

7 DAY HAPPINESS CHALLENGE

#7DAYHAPPINESSCHALLENGE



 **WORLD
HAPPINESS
SUMMIT**[®]
WOHASU[®] EST. 2016

www.worldhappinesssummit.com

WELCOME TO THE 7-DAY HAPPINESS CHALLENGE!

WOHASU® would like to share a simple yet powerful challenge to cultivate happiness and wellbeing in your daily life. In this workbook you will find exercises that will nourish your awareness, relationships, sense of purpose, and physical wellbeing.

This actionable happiness toolkit is inspired by research and studies made by World Happiness Summit Speakers, the world's leading experts in the science behind happiness and wellbeing.

Share this challenge with your friends, family, and communities. Take a few minutes each day to prioritize your practice.

You can download this fillable workbook and start with one challenge a day.

Let us know how it goes by sharing your journey with us on social media @wohasu. We hope you enjoy this experience!

With love,



Karen Guggenheim
Social Entrepreneur, Author & WHOASU Founder CEO
The WHOASU Team

**“HAPPINESS IS LIVING LIFE
IN CONNECTION WITH
MEANING AND OTHERS TO
INCREASE MOMENTS OF
POSITIVE EMOTIONS.”**

-WOHASU

WOHASU® 6 ELEMENTS OF HAPPINESS

Research indicates that directly pursuing happiness makes us less happy, so we need to invest in improving the elements of life that indirectly help us become happier and healthier. We use the elements of wellbeing to serve as a foundation to improve our personal and professional lives.



PURPOSE

The first element refers to finding meaning in your personal, professional, and spiritual life.



MINDFULNESS

The second element is defined as establishing inner awareness and living consciously.



SOCIAL

The third element is about creating and maintaining strong social bonds, as well as loving and supportive relationships.



PHYSICAL

The fourth element involves fostering healthy living practices to maintain optimal wellbeing.



COMMUNITY

The fifth element relates to belonging and contributing to a healthy ecosystem, including environmental sustainability.



FINANCIAL

The sixth element refers to developing awareness of how money and work impacts your life.

WOHASU® WELLBEING ASSESSMENT

Take some time to explore and assess how you feel you're doing in each of the 6 elements of wellbeing. By assessing ourselves we can raise awareness, and connect with our reality and actions, which serves as a clear starting point for the challenge.

SELF ASSESSEMENT

Using the definition of the elements, explore areas where you feel that you are doing well and identify areas for improvement. Reflect on these aspects and rate them on a scale of 1 to 10.

ELEMENT	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	RATING
PURPOSE			
MINDFULNESS			
SOCIAL			
PHYSICAL			
COMMUNITY			
FINANCIAL			

*Note: the rating you give to each element can guide where to focus your time and energy.

LET'S GET STARTED

Your *happiness* journey includes reflecting, writing, and engaging in practices that will elevate your wellbeing and increase your awareness of different areas of your life and how these interact with each other.

DAY 1

**HI, WELCOME TO DAY 1 OF
YOUR HAPPINESS CHALLENGE!**

HOW ARE YOU FEELING TODAY?





DR. LAURIE SANTOS

Professor and Speaker - Yale University

Yale professor and #WOHASU2023 speaker **Dr. Laurie Santos**, who teaches the most popular class at Yale University, states that we often search for happiness in the wrong places and that we incorrectly assume certain things will make us happy. Being mindful about how we define happiness impacts our wellbeing. Make note of how your definition of happiness evolves throughout this challenge and how this can lead you to discover new sources of sustainable happiness.

Defining happiness is not easy. In fact every person has their own definition for happiness, and as speaker, author, former Harvard lecturer and #WOHASU2023 speaker **Dr. Tal Ben-Shahar** states, having a definition is important because it allows us to focus our attention in the direction we want to go.

His own definition of happiness is inspired by the work of Helen Keller, who related happiness with the concept of wholeness. Therefore, he defines happiness as the experience of whole person wellbeing, the experience of wholebeing. Tal explains how this is not a universal truth but a pragmatic construct and he dives deep into breaking the definition down by addressing the 5 areas he considers essential for human wellbeing; spiritual, intellectual, physical, relational, and emotional.

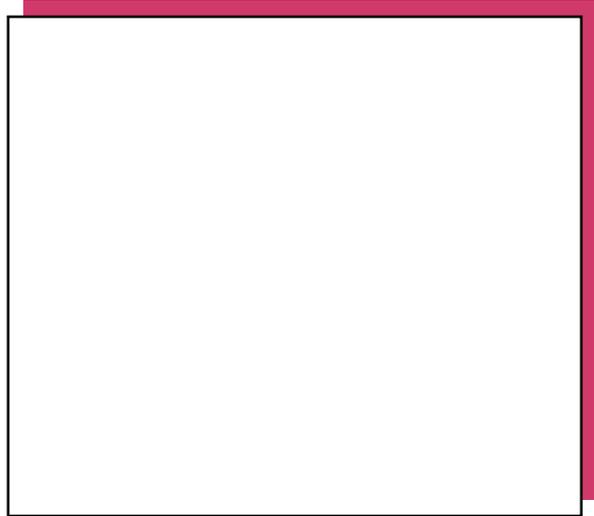
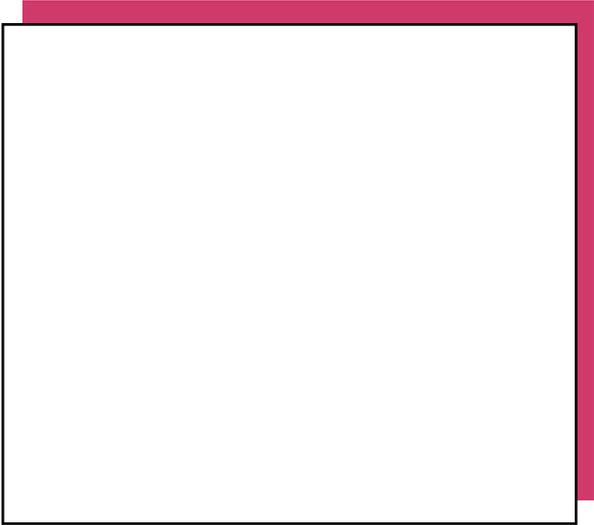
Another definition we can consider is from former chief business officer for Google [X], author, founder of One Billion Happy and #WOHASU2023 speaker, **Mo Gawdat**, who has developed his own happiness equation and states that happiness is the default state that we are born with. He sees it as a state of calm and peaceful contentment when you enjoy life just as it is.

Nevertheless, every person can have a different definition of happiness, and that unique definition has diverse elements that each person has to identify and nurture.

TODAY'S CHALLENGE

Reflect about how you define happiness- given the previous definitions.

With your new understanding of happiness and its elements of wellbeing, write in your journal about 5 things that contribute to your happiness.





DAY 2

PURPOSE



WELCOME TO DAY 2 OF YOUR HAPPINESS CHALLENGE!

LET'S TAKE 3 DEEP BREATHS TOGETHER. PAY ATTENTION TO WHAT YOUR BODY IS TELLING YOU AND HOW YOU ARE FEELING IN THIS EXACT MOMENT.

NOW LET'S DIVE INTO TODAY'S EXERCISE.





DR. MICHAEL F. STEGER

Founder and Director of the Center for Meaning and Purpose, and Professor of Psychology

Dr. Michael F. Steger, meaning in life, purpose, and positive psychology and #WOHASU 2023 speaker, says that “meaning in life refers to the feeling that people have that their lives and experiences make sense and matter.” We can find a sense of purpose in our daily lives by gaining self-awareness and exploring our values, strengths, and passions.



TODAY'S CHALLENGE

Identify and define your core values. Which express what you stand for in life and guide the decisions you make at significant choice points.

From the following list of values, choose the ones that you identify most with. Feel free to add your own.

Accountability	Friendship	Peace
Achievement	Fun	Perseverance
Adaptability	Future generations	Personal fulfillment
Adventure	Generosity	Power
Altruism	Giving back	Pride
Ambition	Grace	Recognition
Authenticity	Gratitude	Reliability
Balance	Growth	Resourcefulness
Beauty	Harmony	Respect
Being the best	Health	Responsibility
Belonging	Home	Risk-taking
Career	Honesty	Safety
Caring	Hope	Security
Collaboration	Humility	Self-discipline
Commitment	Humor	Self-expression
Community	Inclusion	Self-respect
Compassion	Independence	Serenity
Competence	Initiative	Service
Confidence	Integrity	Simplicity
Connection	Intuition	Spirituality
Contentment	Job security	Sportsmanship
Contribution	Joy	Stewardship
Cooperation	Justice	Success
Courage	Kindness	Teamwork
Creativity	Knowledge	Thrift
Curiosity	Leadership	Time
Dignity	Learning	Tradition
Diversity	Legacy	Travel
Environment	Leisure	Trust
Efficiency	Love	Truth
Equality	Loyalty	Understanding
Ethics	Making a difference	Uniqueness
Excellence	Nature	Usefulness
Fairness	Openness	Vision
Faith	Optimism	Vulnerability
Family	Order	Wealth
Financial stability	Parenting	Well-being
Forgiveness	Patience	Wholeheartedness
Freedom	Patriotism	Wisdom



WRITE YOUR OWN:

FROM THOSE YOU SELECTED, CHOOSE 10:

NOW NARROW THE LIST TO YOUR TOP 5:

Define these top 5 values, and write down 3 specific behaviors you associate with each of them. Finally, commit to 1 of these behaviors and gradually build up to the others.

REINFORCING CONCEPT

By becoming aware of your values and connecting them with the behaviors that support them, you can live your life in alignment and coherence, allowing you to connect with your life purpose.



DAY 3

MINDFULNESS



WELCOME TO DAY 3 OF YOUR HAPPINESS CHALLENGE!

TAKE A MOMENT TO WRITE DOWN 3 THINGS
THAT YOU ARE GRATEFUL FOR.

SINCE WE ARE DISCUSSING MINDFULNESS AS
A WAY TO ESTABLISH INNER AWARENESS AND
CONSCIOUS LIVING, IN THIS EXERCISE, WE WILL
LINK MINDFULNESS WITH TIME.





DR. CASSIE HOLMES

Professor, UCLA's Anderson School of Management, Author, *'Happier Hour'*

Professor, author, and #WOHASU2023 speaker Dr. Cassie Holmes researches time and how it is our most precious resource. She shares that it's not about time itself, but how we spend it that truly matters.

In addition, mindfulness expert and #WOHASU2023 speaker Itai Ivztan states that self-knowledge is essential for self transformation and shifting from the unconscious to the conscious. Being mindful of how we spend our time can provide a way to increase self awareness.



TODAY'S CHALLENGE

Today's challenge involves a time tracking exercise developed by Dr. Cassie Holmes in *Happier Hour* that will allow you to assess how you currently spend your time.

THINK ABOUT THE PAST WEEK

When were you the happiest?

What activity were you doing?

Who were you with?

Time tracking involves bringing awareness to the ways in which you spend your time throughout the day. Dr. Holmes suggests that "once you know where the time goes, you can make changes that will help you spend more time on the things that matter and less on those that don't."

HERE ARE SOME IMPORTANT ELEMENTS TO KEEP IN MIND:

- Keep track of how you're currently spending your time by writing down the activities you do during the day.
- Reflect on where your time goes, such as activities, people, hobbies, social media, working and sleeping.
- Identify your emotions throughout the day by ranking how you felt during each activity.
- Adjust based on what you value and need. Spend more time on the things that matter and less on those that don't.



Use the following format* to track your time during the day; morning, noon, afternoon and night.

Describe the activities you did and your Happiness Level for each of them.

ACTIVITY	HAPPINESS LEVEL
	
	
	
	
	
	

**Adapted from Happier Hour by Cassie Holmes*

AT THE END OF THE DAY, ANSWER THE FOLLOWING QUESTIONS:

In which areas am I spending most of my time?

How does this make me feel?

What will I keep doing?

What can I change?

REINFORCING CONCEPT

By identifying where our time goes and which activities boost our wellbeing, we can focus on what matters to us and this way, we can avoid distractions.



DAY 4

SOCIAL



One of the largest and longest studies on happiness has shown that the quality of our relationships is an essential part of a healthy and happy life. The Harvard Study for Adult Development, which started in 1938, followed the lives of an initial sample of 238 men, later their wives and offspring. The study demonstrated that good relationships were the strongest predictor of health and happiness.



DR. KELLI HARDING

Physician, Writer and Educator

“WHEN YOU’RE DRIVING ON THE ROAD, BE KIND. YOU NEVER KNOW WHAT SOMEBODY ELSE HAS GOING ON. WE CAN LEARN TO BE MORE EMPATHETIC TOWARDS ONE ANOTHER, AND BOY, DO WE NEED IT RIGHT NOW.”

Dr. Kelli Harding is a board-certified psychiatrist trained at Columbia University and a #WOHASU2023 speaker. She specializes in the interplay between mental and physical health, addressing topics such as kindness and the impact of social relations on health. According to Harding, it comes down to how we treat each other, both as individuals and as a society. Investing in our relationships, especially through kindness, is a win-win. It has a rippling effect benefiting us and others.



TODAY'S CHALLENGE

Write a letter of appreciation to an important person in our lives - try drafting a handwritten letter, as it has more meaning.

- Think of someone you love or appreciate.
- Set time aside to gather your thoughts and write.
- You may want to play some music that reminds you of that person.
- Reflect on how you feel about that person, what you want to thank them for, what you want to express, your best memories with them, etc.
- Send the letter to that person or read it outloud to them.
- Savor the sharing and always express your love

Dear:

REINFORCING CONCEPT

Relationships are an investment, and require work and care. Writing a letter to someone helps you express appreciation in a different way, making the recipient feel valued. Notice how you feel while writing and delivering it.



DAY 5

PHYSICAL



WELCOME TO DAY 5 OF YOUR HAPPINESS CHALLENGE! LET'S TAKE A FEW MINUTES TO GET UP, STRETCH, AND MOVE.

Taking care of our integral health and the different elements that nurture our bodies is fundamental for our wellbeing. The Blue Zones Institute shares about habits of people with the highest life expectancy in the world.

Practices related to movement, exercise, diet, social bonding, sleep and rest are frequent in the lifestyles of centenarians. In today's exercise, we will try one of them.

Walking is an amazing way to sustain and improve overall health. Studies show that walking daily reduces stress, improves sleep, increases energy levels, and reduces blood pressure.



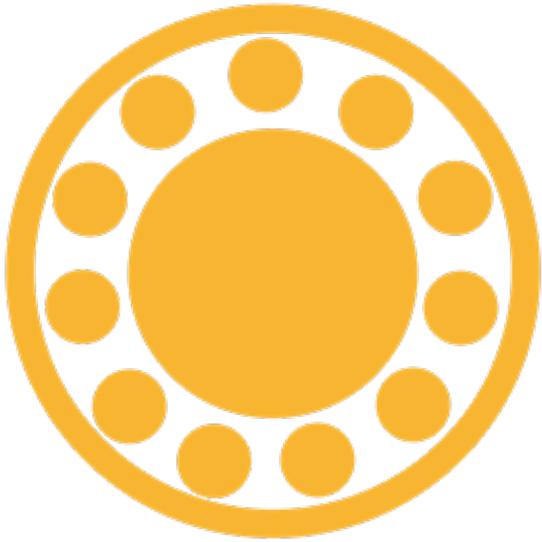
TODAY'S CHALLENGE

Take a 10 minute walk outside without distractions. If you want to enhance your experience, you can take pictures of something that gives you a sense of awe. Later you can reflect on your walk by journaling about the experience.

JOURNAL

REINFORCING CONCEPT

Journaling about your experiences is beneficial for our mental health. It allows us to improve awareness and perception of events, and in this particular case by journaling about your walk you can experience emotions such as gratitude and wonder. Plus, you get to savor the memory of the walk!



DAY 6

COMMUNITY



WELCOME TO DAY 6 OF YOUR HAPPINESS CHALLENGE!

TAKE A MOMENT TO REFLECT: WHAT DOES
COMMUNITY MEAN TO YOU?

THIS ELEMENT SUPPORTS THE TRANSFORMATION
FROM A 'ME CULTURE TO A WE CULTURE' BY
INTRODUCING THE IDEA OF BELONGING, WHICH IS
ESSENTIAL FOR GROWTH AND HEALTHY
DEVELOPMENT.



DR. ISAAC PRILLELTENSKY

Former Dean of Education & Human Development & Vice Provost for Institutional Culture University of Miami, & Author

WOHASU speaker **Dr. Isaac Prilleltensky** has explored what he calls the “mattering effect,” in which he has studied the importance of feeling valued and adding value in order to live a meaningful and satisfying life.

Mattering is related to self-compassion, growth, autonomy, self-acceptance, positive relations, purpose, pleasure, overall wellbeing, and life satisfaction.

In order to add value to our communities, we need to pause and establish awareness of how we impact our surroundings and the environment.



TODAY'S CHALLENGE

Reflect on the following questions:

What does my community need, and how can I serve in a tangible way?
Remember that small acts add up over time.

Make it personal. Focus on a cause that you feel connected to.

Make a list of your top 3 personal strengths that can help you help others.

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REINFORCING CONCEPT

Our friends at *Action For Happiness* state that one of the keys for happier living is giving to others, contributing in this way not only adds value but is an essential part of building strong and healthy communities.



DAY 7

FINANCIAL



WELCOME TO THE LAST DAY OF YOUR HAPPINESS CHALLENGE! WELL DONE!

TAKE A MOMENT TO CELEBRATE THIS ACCOMPLISHMENT!

ONE OF THE MOST ASKED QUESTIONS OVER TIME HAS BEEN: "CAN MONEY BUY HAPPINESS?" FINANCIAL HEALTH IS ANOTHER CRUCIAL COMPONENT OF WELLBEING.



DR. JAN-EMMANUEL DE NEVE

Director of the Wellbeing Research Center at Oxford University

Dr. Jan-Emmanuel De Neve, co-founder of the World Wellbeing Movement and a #WOHASU2023 speaker, has explored this subject, and indicates that money is indeed important for a positive life evaluation, but it really doesn't make much difference after a certain point and level of income.

On the same note, Professor **Laurie Santos** addresses this matter on her course, and states that it is not just about money itself but the perception and relationships we have with it, as well as how we spend or invest the money we have.

Beyond money, we want to develop financial wellbeing, which comprises not only our income and material goods, but also the cognitive and emotional evaluation we have of our financial condition.

Elizabeth Dunn found that spending money on experiences rather than material goods increases happiness. Just as we have done in other days of the challenge, this area of life requires self-awareness and recognition of the things that are important to us at the present time.



TODAY'S CHALLENGE

Today's exercise will focus on reflecting how we can invest our money towards meaningful goals and experiences that promote the life we want to live.

Reflect on an experience that you would like to have that has a positive impact on your wellbeing.

NOW LET'S PLAN

Why did you choose it?

Who would you share it with?

When will you do it?

How much would it cost?

How much would you have to save monthly for this experience?

When will you start?

**Set a reminder for your chosen date to celebrate your accomplishments!*

REINFORCING CONCEPT

Having something to look forward to that excites us is called positive anticipation. This practice boosts our mood and helps to lower stress levels. By imagining positive experiences ahead, we feel better in the present moment.



THANK YOU FOR PARTICIPATING IN THE WOHASU® 7-DAY HAPPINESS CHALLENGE WITH DHL EXPRESS!

We hope that you continue reflecting on your wellbeing and implementing evidence-based practices to reinforce your sustainable happiness. We encourage you to share these practices with your families, workplaces, and communities.

**REMEMBER,
HAPPINESS IS TEACHABLE AND
LEARNABLE. LET'S SPREAD
THE RIPPLES OF HAPPINESS
AROUND THE WORLD ...**

RESOURCES:

<https://www.nytimes.com/interactive/2022/02/21/magazine/laurie-santos-interview.html>
<https://www.youtube.com/watch?v=47HDEXsxfT4>
<https://www.youtube.com/watch?v=CWDSDispsGU>
http://www.michaelfsteger.com/?page_id=113
<https://www.psychologytoday.com/us/blog/mindfulness-wellbeing/201910/what-is-the-most-important-activity-self-transformation>
<https://www.cassiemholmes.com/timecrafting>
<https://www.morningbrew.com/daily/stories/2022/10/17/cassie-holmes-explains-the-relationship-between-time-and-happiness>
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<https://positivepsychology.com/benefits-of-gratitude/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125071/#:~:text=In%202004%2C%20Dan%20Buettner%2C%20CEO,environment%20that%20led%20to%20longevity.>
<https://www.bluezones.com/2023/01/walking-leads-to-longer-life-better-outcomes/>
<https://positivepsychology.com/benefits-of-journaling/#journaling>
<https://actionforhappiness.org/10-keys/giving>
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<https://hbr.org/2020/09/does-more-money-really-makes-us-more-happy>
https://www.researchgate.net/publication/225294936_Well-being_and_the_anticipation_of_future_positive_experiences_The_role_of_income_social_networks_and_planning_ability
http://www.michaelfsteger.com/?page_id=113
<https://brenebrown.com/resources/dare-to-lead-list-of-values/>
<https://www.psychologytoday.com/us/blog/mindfulness-wellbeing/201910/what-is-the-most-important-activity-self-transformation>
<https://knowledge.wharton.upenn.edu/article/science-kindness-harding-book/#:~:text=Harding%3A%20That's%20the%20million%2Ddollar,each%20other%20as%20a%20society.>
<https://www.verywellmind.com/sending-and-receiving-letters-have-powerful-benefits-5095709>
https://www.huffpost.com/archive/ca/entry/write-a-letter_ca_5dcd7d78e4b03a7e02968488
<https://www.bluezones.com/2023/01/walking-leads-to-longer-life-better-outcomes/>
<https://actionforhappiness.org/10-keys/giving>
<https://www.psychologytoday.com/us/blog/evolution-in-daily-life/202208/why-money-doesnt-buy-happiness>
<https://www.theguardian.com/lifeandstyle/2022/oct/28/how-much-money-makes-you-happy-we-ask-an-expert>
<https://www.youtube.com/watch?v=3eAwvcw7lgY>
<https://hbr.org/2020/09/does-more-money-really-makes-us-more-happy>



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