



# 21 Days to Embrace Happiness - Initial Exploration Handout

**What's your intention for this course? What would you like to get from these 21 Days of Tapping?**

**How happy do you feel at the moment on a scale of 1-10? (1=miserable, 10=ecstatic)**

*Now use the following questions to journal and to get really clear on your emotions, feelings, limiting beliefs and triggers around happiness, and on your physical and energetic well-being.*

## **Pillar #1: EMOTIONS**

**Close your eyes and picture yourself going about your day: waking up, at home, at work, with your family, colleagues, friends, in the evening, at night.**

First of all, what positive emotions come up for you?

(Feeling content, purposeful, loving, kind, grateful, dynamic, creative, interested, blessed, joyful, satisfied, free, connected, etc.)

What are your 'go-to' negative emotions that stop you from feeling any of the above?

(Worry, fear, anxiety, stressed out, self-doubt, lack of self-confidence, overwhelm, anger, resentment, being judgmental, guilt, shame, sadness, disappointment, self-loathing, despair etc.)

Where do you feel those negative emotions in your body?

Rate them on a scale of 1-10.



## **Embrace Happiness - Initial Exploration (cont.)**

And what thoughts do you have?

### **Pillar #2: MOVE YOUR BODY**

**How true are these for you right now? (Scale of 1-10) Note down any thoughts that pop into your head.**

I exercise every day.

I feel really fit and I'm in the peak of health.

I've found a way of exercising that really suits me.

I have lots of energy.

I love getting up in the morning and feel excited about the day ahead.

I make self-care a priority.

I know the value of resting and make sure I get enough sleep.

I check in from time to time and pay attention to what my body is telling me.

**Now, close your eyes and envision yourself in your ideal physical and energetic state. How does that look to you?**



## **Embrace Happiness - Initial Exploration (cont.)**

### **Pillar #3: HAPPINESS MINDSET**

**Which of these beliefs ring true for you? (Scale of 1-10)**

**Note your thoughts and feelings and any memories about each one.**

I never learnt to be happy...I don't think it's really possible for me.

I can't be happy when there is so much suffering in the world.

I'm OK until I get with other people; their negative energy really affects me.

I know I should be grateful but there's too much going on in my life.

I often lack self-confidence, and doubt myself and what I'm doing.

I find it hard to stay present - my mind is always feeling bad about the past or concerned about the future.

### **And finally...**

What does embracing happiness mean for you?

What do you think you could achieve in your life if you were happier and more self-confident?

How committed are you to increasing your happiness? (Scale of 1-10)

**It's time to get tapping!! 21 Days of Tapping to Embrace Happiness**

