

Happiness Habits

SAY GOODBYE TO THE RUT...
SAY HELLO TO HAPPINESS AND JOY!



HABIT 1 HOPE

CARIN ROCKIND

girl
purpose

HOPE

HOPE IS THE GREAT IGNITOR

What are you hoping for today? What are you hoping for this year? What are you hoping to be able to accomplish and say about yourself 20 years from now? Who are you hoping to become?

Hope is fundamental to happiness because hope ignites our dreams. Hope sets us on a path forward and gives us the belief, faith, and motivation to move forward. Research from the late psychologist Charles “Rick” Snyder showed that hope ignites goals because when we feel hopeful, our brain begins to derive pathways, or strategies, to bring the goal to fruition. Hope also gives us motivation to move toward the goals.



Think about it - if you’re hopeful that you can win the tennis match, you feel more energized to put time into practicing. If you’re hopeful about improving your marriage, you’ll seek out action steps such as reading a book, therapy, or a personal development class.

YOU ARE THE CREATOR OF YOUR OWN LIFE!

HOPE

MAKE HOPE A HABIT

Unfortunately, not having hope works against us. When we feel hopeless, we feel helpless. If you lose hope, then you stop trying to find a better way and that's often when you become a victim to your circumstances instead of the creator of your life. And when you become a victim, you'll likely feel depressed, bitter, and resentful.

Hope is the great spark to desires!

Hope ignites motivation and strategies for you to have, create, experience, do, and be all you desire!

The key is to be intentional, to be the creator of your own life, just as you're doing by taking the Happiness Habits course. Remember - you are not broken. You don't need to be fixed. Every single one of us was born in our own perfect truth but were told that so much about us wasn't "right" or "good." So this isn't about becoming anything different, but rather returning to your truth and becoming the woman you were always meant to be.

Now, take time to get clear on your heart and soul desires. Then begin with hope and let your brain work for you.

WHEN YOU FEEL HOPELESS, YOU FEEL HELPLESS.

ONE YOU CHOOSE
HOPE, ANYTHING IS
POSSIBLE

-CHRISTOPHER REEVES

HOPE

HAPPINESS HABIT PRACTICE

JOURNALING:

What does HOPE mean to you?

One year from now, how do you hope to feel?

What do you hope to have achieved and experienced 20 years from now?

Who are you hoping to become?

Make Hope a daily habit by asking yourself each morning: What am I hoping for today? And then turn that hope into an intention with the words "I CHOOSE." So if you're hoping for peace one day, write "I Choose Peace." Where your intention goes, your attention flows.

YOU HAVE EVERYTHING YOU NEED INSIDE OF YOU.