my Happy mind

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FOR FAMILIES

CREATING MORE ENGAGEMENT

HOW TO FIGURE OUT WHAT YOU LOVE,
DO MORE OF IT AND BE HAPPIER

1 Incorporate something you LOVE into your everyday

This can be hard at first as so many of have lost track of the things that we really LOVE to do because our days are filled with the things that we HAVE to do.

Use this reflection exercise to remind yourself of the things that you LOVE to do as these are the things that will create those feelings of engagement for you.

What things do you find yourself getting lost in, where you lose track of time and feel totally and utterly content? Some examples may include, reading listening to or playing music, exercising...

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Still stuck? Take yourself back to a time in your life when you had no real responsibilities other than yourself e.g. school days. What things did you do in your spare time?

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Now that you have identified the things that make you feel totally engaged. Think about how you can build these things into your every day. Write down when you could do these things each day, the more specific the better! Remember to be realistic too.

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Now, write down a promise to yourself that you will try to make time for this activity each day. Don't be the person that skips this step - writing it down is like a contract with yourself. You are much more likely to achieve it!

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② Use your character strengths each day

Think about those things about yourself that make you special and unique or, your character strengths. List them here:

When do you use these strengths each day? Write down some examples of how you are using them in your day to day life.

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For the next week try and record the things that you have done each day to create more engagement in your life. Look for opportunities to do even more!

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3 Keep a log of the activities that leave you feeling energised and do more of them!

For the next week try and record the things that you have done each day to create more engagement in your life. Look for opportunities to do even more!

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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