



The Happiness Manifesto

THE START OF HAPPINESS

S M I L E at the World
and the World
will Smile Back 😊

HAPPINESS IS A CHOICE

CONNECT DEEPLY. BE KIND. LOVE FULLY.

Find what makes you happy

and DO IT OFTEN

FORGIVE Yourself. **FORGIVE** Others. **TODAY** is a **NEW DAY**.
Eat **HEALTHY**, **EXERCISE** Regularly, **CHALLENGE** Yourself.
Hug Your Family, Hug Your Friends, Hug the WORLD.
Think **POSITIVE**. **TREAT YOURSELF**. Relax and have **FUN**.
TRUST in Others and Be **TRUSTWORTHY**
Happiness brings **LOVE, SUCCESS & FULFILMENT**
Love, Success & Fulfilment bring **HAPPINESS**.

Set Your Own Goals

LEARN and **EXPERIENCE** Every day
LIFE is **EXCITING**. LIFE is **YOUR CHOICE**. LIFE is **FUN**.
Count Your Blessings. Give to Others. Laugh Outloud.
TRAVEL the World. **KNOW** Yourself. Be **RESILIENT**.
Say I'm Sorry, Say Thank You, Say I Love You.
HELP and **TEACH** Others. Feel the **SUNSHINE**.

Be **BRAVE**. Be **EXCITED**. Be **CREATIVE**. Be **YOU**.

LIVE Your PASSION. LIVE YOUR PURPOSE.

You Can Change One Smile

The WORLD. at a Time 😊
www.startofhappiness.com

Create Your Own Manifesto

Hi Guys!

The Happiness Manifesto is something that can guide you every day in living a more fulfilling and happy life. But why not take it a step further and make your own Happiness Manifesto tailored to your own life?

This is a simple guide on creating your own Happiness Manifesto. The template is provided in the Happiness Toolkit. If you have not already, you can grab it [here](#)!

The best way to make use of this is to print it off (the larger the better!) and pin up somewhere that is visible to you daily, such as your bedroom wall. Start the happiness by being creative and developing your own personal space for constant reminders such as this that you can refer to daily. You will no doubt experience a lift in your mood each day.

I LOVE

Write down everything that you LOVE in life. What are you passionate about? Who is it in your life that you care most about? What gets you excited? What motivates you? What gets your juices flowing? Write absolutely *anything* and *everything* that you love as a constant reminder of what makes you happy and to remind you to *do it often!*

I AM

Write down who you are and what makes you YOU. Why are you unique? What are your strengths? What skills and abilities do you have? What have been your experiences? Remind yourself on a daily basis of who you are, your strengths and why you are awesome.

I'M BLESSED

Count your blessings. Write down why you are blessed. What do you have in your life that many other people do not have? What do you take for granted? What are you really thankful for in your life?

I LAUGH

Write down what makes you laugh. What do you laugh at? When do you laugh? Who do you laugh with? How does laughing make you feel? What's the funniest thing you have experienced?

I VALUE

Write down what you value in life. What is most important to you in your life? What principles will you stand by no matter what pressure you are in? Do you believe in honesty, trust, integrity? Elicit your top 10 now by reading my post on [Understanding Your Values](#).

I WILL

Write down what you will do to create an absolutely awesomely happy life. What will you do daily? Weekly? Monthly? Yearly? Who will you be with? Who will you teach? Help? Coach? What experiences will you have? What habits will you change? What thoughts will you have? What will you read? Use this as a daily reminder to keep you on track for where you want to go.

MY MOTTO

What is your motto? What's the one saying that if you said everyday can make you happy? How will you live your life? Read this daily to motivate and inspire you and make it part of your everyday thinking.

I hope you found this useful!

If you have any questions, feel free to email me directly at brendan@startofhappiness.com or simply leave a comment on The Start of Happiness.

This information is given to you purely for free. All I ask is that if you know someone that can benefit from reading this, can you please send this to them, or let them know about [The Start of Happiness](#). Additionally, you may want to share on [Facebook](#) or [Twitter](#). The more people we have on this planet that are waking up excited each day and living a happy and fulfilling life, the better the World will be.

Remember, you *can* change the WORLD, one smile at a time!

Cheers!

A handwritten signature in blue ink, appearing to read "B. Baker".

Brendan