\_\_

# DAY 1

*choose.*

In the morning when you wake up, before you even get out of bed, the very first thing you do is consciously CHOOSE to be happy! Before your feet touch the floor, say to yourself, “This is going to be a HAPPY DAY!” Believe it! Now you can get out of bed, promising (scout’s honor), to remember this declaration ALL DAY LONG. Remind yourself throughout your day as needed.

# DAY 2

*sing and dance.*

Today’s the day you pick your Happy Song. Haven’t heard of that? It’s okay. This is just a song that makes you smile. A song that makes your feet jiggle and hips wiggle. You can’t help but start to smile and nod your head when this song comes on. Don’t worry about how you look, just sing it loud and proud and let your body respond however you feel—hopefully with a wiggle and a smile! You can’t get this wrong (unless you simply refuse to move your body). Basically, any movement will do as long as you slightly move to the beat of your happy song. Listen to this song and sing along as prescribed—whenever you feel overwhelmed, irritated, impatient, frustrated, or well, anything that’s raining on your happy parade. You can also phone a friend (or family member) to join you in dance; this exponentially increases the power of the happy song!

# DAY 3

*select your symbol.*

Sometimes you just have to remember that life is good, and you are happy. Symbols can be powerful reminders, so if you’ll select a happiness symbol, you can use this to remind you to be happy, even when times are difficult. I have a few, and I keep them around me so I can draw on their power. Crowns are a reminder of my divine nature, and I have a crown attached to my review mirror and dangling as charms on my jewelry. Choose a symbol to remind you of your decision to be happy. Make sure it’s placed where you can see it daily. You can set it as your screensaver or wear it or post a picture of it on your bathroom mirror. Have fun with this, make it unique to your personality.

## DAY 4

*dress up.*

What you wear totally impacts how you feel. Sometimes the best therapy is a comfy pair of socks and some sweatpants. But today, we are dressing up! Pick your favorite outfit, shirt, shoes, or anything that makes you smile and ROCK IT. Or even better, go buy something new! Indulge if you need to! Curl your hair. Put on some lipstick. Smile at yourself in the mirror and tell yourself that you look AMAZING. You can choose bold and fashionable, bright and silly, or soft and sweet, it really doesn't matter. The point is picking something that makes you feel confident, happy, and positive. You can rewear the outfit as often whenever you need a boost. This will be a reminder of your choice to be happy.

## DAY 5

*phone a friend.*

This works on game shows and it also works in real life. If you feel yourself slipping, it's time to reconnect with someone you love who understands. Connection and relationships are critical to happiness. Reach out to someone from your past or present, perhaps an old friend or relative, someone you can trust and look up to. Simply express your gratitude for the role they've played in your life. Connect. Share. Relate. You'll not only brighten your day, but theirs too.

## DAY 6

*journal.*

Grab a pen and dig out that journal. You are ready to establish a daily habit of journaling. You can spend 2 minutes or 2 hours—whatever you need. The point is to express your feelings and allow inspiration to flow. Not sure where to start? Write down what you are grateful for and allow your heart to open. Still stuck? Consciously choose to go head to heart—get out of your head (worries, doubts, and fears) and into your heart. From your HEAD first write down 1. What you think 2. How that makes you feel and as a result 3. What you do. Then once it's all out, flip your thoughts and from your HEART write down how the 3 prompts change when thinking this new thought from your Heart. That's your emotions telling you to change and journaling will help you do it!

## DAY 7

*serve.*

Do you feel like you just don't have any time to get it all done? Possibly overwhelmed with your mounting problems? Can't seem to find the strength to move past a life-changing, wanna-pull-your-hair-out, life's-not-fair situation? When your world feels like it's crumbling, first know this: It's not. It will be okay, in time. For the short term, the solution is to focus your attention on someone, something, anything else. Do this today, and then again and again. You'll find that shift in focus is magical for you and those whom you choose to serve. Yes, service is the name of this game. Find someone who needs YOU. Trust me, there are lots of people who need specifically and only you. If you'll be open to sacrificing your time, talents, and energy to help someone else today, you'll get to experience one of life's greatest miracles: whatever seems to be wrong in your life will simply melt away into happiness. Magic. Try it.

## DAY 8

*express gratitude.*

Did you know that all emotions have an energetic vibration? Have you ever walked in a room after an argument to sense the lingering "awkward" tension in the room? Likewise, have you witnessed a mother playing with her baby and found yourself smiling or attempting to make funny faces? You just can't help but sense the emotion being exchanged. The expression of gratitude generates a high vibration, and that's what you are after, the higher the vibration the better. Imagine a spectrum with Fear (bad) on one end and Love (good) on the other. Gratitude is right up there at the top, so let's have more of that! Today, find ways to express your gratitude throughout the day – you can start with a prayer. You can say thank you to the grocery teller, your kids, friends, dog, whoever. Write a note if you'd like. Find all the things you're grateful for and express it. Once you take notice, you'll find there are so many things good in your life, you can't help but forget what was seemingly so bad. It's all about perspective, and gratitude helps you shift yours.

## DAY 9

*clean or declutter.*

There's an old saying...a clean house makes a happy mom. Tidy up your whole house, pick a single room, or start small with just your desk.

Chances are you won't be able to stop. Choose a spot to clean or declutter, and then get rid of old stuff you no longer need. Pick 10 items and donate them or throw them out. Less is truly more so clean up and clean out and then sit back and relish in your work. Take time to enjoy your new, clean space. You'll be amazed how happy you'll feel.

**Expert Tip:** Diffuse citrus essential oils in your clean space for a fresh boost. Lemon, Grapefruit, and Wild Orange are best for a clean scent.

## DAY 10

*go for a walk.*

Yep, it's time to get up, head outside, turn left, and start walking.

Anywhere. Walk (or run if you'd like) for at least 20 minutes. Exercise is amazing for your mood, overall health, and stress. Establishing a habit of exercise at least 3 times a week is one of the best ways you can take care of yourself for the long haul. It may be hard to stop what you are doing and get out the door (or on the treadmill if it's rainy), but it will pay you back ten fold in the long term. If you'll do it. Regularly. Decide your body is worth it, because you only get one beautiful, amazing, miracle of a home to live in. Please treat it well and take care of it!

## DAY 11

*play.*

Did you know that play has some serious power? Really. There are tons of studies demonstrating the importance of playing. And, now that you've had some practice with getting your happy on, it's time to get out and have some fun. Try flashbacks to your childhood; what did you love to do for play? Do that! I love rollerblading with my kids. Better yet, combine your happy song with your happy dance and grab some wooden spoons and let loose with your family in your kitchen! There's nothing quite like a kitchen dance party to get your happy on.

**Expert Tip:** Go ahead and dance on the table, the higher you get the better!

## DAY 12

*take a nap.*

When was the last time you got a good night's sleep? Our bodies need to rest. Our brains need to reset. If you aren't sleeping well, you aren't operating at your best and trust me, people around you will know it. You deserve to give your body the rest it needs, but unfortunately most of us are running at top speed and sacrificing sleep to get things done. I'm guilty too, so you're not alone. Tonight, pledge to sleep at least 8 hours. The more you do this, the better you will feel. Additionally, take a nap, short or long, depending on how you operate. Just rest. Even a fifteen minute power nap can have lasting effects. Do this as needed to help you feel rested and ready to conquer your day.

## DAY 13

*breathe deeply.*

I remember my when I was mothering five kids under the age of eight. It was a crazy season of my life and there were many moments of chaos when I felt like I would implode. I'd turn into a crazy clapping monkey (picture a toy monkey holding tambourines, clapping, and spinning). I would clap my hands over and over to get my kids' attention and, on occasion, scream to let out my frustration. I figured this was better than the impending implosion or beating (which I'd never do). I'm certain I looked crazy. Later, with more time and experience, I learned breathing techniques also did the trick, and were less embarrassing, in retrospect. My daughter would say along with me, while breathing deeply, "Blue skies in, grey skies out," and with a few magical breaths, we'd both feel better. If you feel tension mounting, take a few seconds, fill your lungs, and breathe deeply. Count to 10, relax, and remember you've got this.

**Expert Tip:** Add essential oils to amplify this happiness trick.

## DAY 14

*eat healthy.*

Your body is going to thank you. It wants to be fed high quality, clean, fresh foods. This may not be your regular habit. It might be too expensive, time consuming, or inconvenient. Whatever keeps you from doing this regularly, put that aside today. Today, put only good things into your body. No sugar, no fried foods, no simple carbs. Think fresh. Think clean. Think yummy. Say no to temptations for this ONE DAY. You are worth it and you'll be amazed at how you feel when you get to the end of the day, guilt-free, knowing you put yourself first and were able to stay the course. One day is how you get started, and that turns into two, then three. If you really want to feel good, do this for 4 days, and cut out that can't-live-without-but-know-you-should-stop-and-have-wanted-to-give-up-for-years thing and you'll find that after a few days, the cravings will stop. Stay the course. The healthier you eat, the happier you'll be.

**Expert Tip:** I use a good supplement to make sure we are getting the nutrients my family needs. I recommend doTERRA's Lifelong Vitality Pack.

## DAY 15

*recognize miracles.*

Miracles are happening all around you everyday. If we don't notice them, it's not because they aren't there, it's just that we aren't trained to see them. Today, your job is to find at least 3 miracles in your day. It could be a gorgeous sunset, the lyrics of a song at the perfect time, a friendly smile from a neighbor. Big or small, there are signs all around you showing you that life is good, all is well, and you can do it. These miracles, when recognized, have the power to transform you. Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." So choose today to recognize all the miracles in your life. The more you see, the more all things will begin to work together for your good. There's no stopping you!



## DAY 16

*relax.*

If you're like me and love to be productive, this word might be scary but oh-so necessary for your new vocabulary. It's time to chill out and relax! You get to decide how to do this. Maybe you like to mediate, read a book, take a yoga class, get cozy and watch your favorite movie, snuggle up by the fire, or go for a joy ride and just cruise. So do it! Just pick something relaxing and spend some time (an hour at least) in relaxation mode... Trust me, it's a thing, and once you do it there's no turning back!

## DAY 17

*let go.*

We all have hurts, worries, doubts, and fears. What are you hanging onto that can be let go? It's time. Today choose to live in the present. Let go of the past and don't worry about the future. In this space, choose to forgive—yourself or others—so you can find freedom and peace. Pick one thing and decide to let it go. Write it down and then destroy it (burn it, bury it, tear it up) and vow to never look back. You hold the power to set yourself free from past wrongs, so that you can grasp the happiness that surrounds you today.

## DAY 18

*smell the roses.*

Have you ever wondered why scent is so powerful? It's true that our memories are triggered by scent, and it's one of the most powerful ways to shift our mood. So literally, you can increase your happiness by simply smelling something good, especially if you have a positive memory association. My favorite go-to scents are essential oils. They are powerful and have natural compounds that not only smell good, but are proven scientifically to positively affect mood. Citrus oils are the best...Wild orange, lemon, or grapefruit are sure to put a smile on your face. Give it a try and as a bonus, your family will love this and be happy too.

## DAY 19

*get lunch.*

It's time to stop your busy schedule and go out to lunch at your favorite place. Go alone or bring a friend, your mom, a sibling—whichever you enjoy spending time with. Have great conversation or sit in silence and enjoy. Take a break and do something you love, with people you love, eating food that you love. Sometimes a simple lunch date can remind you that you can and should take time to enjoy the simple things. Your work can wait, but you'll tackle it differently after some good food and a little time off. Chips and salsa anyone?

## DAY 20

*pamper yourself.*

Do you have a hard time giving yourself permission to indulge? I get it. You're busy. You have tons of responsibilities: tiny mouths to feed, bills to pay, kids to run around, important deadlines or work meetings, church service. Whatever it is, guess what? It can wait. On an airplane you have to put on your own oxygen mask before helping others?

That's what you're doing today. Take care of yourself so that you CAN show up a better mom, boss, wife, or whatever you do. So hit the spa, get a massage, take a long bath, go to a movie, get a pedicure, take a nap, go to your favorite exercise class, or anything that's for YOU only. I give you permission to indulge today for a few hours and do happily what feels good to you. Trust me, your loved ones will thank you.

## DAY 21

*love.*

Now that you've reached the last day, you're ready for the greatest challenge and biggest boost. Love a little more! It's a magical little word packed with the power to heal the world and surely the ability to surge your happiness. Pick someone close to you and show them some love. You could also pick a neighbor, friend, stranger, or even a foe. It works anywhere, anytime, and with anyone. Just LOVE!

**Expert Tip:** For maximum power, choose someone you need to forgive. Pick them to love, and watch magic unfold.

# Congratulations

You have cultivated happiness in your life for 21 days in a row. You have officially developed a habit of happiness. Remember to nourish this habit daily. You are ready to commit & take the pledge. Say the following pledge aloud. Repeat as often as needed.

I choose happiness.

I can sing.

I can dance.

I have seen miracles.

I have learned who I am.

I am the happiness the world is waiting for.

I am love in motion.

I give my best; I deserve the best.

I give; I can also forgive.

I can make a mistake.

I have created a habit of happiness in my life.

I will embrace my life and live each day to the fullest.

Today and every day, I choose happiness.

Pledge Date: \_\_\_\_\_