



Pathway to Happiness: A Wellness Tool Kit

You are good enough. You have worth and deserve love. If you don't believe these fundamental truths, let's do something about it.

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Foreword

I love my life! I am happy and I like myself. I feel like I belong and that I am loved. I feel useful and successful. I feel valued and appreciated. My life is good. It is very good.

I feel so very different than I did a year ago as I sat on my couch sobbing with the desperate desire to cease existing. I wanted to disappear completely. I wanted the pain to end. I couldn't even imagine feeling loved, valued, or appreciated. I couldn't imagine feeling happy. I felt trapped and powerless to do anything about it. I felt hopeless. I hated myself. I hated my existence.

It is interesting that nothing tangible has changed over the course of the past year. I'm married to the same person, have the same kids, live in the same house with the same yard. I'm the same dress size with the same amount of money in my bank account and the same amount of success. Yet I am so different.

What has changed? Not my circumstances, they are the same. The only thing that changed was me. And that has made all the difference.

Change takes place little by little, so that you may not even notice that things are changing at all until you remember what it was like before. Today feels pretty much like yesterday, which seemed pretty much like the day before, but when I compare where I was a year ago to where I am today it is a difference as obvious as night and day. The new day didn't come by flipping on a light switch, it progressed gradually like a sunrise, but oh, what a glorious day!

Please allow me to be a companion and guide on the path to your own glorious day. I'm not pretending that I understand all your problems and that I know all the answers; that would be absurd. However, I am suggesting that it is actually you who has the answers to your particular situation and I can help you be able to access those answers.

I invite you to love your life. I invite you to like yourself. I invite you to feel loved, valued and appreciated. I invite you to become happy. I invite you to resume control over your life. I know from personal experience that it is possible. I know from personal experience that it is worth the effort invested.

Come on in, the water's fine.

Respectfully,
Linda Bjork

You are good enough. You have worth and deserve love. Do you believe it?

When we're empowered by the knowledge that we're good enough, wonderful things can happen in our lives. As we retrain our minds to believe these fundamental truths, it can help us reach our potential and empower us to fulfill our personal mission. We also begin to tap into our own immense power to solve problems which some physicians believe that is the single most effective means to resolve feelings of depression^[1]. Consistently using the simple tools in this book can help retrain your mind to believe the truth that you *are* good enough.

Caveat about this Wellness Tool Kit

Tools, by themselves, do nothing but perhaps take up space and collect dust. However, when they are utilized, they can empower a person to repair and build. This Wellness Tool Kit gives suggestions for many effective healing tools and the worksheets encourage and support you to actually use those tools. It is in applying the tools that healing takes place. This workbook also contains a series of self-evaluations to help you measure your progress. It works. It really works. But only if you do it.

When learning to use a new tool, it is normal to be awkward, clumsy, uncomfortable, or frustratingly ineffective; yet with continued practice, skills naturally increase and with those improved skills the results are better and progress comes faster.

This book may be read from front to back in the traditional reading style or, if you prefer, you may simply skip to the end of the book and peruse the "Tools by Topics" section and read only those sections that apply to what you want right now.

What is it that you want to build or improve upon? There is a list of possible tools that might be helpful to help meet a particular objective. What do you need the most right now? What tool will best help you achieve it?

Like any tool kit, this booklet probably contains items that don't apply to your situation and that's okay. If there is a tool or technique that you don't like or doesn't fit your needs, please feel free to ignore it or even cross out that page. Nothing contained in this book is intended to judge or condemn any person for any reason, nor does it claim to have tools to solve every situation. Different tools work for different people. Because the root causes of anxiety, depression and other mental and emotional issues vary from person to person, it is not surprising that there isn't a single solution. Having an open mind enlarges the possibility of finding the right set of solutions for you or your loved one.

Pathway to Happiness is a pattern of simple, repeated steps to promote progressive healing

It is said that a journey of a thousand miles begins with a single step. The journey is not a giant leap of a thousand miles in a single step, but multiple small steps repeated over and over again. Likewise, the Pathway to Happiness is small simple steps repeated over and over again. It is a journey of progressive healing.

The steps are:

Step 1 – select an overarching goal or objective to work on for the next 5 weeks.

Step 2 – choose weekly SMART goals to progress toward the larger goal/objective

Step 3 – break SMART goal down into daily SMART action steps

Step 4 – build positive habits by establishing a morning and evening routine

Step 5 – return and report to a mentor/friend/accountability partner/coach

Step 6 – repeat steps 2-5 each week for 5 weeks

Step 7 – evaluate progress and set a new goal or objective for the next 5 weeks

We'll give an example to see how this might work, but there are many options.

Step 1 - select an overarching goal or objective to work on for the next 5 weeks

Jill is ready to begin her own Pathway to Happiness. At the moment, Jill can't think of a specific goal that she'd like to accomplish within the next 5 weeks, but she realized from her initial evaluation she doesn't like herself very much. She decides that she wants to learn to like herself better. For the objective, she writes "I want to improve my relationship with myself."

Step 2 – choose weekly SMART goals to progress toward a larger goal/objective

Jill will select at least one specific SMART goal to complete this week that will help her to work towards achieving her larger goal or objective. SMART stands for SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY. To help her choose a SMART goal, she notices that there's a "Tools by Topics" list in back of this wellness toolkit and reads through the tools under the heading "Building self-esteem/ improving and strengthening." There's another heading that says "Overcoming negative self-talk/ relationship with self" with another list of suggested tools. Both of these seem like they might be useful in learning to like herself. She reviews the list of tools under those headings and selects a few that she likes. She reviews those sections in the book to remind her what they mean and how to do them. She kind of likes the idea of positive affirmations and declarations; self talk; 2 minute distraction; success lists; calibrate your body; smiling - even if you don't feel like it; embrace what you love; and service and compassion. Those

things seem like something she could do, but she doesn't want to feel overwhelmed by doing too many new things at once.

Jill chooses positive affirmations for her first SMART goal. Simply writing “positive affirmations” for her goal isn’t specific enough. She will write her goal in the form of a SMART goal. She will make it SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY. To make it SPECIFIC, she chooses to select 5 positive affirmations, print them out and hang them up on her bathroom mirror. By choosing a specific number, Jill also made her goal MEASURABLE, it’s not open ended, she knows exactly when she’s completed her goal. Since the goal is small, Jill knows that her goal is ATTAINABLE, it is something that she has control over, and she knows that her goal is something that she can REALISTICALLY complete. And since she has a specific time deadline of completing this goal during this week, her goal is also TIMELY.

Step 3 - break SMART goal down into small daily SMART action steps

Each day Jill choose 1 small action step that will lead toward her reaching her goal of selecting 5 positive affirmations, print them out and hang them up on her bathroom mirror. On day 1 her action step was to simply read through the list of affirmations in *Pathway to Happiness* and think about them. Day 2 her action step was to look online and see additional examples of positive affirmations. On day 3, her action step was to compile a list of affirmations that she likes. On day 4, her action step was to narrow down that list to 5. On day 5 her action step was to print a copy of them and tape them on her bathroom mirror. Does that sound easy? Good. It’s supposed to be. The daily action steps can be small, maybe taking only a few seconds or a few minutes (or longer if you’d like), but it is something that you actually commit to doing.

Step 4 – build positive habits by establishing a morning and evening routine

In addition to working on a weekly SMART stepping stone goal, the Pathway to Happiness plan is to build positive habits by establishing a morning and evening routine that you do at least 5 days a week. Choose things that will help you progress towards your goal/objective. The items on the morning and evening routine need to be simple things that you can already do, but perhaps need a reminder to actually do them. This is also an opportunity to give yourself credit for the good things you are already doing.

Depending on where you’re at emotionally, just getting out of bed in the morning can be a challenge. In our example, we’ll say that Jill is in a rough spot and getting out of bed and getting dressed and ready for the day are a challenge for her, but she’s doing it. So for the first two items on her morning routine she chooses to get out of bed, and to get dressed and ready for the day. Those are excellent items to put on her morning routine list and celebrate those daily successes. For her third item she chooses to calibrate her body by standing tall with her chin up, smile on,

shoulders back, hands relaxed at her side, and feet facing forward. She will hold that pose for 60 seconds then go about her day. Morning routine complete.

For her evening routine, Jill chooses to brush her teeth, write 2 sentences (or more) in her journal, and take 5 slow, deep breaths before going to bed. She feels confident that she can do these things consistently.

One day at a time –

Each day Jill tried to complete the three items in her morning routine, then chose one simple action step that would help her work toward her SMART goal for the week, then in the evening she tried to do those three items in her evening routine. She chose things that wouldn't take a lot of time because she didn't want to be overwhelmed with a lot of extra expectations.

Step 5 – return and report to a mentor/friend/accountability partner/coach

Jill had talked to her friend Amanda at the beginning of the week and let her friend know that she was working on improving herself. Jill asked Amanda if she would help her be accountable by allowing her to report to her in a week whether or not she had done it. Amanda was delighted to help her friend and they agreed that Jill would text Amanda at 8:00 on Sunday night with either the message "I did it" or "I didn't do it," but either way, she would send a text to Amanda on Sunday night.

The following page shows a copy of Jill's first weekly progress chart.

What happened next -

Even though this plan seemed easy enough, Jill found that in the day to day application, she didn't do a perfect job. Sometimes she forgot, sometimes she just didn't feel like it, but she really did try to do it most of the time. As she looked at her chart at the end of the week she saw a lot of check marks, but she also saw some empty spaces where she didn't do it. In the past, she might have berated herself for those empty spaces and given up, but as she marked the "Measuring weekly success" section at the bottom of the page, she found that although she didn't follow through perfectly, she really did have some successes and she made some progress.

Progress, not perfection

Please notice that you don't need to be perfect, just progressing. It's not a "failure" if you forget to do those things on your morning and evening routine a couple times. Nor is it a "failure" if you don't reach a weekly SMART goal. It's okay. Just keep trying and do your best.

Sample – Jill – Week 1

Overarching goal or objective (5 weeks) I will improve my relationship with myself/like myself

Related SMART goal for this week I will choose 5 positive affirmation statements and post them

I will report to Amanda on (day/time) Sunday 8PM

Daily action steps to achieve goal	Completed
Read through affirmation examples in Pathway to Happiness.	X
Search online for examples of positive affirmations	X
Compile a list of affirmations that I like and seem to apply to my situation	X
Narrow list down to 5	X
Print off a copy and tape them on my bathroom mirror	X

Morning routine	M	T	W	Th	F	Sa	Su
Get out of bed	X	X	X	X	X	X	X
Get dressed and ready for the day	X	X	X	X	X		X
Calibrate body (chin up, smile on, shoulders back, etc.) for 60 sec	X	X	X	X	X		

Evening routine	M	T	W	Th	F	Sa	Su
Brush teeth	X	X	X	X	X	X	X
Write 2 sentences (or more) in a journal	X	X	X	X	X		
Take 5 slow, deep breaths	X	X	X	X	X		

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	X
I achieved my SMART goal for the week.	X
I completed my morning routine 5 times (or more) this week.	X
I completed my evening routine 5 times (or more) this week.	X
I “returned and reported” to my accountability partner/ mentor/ coach	X

Step 6 - repeat steps 2-5 each week for 5 weeks

Jill will follow the same pattern of choosing another weekly SMART goal to progress toward her objective of improving her relationship with herself. To help her get ideas for a new goal, she goes back to that list she made earlier and looks at the other tools that might help her in her objective. She chooses to work on her self-talk. If she just writes “work on self-talk” as her goal, there is going to be a problem. Chances are that she will not eliminate all negative self-talk within a week and might get frustrated and want to give up. It needs to be re-written as a SMART goal that has some aspect that is achievable this week. It needs to be written in a way that leads to success, not failure. She thinks of a way it might be measurable and successful. She chooses to write the goal this way: I will use tools to combat negative self-talk at least 5 times during the week. By writing it in this way her goal is now SMART (SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY).

For the action steps to achieve that goal she lists various things she can try to distract herself for at least 2 minutes to stop the cycle of ruminating negative self-talk. She lists options of singing a song, reading through the “I am” statements in the book, repeating positive affirmations, and calibrating her body by standing up straight with chin held high, smile on, shoulders back, hands relaxed at her sides, and feet facing forward and holding that pose for 60 seconds. She’ll try different things to see what is the most effective for her. If something didn’t work, she can try again or try a different tactic next time. Her goal was to try. Even if she isn’t perfect at eliminating all negative self-talk, by reaching her goal, she was at least able to win that battle 5 times during the week and she can build on that success.

Jill also chooses to adjust her morning and evening routine, since she now has a new tool she can use each day. She has a list of 5 positive affirmation statements because she successfully created one last week. She chooses to modify her morning routine by replacing “getting out of bed” with repeating her positive affirmations 3 times. She also chooses to modify her evening routine by replacing “brushing teeth” with repeating her positive affirmations 3 times before bed. The rest of the morning and evening routine items she keeps the same.

Step 7 – evaluate progress and set a new goal or objective for the next 5 weeks

After continuing this process for 5 weeks, Jill does a self-evaluation to measure her progress. She is delighted to notice that she has made some improvement. She either selects a new objective or chooses to continue working on the same one, or perhaps by now she has a specific goal in mind that she’d like to accomplish and she’s ready to begin the next 5-week cycle.

Choosing a mentor/friend/accountability partner/coach

Working with another person provides accountability and greatly improves your likelihood of success. Knowing that you will be returning and reporting to someone at a specific time on a specific day can increase the chance of success from 10% to 95%.

Enlist the help of a professional or a trusted friend as an accountability partner or mentor. Pick someone you can trust to hold you to your very highest standard. Set a designated time to return and report to her or him. Allow this mentor or friend to help you make a plan of action steps and follow up by returning and reporting to your mentor or friend on a regular basis (daily or weekly) through texting, email, phone call, or visit.

A note to mentors: The time commitment for an accountability coach or mentor is a few seconds a day and/or a few minutes a week. A mentor does not accept responsibility for another person's emotional state or for their decisions. A mentor is not a pseudo professional. An accountability partner or mentor's job is simply to provide regular accountability and follow up. A mentor should **not** ask, "How can I make you get better?" or "How can I solve your problems?" A mentor **should** ask, "How can I support you as you work towards your goals?"

An example: Joe chooses an overarching goal of decluttering and improving organization in his life. For his weekly goal he decides to clean off the nightstand next to his bed. For his morning routine, Joe decided that he'd like to make his bed, say positive affirmation statements and go for a walk each morning. Then in the evening before bed he wants to repeat his positive affirmation statements, write down 5 things he's grateful for, and meditate for 10 minutes. Joe has a chart to mark down whether or not he's done these things, but he knows that having another layer of accountability will help him stay on track.

Joe has a friend named Mark that he trusts. Joe shares his goals with Mark and asks if he's willing to help him be accountable. Joe feels like he needs some daily support to help him develop new habits. Together they decide that the best plan for their busy schedules is for Joe to send a text saying "I did it" to Mark each night at 9PM to say he completed his morning and evening routine for the day and that he spent at least 15 minutes working on his goal of cleaning off his nightstand. Mark responds with a simple thumbs up or comment like "good job, keep up the good work." Because Mark really cares about Joe, he also offers to help Joe at the beginning of each 5 week cycle as he assesses his progress and creates new goals.

What if I don't know where to start?

If you don't know where to start, a good place to begin is with something physical. Either your physical self or the physical world around you. Choose something where you can see or feel a difference in a short amount of time. The general objective might be to declutter, or to get better organized, or to improve physical health. Review the section under the heading "Physical wellbeing" or choose an area in your home, car or office to clean and organize. Start with something small like a nightstand table or a single drawer.

Another way to select the next SMART goal is to look around you for unfinished projects. Is there something that you started, but haven't completed? When projects are big, set an amount of time to work on the project for the weekly goal rather than setting a goal to complete the project. For example, "I will work on _____ for an hour this week." And break the goal down further into action steps. If the goal is to work on the project for an hour, you could create 3 action steps like this, "I will work on _____ for 20 minutes." Keep it simple and achievable. We want progress and success. If the project isn't finished in a week, simply roll over the goal to the next week.

A physical goal might be to go for a walk 3 times during the week or learn a 2 minute tai chi form or drink 8 glasses of water each day for 5 days during the week. Always make sure to give yourself wiggle room. Don't set a goal that requires more than 5 days during a week. We don't want to feel overwhelmed and we're not looking for perfection; we're just looking for progress. Progress equals success.

Please remember to write the goals in a SMART format. Make it SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY.

Trouble shooting

If you're not succeeding in your goals, it's probably because they are either too large or they haven't been translated into a SMART form. Shake it off and try again. With practice it will become easier.

Remember that SMART goals are SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY. Choose weekly SMART goals that can be reasonably completed within a week taking into consideration all your regular daily activities and obligations. Remember that selecting a specific

number of times you will do something or selecting a specific amount of time (or both) helps make goals more attainable.

Allow yourself wiggle room, don't choose something that you have to do perfectly every day in order to achieve a goal. If you choose the number of days/times you will do something, 5 is plenty. If you remember to do it every day, that's a bonus, but 5 successes in a week is awesome.

Many people struggle with a concept of duality: If it's not perfect then it's a failure. If I'm not perfect, then I'm a failure. It is only one or the other, there is nothing in between. That type of thinking leads to a lot of frustration, because it expects the impossible, and practically guarantees failure. Pathway to Happiness, is not about setting ourselves up for failure, it is about recognizing, creating, and building upon success. We are not looking for perfection. We are looking for progress.

Write what you “will” do, not what you “won’t do”

A goal written in negative terms such as “I won't use negative self-talk” is a recipe for disappointment. Focusing on what we don't want, unfortunately makes us think more about it and do it more, rather than less. Write goals that focus on what you want rather than what you don't want. A better goal would be “I will interrupt that self-talk by repeating my affirmation statements.” If you did it at least one time during the day, mark your chart that you did it. To go along with that goal, it would be a good idea to include repeating your positive affirmations in your morning and evening routines. The more positive self-talk, the better.

Keep things simple

Items in the morning and evening routine should be easy for you to accomplish. You can even include things that you're already doing and give yourself credit for the good things you're already doing. As you gain in confidence, you can upgrade your choices for morning and evening routine to be something new, but still easy to achieve. Consistency is a key to success. If it's too hard, takes too much time, or you don't like it, you won't want to do it. There are so many options, there's no need to do something that makes you miserable. Choose things that will not only make you better, but that you also enjoy.

It's pretty simple, but over time, this process brings about magical internal changes. Let's begin looking at some tools we can use.

Wellness tool: Seek professional help

Which is more important, the body or the mind? The mind controls the body so some might argue that the mind is more important, yet when it comes to health issues, people are more likely to see a doctor for a physical ailment and try to deal with mental or emotional problems on their own. Everyone feels low and depressed every now and then. How then, are you supposed to know when your depressive symptoms have reached a point when professional help would be a good idea? Here's a good rule of thumb: If your depressed mood lasts for more than two weeks, or is seriously interfering with your ability to function at work, with your family, your social life, or you are contemplating suicide, it would be a very good idea for you to consult with a mental health professional as soon as possible and make an appointment.^[2]

If you are feeling acutely suicidal, there is no time to waste with appointments. Take yourself immediately to your local hospital emergency room and tell them there that you are feeling suicidal, or call the suicide prevention lifeline 1-800-273-TALK (8255), or call 911.

Wellness tool: Where to Find Help

Listed below are examples of the types of professionals and institutions who can offer help for depression. The professions and institutions listed towards the top of this list will be more directly able to help you. Those listed at the bottom of the list will be able to provide you with appropriate referrals to other mental health professionals.^[3]

- Mental health specialists, including:
 - Psychiatrists
 - Clinical Psychologists
 - Social Workers
 - Licensed mental health counselors
- Your family doctor
- Your employer provided Employee Assistance Programs (EAPs)
- Nearby university or medical school-affiliated mental health clinics
- Your local hospital
- Community mental health centers
- Clergy
- Your Health Maintenance Organizations (HMO) or Health Insurance company

Some practitioners classify depression into two broad types:

- Endogenous (or chemical) depression which is thought to reflect some kind of "chemical imbalance" in the brain.
- Exogenous (or external) depression which is thought to arise from an external cause like a traumatic life experience, or stress.^[4]

Seek a professional who helps you determine the root cause of depressive symptoms. Certain medications and medical conditions such as thyroid disorder can cause the same symptoms as depression. A doctor can rule out these possibilities by conducting a physical exam, an interview, and lab tests. Treatment that addresses root causes is more likely to be successful long term than treatment that merely addresses symptoms.^[5]

In addition to seeking professional help, using the tools in this booklet can help with externally caused depression by relieving symptoms, boosting mood, helping a person find the root and address it, and regaining confidence and improved control over his or her life. It may also help those with depression that is based in chemical issues. Through MRI scans, we now have proof that changes in thinking cause significant, measurable changes in brain chemistry and functioning.^[6]

Wellness tool: Medication

There's a scene in the 1997 movie *As Good As It Gets* starring Jack Nicholson and Helen Hunt, that is an excellent illustration of the purpose of medication.

Melvin [Jack Nicholson]: I've got a really great compliment for you, and it's true.

Carol [Helen Hunt]: I'm so afraid you're about to say something awful.

Melvin: Don't be pessimistic, it's not your style. Okay, here I go... I've got this ... ailment. My doctor, a shrink that I used to go to all the time, he says that in fifty or sixty percent of the cases, a pill really helps... I hate pills... Well, my compliment to you is... I started taking the pills.

Carol: I don't quite get how that's a compliment for me.

Melvin: You make me want to be a better man.

The purpose of medication is to help people be their best selves. Some people stop taking their prescribed medication for a variety of reasons and sometimes that results in disastrous consequences. Depression can diminish a person's ability to reason and think rationally.^[7]

Please don't make a decision to stop taking prescribed medication without getting a second opinion from a doctor, trusted family member, or friend who can help see the situation clearly and objectively. Anti-depressant medication plays a critical role in the treatment of depression. In the right patient, anti-depressants reduce the symptoms of suffering exceptionally well and can be literally life-saving.

It is important to understand that anti-depressants only treat the symptoms of depression, therefore they can't actually make anyone *happy*. Happiness isn't merely the absence of suffering. Many experts feel that the best approach is to treat the symptoms of depression with anti-depressants at the same time as addressing the underlying cause of the depression itself.^[8]

Wellness tool: Make a choice to do something about it

Most people don't choose to enter into the world of depression and anxiety, it is thrust upon them against their will. However, no one is able to get out of the world of depression and anxiety without choosing to do something about it.

That doesn't mean that depression is somehow your fault, it just means that it requires effort to overcome it. Whether that effort comes in the form of seeking professional help, consistently taking medication, going for a walk, or trying a variety of self help techniques, doesn't matter, what matters is that a person has a desire to heal and takes steps to accomplish that goal.

None of this is by any means to say we can simply *decide* to believe we can solve a particular problem. Changing any belief, whether consciously recognized or not, is literally one of the hardest things to do, but armed with clearer understanding we can consider steps to help ourselves.

Some experts believe that the true cause of depression arises from a core belief that we're powerless to solve our problems. A person can combat that limiting belief by taking action steps (utilizing tools and techniques). This creates personal accountability which helps empower a person to pull out of a pit of despair.^[9]

Wellness tool: Return and report

Depression often diminishes a person's belief in his or her ability to solve problems, ability to plan, and ability to have hope for the future. In this way the cause of any depression always reinforces itself.^[10] This condition makes it very difficult, if not impossible, for a depressed person to emerge from depression without outside help.

Enlist the help of a professional, trusted friend, or family member as an accountability partner or mentor. Pick someone you can trust to hold you to your very highest standard. Set a designated time to return and report to each other. Allow this mentor to help you make a plan of action steps and follow up by returning and reporting to your mentor on a regular basis (daily or weekly) through texting, email, phone call, or visit.

It's that simple and yet it makes all the difference. When we know we have to return and report we are more likely to follow through.

The American Society of Training and Development (ASTD) did a study on accountability and found the following statistics:

The probability of completing a goal if:

- You *have* an idea or a goal: 10%
- You *consciously decide* you will do it: 25%
- You decide *when* you will do it: 40%
- You *plan how* you will do it: 50%
- You *commit to someone* you will do it: 65%
- You have a *specific accountability appointment* with a person you've committed to: **95%**

The likelihood of getting new habits to stick, of following through on your assignments and reaching goals is remarkably higher when you set a time to report back to someone on your progress. In other words, return and report to a person or group that is aware of your goal or assignment.^[11]

"When performance is measured, performance improves. When performance is measured and reported, the rate of improvement accelerates." — Thomas S. Monson

A note to mentors: you are not accepting responsibility for another person's emotional state or for their decisions. You are not a pseudo professional or replacing a qualified counselor. An accountability partner or mentor's job is simply to provide regular accountability and follow up. The time commitment for a mentor is a few seconds a day and/or a few minutes a week. The question a mentor should ask is not, "How can I fix you?" or "How can I make you better?" The question for a mentor to ask is, "How can I support you as you work towards your goals?" There is a big difference.

Wellness tool: Use a goal setting app

Having an app on your phone can be a useful tool to help improve the likelihood of success. I would personally recommend that the app be used **in addition to** returning and reporting to an accountability partner, mentor, or coach. Part of the challenge of depression and anxiety is feeling socially or emotionally disconnected from others. Working with another person increases the chance of feeling connected and decreases feelings of loneliness and isolation.^[12]

There are a variety of free goal setting apps available. Here are a few possible resources:

Strides is a powerful and easy to use goal setting app. You can set up reminders so that you never forget to maintain those daily habits that lead to bigger goal achievement. Simply pick a goal (or use a suggested one given by the app), set a target by inputting a goal value or a certain date and then specify the action you need to do to turn it into a habit. The Strides app lets you track it all by day, week, month, year or even on a rolling average. All of your data is synced to your account so you always see your latest stats whether you access it from the web, a mobile device, or anywhere else.

Available on: iOS

Way of Life - If you love to look at charts and graphs of your progress, then Way of Life may be the right app for you. Just pick a goal action, tell the app whether the action is good or bad for you (like eating healthy = good whereas smoking = bad) and then you'll get a daily reminder to input what you did or didn't do in terms of your goals. Over time, you'll have enough data to show you bar graphs, pie charts and other details.

Available on: iOS | Android

GoalsOnTrack - GoalsOnTrack is a web-based and mobile app that helps users develop and stick to goals based on the SMART goal setting trend (specific, measurable, attainable, realistic and timely). The app helps you break up big goals into smaller chunks so they're not as overwhelming,

offering unique animations and offline tracking so you can track how long you spend on tasks. There's also a built-in journaling feature that gives you the opportunity to get specific by writing in detail about your goals and progress.

Available on: iOS

Coach.me - Coach.me claims to be the leading habit tracking app, even offering personalized habit coaching and leadership coaching as part of its services in addition to its free mobile app. Simply select a goal, track your progress, earn rewards for sticking with it and take advantage of the community aspect by getting involved and asking questions. If you really end up loving it, you can upgrade to hiring a real coach for as little as \$15.

Available on: iOS | Android

ATracker - ATracker is all about offering you more insights into how you're spending your time. For repetitive routines like getting ready in the morning, commuting, answering email, studying, watching TV, spending time online and other routine tasks, ATracker can help you manage it all so you don't go overboard on the wrong things. Once you start tracking your time for all your daily habits, you'll be able to see a nice breakdown of it all in a pie chart. You can also get a bigger picture look by looking at your breakdown over the past week, past month or other range.

Available on: iOS | Android

Wellness tool: Protect and build self-esteem

We know from dozens of studies that when your self-esteem is lower, you are more vulnerable to stress and to anxiety; that failures and rejections hurt more, and it takes longer to recover from them. So when you get rejected, the first thing you should be doing is making efforts to revive your self-esteem.^[13]

Self-confidence does not happen by accident. It takes effort to achieve. For many people, self-confidence may appear to have come naturally to them, but it is more likely that they had confident role models in their life and they learned the appropriate confidence building behaviors through watching and imitating them and they habitually do them now. By practicing these same actions, you can build your own self-confidence. It comes from repeated practice and small successes which build into large successes.

Wellness tool: Present yourself with confidence

Self-care and grooming make a difference in how you feel about yourself. Dressing well gives a little confidence boost and encourages others to take you seriously. Presenting yourself well is not just about the clothes, it's also about the person inside. Your body language speaks louder than your words. Put your chin up, shoulders back, stand straight with your hands relaxed at your sides. Keep both feet pointing forward and keep weight even on both legs. This shows you have a firm, solid foundation and you're not a pushover. Doing these things will not only make you appear more confident, it actually makes you feel more confident.

Wellness tool: Smile and look people in the eye

When you smile and make eye contact, it shows confidence and enables others to feel more at ease in your presence. This improves the quality of your interactions with others. Smiling also helps you feel happier and improves your mood.

Wellness tool: Give genuine compliments to others

When you take the time to compliment others, it demonstrates that you feel good enough about yourself to give positive feedback to others. The compliments should always be genuine and honest. False flattery will come across as fake. Start with the people who are most important to you and make a note of all the things you admire about them. Train yourself to see the positive and find ways to compliment them on those traits.

Wellness tool: Practice appreciation

Practice appreciation each day and you will eliminate negativity from your life. When you take the time to appreciate the good things in your life, you start to feel some real joy. To be happier with your life and have more self-confidence, you don't always have to improve your life. You just need to start seeing the good in your life and start appreciating it.

Wellness tool: Play to your strengths

Often we compare other people's strengths to our weaknesses. Fred is so much better at (fill in the blank) than I am. That may be true, but there are certainly other things that you do well. Know your strengths and play to them. Focus on doing whatever you're best at. Your self-confidence will receive a boost with each task that you successfully complete. Seek work in an area which makes the most of your strengths, knowledge and skill set. Where possible delegate

or outsource the tasks which do not suit your strengths. Strengths aren't something at which you are perfect. Perfection is neither possible nor necessary.^[14]

Wellness tool: Accept your imperfections

Successful people focus on continuous improvement rather than perfection. Perfectionism is neither a possibility nor a necessity. Nobody has ever been perfect and nobody ever will be. The key thing to remember is that once something is done, it can always be improved. The feedback loop allows you to continuously improve anything - whether it be a skill, a personal trait, a project, a product, etc. If you wait for perfection before you take action, you will never start.

Furthermore, in studies on relationships, it seems that people who have the courage to be imperfect have more positive, fulfilling relationships. It turns out that we can't practice compassion with other people if we can't treat ourselves kindly. People have to be kind to themselves first.^[15]

Wellness tool: Be prepared

As you practice, you realize that you are capable of dealing with challenges and your self-confidence grows. Preparation isn't just for the big things. It is something you can do each day. By being prepared for each day, the day goes better, and the incremental results add up to big improvements over time.

Wellness tool: Set effective goals and work to achieve them

When your life has direction and purpose, you know where you're going and what you are trying to achieve. You then set goals which will help you to consistently work towards these objectives. With the accomplishment of each goal your self-confidence receives a little boost, as you see that you can achieve whatever you want from life. You don't need perfect self-confidence. You just need to have enough self-confidence to take on your next goal and believe you can achieve it. Achieving your goal will then take your self-confidence to a new level.

Wellness tool: Embrace whatever it is you love

Consider this quote from the Alchemist by Paulo Coelho, "When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too." Self-confidence naturally improves when you make more time to focus

on the things you love by eliminating those things which add no joy or value to your life. One of the most important things that you can do it to make room for the things that you love in your life. Often when people are stressed and pressed for time, one of the first things that they cut are their favorite hobbies. However, hobbies that you love fill you with positivity which helps to boost your happiness and health. It also makes you feel more in control of your life, which adds to your self-confidence. Taking the time to discover what you love and what makes you feel happy and blessed, is a great way to identify where you should be spending more time in your life. It's a way to care for yourself. Caring for yourself will always boost your self-confidence.

Wellness tool: Always do your best

No matter what kind of work you do, you can strive to do your best at it. This allow you to feel more confident about your performance. Always doing your best is a core value. Values ensure that you set yourself the highest standards to live by and you hold yourself to those standards. When you always give your best, you also build a reputation with friends, family, colleagues and customers which enables you to receive positive, self-confidence building feedback.

Wellness tool: Accept disapproval

Approval seeking is a disease. It leads to you sacrifice your own needs, wants, and desires to win the approval of others. Nobody who is worthy of a place in your life would ever require you to sacrifice your own happiness to please them. People who expect this will strip you of your self-confidence and they need to be shown the door. No matter what you do in life and how well you do it, there will always be people who disapprove of you. In the movie "The Greatest Showman" Charity Barnum gives this advice, "You don't need everyone to love you, just a few good people." When you give up the need for approval, you'll be free of feeling compelled to impress people. Instead, you'll become more authentic and real with yourself. Prove to yourself instead of to others that you are competent and confident and others will see it anyway.^[16]

Wellness tool: Self-talk

What words do you use to describe yourself? I am (fill in the blank). Do you find yourself repeating phrases like: I'm a failure, I'm an idiot or I'm too fat?

As you repeat those words and phrases over and over, your brain accepts those things as true even when they're false.^[17]

If you want to feel happy, it's time to select from a new set of adjectives to describe yourself. Here is a list to help you get started.

I am _____.

Happy, joyful, confident, charismatic, optimistic, playful, creative, inspired, loving, loved, worthy, valued, appreciated, successful, compassionate, abundant, beautiful, radiant, prosperous, supported, humble, trusting, fearless, accepting, open, grateful, cherished, genuine, intuitive, articulate, redeemed, forgiven, clean, faithful, influential, generous, kind, capable, strong, healthy, energetic, wise, peaceful, safe, useful, trustworthy, blessed, loyal, experienced, helpful, skilled, organized, brave, brilliant, improving, accepting, forgiving, firm, undaunted, obedient, inquisitive, observant, eager, content, courageous, disciplined, imaginative, visionary, teachable, virtuous, supported, lovely, supportive, praiseworthy, secure, decisive, hopeful, willing, empathetic, progressing, active, intelligent, resilient, authentic, safe, divine.

Wellness tool: The power of repetition

Some people seem to have it all. Confidence, happiness, success, love, belonging, etc. While others struggle with low self-worth and loneliness. Studies have been done to determine what makes the difference. There was only one variable that separated the people who have a strong sense of love and belonging and the people who really struggle for it. Personal belief. The people who have a strong sense of love and belonging believe they're worthy of love and belonging. That's it. They believe they're worthy.^[18]

Somehow, we have to convince our minds that we are worthy of love and belonging. We need to convince our minds that we can be happy now. Fortunately, there are tools that can help with that.

Repetition is a powerful tool to change our thinking. Cognitive scientists describe a phenomenon called the "mere exposure effect, which shows that people feel a preference for things simply because they are familiar. It is interesting because it has no basis in logic.^[19]

A parallel manifestation of the same psychological phenomenon that causes us to rate familiar statements as more likely to be true than unfamiliar ones.^[20]

This is why it is so dangerous when we repeat over and over in our minds things like: I'm not good enough, I'm a failure, Nobody cares about me. Even though there is no basis in logic for these statements, we believe them to be true simply because we repeat them to ourselves over and over again.

There is a way to combat these beliefs using the same principle of repetition. By creating positive statements about ourselves and repeating them over and over it can create a new healthier positive belief system.

It won't be easy however, as David McRaney explains in his acclaimed psychology book *"You Are Now Less Dumb: How to Conquer Mob Mentality, How to Buy Happiness, and All the Other Ways to Outsmart Yourself"*

"Once something is added to your collection of beliefs, you protect it from harm. You do this instinctively and unconsciously when confronted with attitude-inconsistent information. Just as confirmation bias shields you when you actively seek information, the backfire effect defends you when the information seeks you, when it blindsides you. Coming or going, you stick to your beliefs instead of questioning them. When someone tries to correct you, tries to dilute your misconceptions, it backfires and strengthens those misconceptions instead. Over time, the backfire effect makes you less skeptical of those things that allow you to continue seeing your beliefs and attitudes as true and proper." [21]

In other words, our brains fight to protect the information that we already believe to be true. If I already believe that I'm stupid and worthless and there is any information that contradicts that belief, I will automatically reject it to protect what my brain already believes to be "true."

It will be an uphill battle to overcome those intact, but incorrect, beliefs. If I give a half hearted attempt to overcome those old beliefs by doing occasional positive affirmations and declarations, it will actually backfire and make my original beliefs stronger. In order to win this war of beliefs, I need to be relentless and consistent. Don't start unless you're willing to finish. Don't start unless you're willing to commit. Don't start unless you want to be happy. Don't start unless you want to feel loved and appreciated. Don't start unless you want to feel confident and successful.

However, if you do want to feel worthy of love, belonging, happiness, confidence, success, etc. repetition is the means to retrain our brains and accept those things as true. [22]

Wellness tool: Positive affirmations and declarations

“As a man thinketh, so is he...” Proverbs 23:7

*Mind is the Master power that moulds and makes,
And Man is Mind, and evermore he takes
The tool of Thought, and, shaping what he wills,
Brings forth a thousand joys, a thousand ills: —
He thinks in secret, and it comes to pass:
Environment is but his looking-glass.*

As a Man Thinketh by [James Allen](#), published in 1903

When we believe, "I'm enough" ... then we stop screaming and start listening, we're kinder and gentler to the people around us, and we're kinder and gentler to ourselves.^[23]

Positive affirmations can be used to reprogram your thought patterns and change the way you think and feel about things. Declarations are things that you declare to be true. I will use the terms synonymously. They work through the power of repetition to retrain the brain to accept new beliefs and new beliefs actually create change. They can help us feel like we are good enough. There is a common belief that when things change then I will be happy, but the reverse is actually true. When we are happy, then things change.

Positive affirmations or declarations fit in 3 basic categories: 1.) What I think about myself, 2.) What I think about others, and 3.) What I think other people think about me. Although we can't actually control what other people think about us, we do have control about what we **think** they think about us. Interestingly, we actually send out messages to the people around us through our body language that instruct other people on how we expect to be treated. Usually people respond to those messages and treat us according to our expectations. As you select your positive affirmations or declarations, remember to include statements from **all three** categories.

Remember that initially your subconscious mind is going to try to reject these things as false. It doesn't mean they're actually false, it simply means that your they're unfamiliar and that will change over time with repetition.^[24]

Some possible affirmations are:

Category 1 - Things I think about myself

- I like myself. I am enough.
- I am worthy of being loved, valued and appreciated.
- I am learning and progressing every day.
- I am brimming with energy and overflowing with joy.
- I am confident and charismatic.
- I am a generous giver and an excellent receiver.
- I choose to live each day joyfully and gratefully.
- I am safe. I am powerful.

Category 2 – Things I think about other people

- I see the good and positive in other people.
- I assume that other people have good intentions.
- I trust my family members and friends to be able to make their own decisions.
- I trust that other people can solve their own problems.
- I trust that other people can change of their own free will and choice.

Category 3 – Things I think other people think about me

- I am loved, valued and appreciated by other people.
- Other people see the good in me.
- Other people like me and want to be my friends.

There are many additional examples available online, or you can write your own. Choose at least 5 and write them down. Repeat them each 3 times each morning and each night.

Wellness tool: Visualize happiness

“Everything you can imagine is real.” - Pablo Picasso

It’s possible for a person struggling with depression to not remember what happiness, confidence, hope and joy felt like. He or she cannot even imagine what it would be like to be happy or fulfilled. How can a person create something if you can’t even imagine it?

Rate your life on a scale from 1 to 10. What would life be like as a 10? What does it look like? What does it feel like? How do people treat you? How do you treat others? What are your relationships like? Visualize yourself in that place.

Visualizing is a powerful tool because by helping us imagine what we want, we increase our ability to create it.^[25]

Wellness tool: Success lists

Confidence builds on successes. Typically, we don't give ourselves credit for the good things we do. We focus on our shortcomings. If we ask ourselves, "what is wrong with me?" our brains will accommodate our request and begin searching for evidence of what is wrong with us. On the other hand, if we say, "What did I do right today?" then our brain will search for good things.

This is particularly important before going to sleep at night. Research shows that our brains are surprisingly active during sleep and often go over the last thoughts of the day.^[26]

If the last thought of the day is "What is wrong with me?" or the long list of things that we didn't get done during the day, then your mind goes over those things during the night and it reduces the quality of your sleep and begins the new day with discouragement. But if the last thought of the day is the positive accomplishments of the day then those thoughts can run through your mind during the night and actually build confidence levels while you sleep.

Keep a journal near your bed and make a habit of writing down at least two successes from the day's accomplishments. It may be difficult at first to think of positive things, but with practice it will become easier.

Wellness tool: Getting to the root of the problem

Some things that cause stress we have little or no control over, other things we do have control over. For example, if debt and money issues are causing stress, deep breathing and doing yoga may help short term, but organizing finances, getting professional debt relief assistance, reducing spending, and paying off debts, and following the Dave Ramsey program are answers that address the root of the problem and create lasting solutions.

Wellness tool: Use journaling to Identify the problem

It's amazing how often you don't know why you're depressed and how helpful it can be to figure it out. Making a list of everything that's bothering you—a sort of stream-of-consciousness rant on paper—can be a helpful exercise.^[27]

Write out the things that are bothering you. Begin with the phrase “I feel overwhelmed because...”, or “I feel worried because...” or “I feel like a failure because...” and write everything that comes to mind. Let the worries flow onto the page. When you can’t think of anything else to write, stop, take a deep breath and wait for a minute. See if anything else comes to mind and if it does, write that as well. Repeat as needed. Afterwards read what you’ve written and mentally divide the content into two categories: rant and release, and clarity/insight/solutions.

Journaling makes you more aware. It helps you get to know yourself better.^[28]

As you write, hopefully insight will increase as you clarify your problems. Are there solutions to address those problems? Is there someone who can help? Re-write an outline of the clarity/insight/solutions that came up in your writing. This is way to tap into our immense power to solve problems.^[29]

Journaling lets you take control. When we write things down, they feel more manageable, it helps you take an active role in your treatment. It empowers you to do something to help yourself feel better. It also helps you recognize when you feel worse and need extra help.^[30]

Wellness tool: Written rant and release

The majority of stream-of-conscious writing will most likely fall under the category of rant and release. Ranting on paper allows you to release pent up feelings in a healthy and appropriate way and provides relief.

You may discover you're worried about something you didn't know was upsetting you until you wrote it down. Thoughts can trigger feelings that remain stirred up *long after the thoughts themselves have been forgotten*. Some studies have suggested people think upwards of 12,000 thoughts per day. How could we ever remember them all? Yet a fleeting thought we might have had this morning about the possibility of losing our job can and often does leave an emotional residue that lasts hours, days, weeks, or even longer. Some experts argue that depression is often likely caused by a thought that simply isn't *remembered*.^[31]

Just like a sliver in your finger won't heal until the sliver is found and removed, pent up feelings can't heal until they are removed. If they stay inside, they just fester and cause emotional infection.

This analogy goes further. The offending sliver is removed and discarded while the wound needs to be washed, disinfected, and protected to allow healing. On the other hand, if a person shoves the sliver back into the finger or picks the scab constantly, it enlarges the wound, causes infection

and makes it more difficult to heal. Likewise, as stream-of-conscious writing brings up things that are bothering you and perhaps remind you of things that you've forgotten, you have a choice before you. Do you want to heal or pick the scab? If you desire healing, tear up those things and throw them away. Symbolically releasing them from your life.

If you want to accelerate healing, create gratitude journals and affirmation journals. Depression tends to bring up negative feelings, so writing about happy memories can help retrain your brain to return to a happy place. It can shift your viewpoint in positive ways.^[32]

Wellness tool: One step at a time

Sometimes we become depressed not because we have one problem we believe we can't solve but because we have *multiple* problems we believe we can't solve. Handling challenges can be likened to balancing a "plate" of a certain size: if we pile too many problems onto it, not only do we risk having it topple over, we often find ourselves *wanting* to pitch the whole thing on purpose. When this is the case, allow yourself to only worry about and focus on solving one problem at a time.^[33]

Wellness tool: Battle the cycle of negative thinking with a 2-minute distraction

With our physical health, one of the worst problems you can face is an autoimmune disease. Autoimmune diseases are those where the body attacks its own tissues. Your body becomes its own enemy and you have to intervene to protect yourself from yourself.

Likewise, with our emotional health, we often have to intervene to protect ourselves from ourselves. We think we're not good enough. We think negative thoughts about ourselves. Just like an autoimmune disease, these emotional self attacks destroy our self esteem. When you're in emotional pain, don't beat yourself up. Treat yourself with the same compassion you would expect from a truly good friend. When thoughts go through your head, think "Would I say these things to my best friend?" If the answer is no. Stop.

One of the unhealthiest and most common forms of negative thinking is called rumination. To ruminate means to chew over. It's when your boss yells at you or you make an embarrassing mistake, or you have a big fight with a friend and you just can't stop replaying the scene in your head for days, sometimes for weeks on end.

Spending so much time focused on upsetting and negative thoughts, actually puts you at significant risk for developing clinical depression, alcoholism, eating disorders, and even cardiovascular disease.^[34]

The problem is, the urge to ruminate can feel really strong, so it's a difficult habit to stop. But there are ways to combat that urge. Studies tell us that even a two-minute distraction is sufficient to break the urge to ruminate in that moment.^[35]

If your thoughts are swirling in despair, take action to break free of them and attain a fresh perspective. Become immersed in a great book that moves you or watch a movie that transports you. Exercise. Go for a walk. In short, do what you know from experience bounces your thinking to a more optimistic place.^[36]

If you can succeed in changing your mental channel for at least two minutes you have a chance of breaking that destructive cycle of rumination. By battling negative thinking, you won't just heal your psychological wounds, you will build emotional resilience, and you will thrive.^[37]

Wellness tool: Laughter

When looking for an excellent distraction, laughter really is the best medicine. Laughter stops distressing emotions. It helps you shift perspective, allowing you to see situations in a more realistic, less threatening light.

Laughter makes you feel good. It triggers the release of endorphins, the body's natural feel-good chemicals. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss. It adds joy and zest to life, eases anxiety and tension, relieves stress, improves mood, and strengthens resilience.

Humor also has physical benefits. It boosts the immune system and decreases stress hormones. Norman Cousins, author of the book "Anatomy of an Illness," became known as the man who cured himself from a life threatening disease through laughter.

Laughter lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. Laughter is a powerful antidote to stress, pain, and conflict. It helps to release anger and be more forgiving. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.^[38]

Wellness tool: Creating a virtual shield

It would be difficult enough if we only had to protect our self esteem from self attack, but we also have to deal with other people. We can't control what other people say or think about us, but that isn't actually the problem. The problem is how we interpret and internalize what is going on around us. Remember Eleanor Roosevelt's famous quote, "No one can make you feel inferior without your consent."

One tool available to help us filter what we internalize is using visualization to create a virtual shield. Shielding basically means visualizing, intending and feeling that you are completely surrounded in an orb, blanket, shield, or cocoon of Divine light. Imagine what it looks like, what color it is, how it feels inside and any other specific details you can think of. Imagine that negative comments are deflected by the shield. They don't even reach you and they can't get inside you. You allow them to bounce off into space where they are harmless. Choose to allow positive comments to flow through the shield. The shield is a filter, not a wall.

Mental creation with intention is a powerful thing. We can invent, create, experience and destroy things with thoughts alone.^[39]

If you're feeling emotionally vulnerable, make it a habit to create a shield each morning and evening as part of your daily routine just like brushing your teeth. If you find yourself stressed out, emotional, or threatened reapply your shield.

Wellness tool: Building resilience

We also have to be able to bounce back from failure and rejection. The only way to completely protect ourselves from failure and rejection is to do nothing. Try nothing. Consider the following quote from *The Alchemist* by Paulo Coelo, "There is only one thing that makes a dream impossible to achieve: the fear of failure." Doing and trying require courage, and bouncing back from failure and rejection requires resilience. Again, quoting from *The Alchemist*, "The secret of life, though, is to fall seven times and to get up eight times."

There's another great quote by Theodore Roosevelt that many of people refer to as the "Man in the Arena" quote. It goes like this: "It is not the critic who counts. It is not the man who sits and points out how the doer of deeds could have done things better and how he falls and stumbles. The credit goes to the man in the arena whose face is marred with dust and blood and sweat. But

when he's in the arena, at best, he wins, and at worst, he loses, but when he fails, when he loses, he does so daring greatly."

Are you aware of how your mind reacts to failure? You need to be. Because if your mind tries to convince you you're incapable of something, you'll probably believe it. It might be very natural to feel demoralized and defeated after you fail, but you cannot allow yourself to become convinced you can't succeed. You have to fight feelings of helplessness. You have to gain control over the situation. You have to break this kind of negative cycle before it begins.^[40]

The first line of defense is to build and nourish self esteem. Remember that when your self-esteem is lower, failures and rejections hurt more, and it takes longer to recover from them. So when you get rejected, the first thing you should be doing is making efforts to revive your self-esteem.^[41]

The next step is to not beat up on yourself. Treat yourself with the compassion of a best friend. The next step is to stop going over it in your mind. Distract yourself with something you enjoy for at least 2 minutes. Stop the cycle of rumination.

Here are some additional ways to protect yourself and bounce back:

Wellness tool: Validate your experience

Validate your experience, by admitting that something happened and that it had an effect on you. You can express this either quietly inside or say it out loud to yourself or a trusted friend. So, take a breath — a deep belly breath — and acknowledge that something just happened to you that didn't feel good for your self-esteem. A simple thing you can quietly say inside as you breathe is, "Something just happened here".

Wellness tool: Identify and validate what you are feeling

Validating your feelings about what just happened is another important piece of support in these kinds of situations. This would be the point in which you identify what you are emotionally feeling, and get validation for those feelings either from yourself or a trusted friend. So again, take a breath. As you breathe, you can say to yourself, "I feel mad [or sad or scared] about what just happened."

Wellness tool: Allow yourself to feel your emotions

Whatever you are feeling, let yourself feel it. Don't swallow it down or pretend it didn't happen. Those swallowed thoughts and feelings don't actually go away, they become a part of us.^[42]

Give yourself a moment to just to feel, and when you're ready, allow your feelings to help you determine what you need next. If you are feeling scared, you might need some space or protection, until the rush of emotion slows down. If you are feeling angry, you might be experiencing a sense of violation and may need a boundary. If you are sad, you may need some comfort and support before beginning to get clear about next steps for you.

Wellness tool: Check your perception

Another important part of protecting yourself is to trust that something just happened that did not feel good to you, and recognize that you are drawing conclusions based upon your interpretation of the events. True or not, you're making an assumption around what has occurred. A simple thing you can say inside your mind is, "I didn't like that". Another thing you can say, is "It feels like this is true, but perhaps there is another interpretation." Your feelings are real. The pain is very real, but sometimes they are not based in truth. Open your mind to that possibility.^[43]

Wellness tool: Separate what happened from who you are

Rejection and failure can lead to shame if we allow it to define us. Shame is not the same as guilt or remorse. Shame is a focus on self, guilt is a focus on behavior. Shame is "I am bad." Guilt is "I did something bad." If we feel like we made a mistake we can say, "I'm sorry I made a mistake." If we're feeling shame then the feeling is, "I'm sorry. I am a mistake."

There's a huge difference between shame and guilt. Shame is highly, highly correlated with addiction, depression, violence, aggression, bullying, suicide, eating disorders. Guilt on the other hand, is inversely correlated with those things.

The ability to hold something we've done or failed to do up against who we want to be is incredibly adaptive. It's uncomfortable, but it's adaptive.^[44]

Guilt can help us recognize our mistakes and fix them. Guilt is the ability to measure what we've done or failed to do against who we want to be. It can lead to change and improvement. Shame doesn't have a positive side. There is no room for shame in the process of healing. Fight against any feelings of shame and let them go.

Wellness tool: Let it go

Spending time ruminating over upsetting and negative thoughts is one of the unhealthiest forms of negative thinking.^[45] If your thoughts are swirling in despair, take action to break free of them and attain a fresh perspective. Do what you know from experience bounces your thinking to a more optimistic place.^[46]

If you can succeed in changing your mental channel for at least two minutes you have a chance of breaking that destructive cycle of rumination.^[47]

It's interesting that letting go of tangible items can also help with emotional health. As we clean out our closets, drawers, and homes from unnecessary items it helps clear our minds as well. Cleaning and organizing can be therapeutic. Throwing things away or giving things away can be therapeutic.

We can also let go of our worries, our insecurities and our fear. Sometimes we don't realize that we are clinging on to them. In the novel "Where the Red Fern Grows" by Wilson Rawls there is an interesting analogy about the dangers of not letting go. A boy named Billy has a dream to own a pair of hunting dogs. He needs a raccoon's hide to train his dogs, but he can't catch one. His grandfather teaches him a trick to catch a raccoon. You simply drill a hole into a log and put something shiny in the hole then drive a few nails angled into the shaft so the raccoon can slide his hand into the hole to get the shiny thing but when his little fist is clasp around the shiny object, he can't get his hand out and he's stuck. Billy thinks his grandfather is teasing him. All the raccoon has to do is let go of the shiny object and he is free, but the grandfather is in earnest and Billy tries it. He finds that it is true and he's able to catch the raccoon simply because the raccoon refused to let go. How many of us are trapped because we refuse to let go, when we could easily be free?

Letting go isn't easy, but it is possible. Using tangible items can help us visualize letting go emotionally. One tool to help in this process is to think about whatever it is that is bothering you and hold something tightly in your hand like a pencil or scrunching up a towel. Hold onto the towel and squeeze it while thinking about how mad or worried you are about it, continue squeezing tightly until you're ready to let it go then relax your fist. Another possible method is to visualize the anger, worry, frustration, or whatever as a swirling dark mist in your body. Take several deep breaths and as you breathe out slowly imagine that darkness leaving you with the exhaled breath. As you breathe in imagine that you are being filled with clean, healing light.

Wellness tool: “Energetic” or “complete” conversations

We all use a personal filter when we speak to people. We might share some of what we’re thinking or feeling, but we hold a lot back. An energetic or complete conversation is your chance to say the rest of what you’re feeling. You don’t hold anything back. You put it all on the table. Now it’s very important to clarify that the person that you’re having this conversation with is NOT actually in the room with you. You are by yourself. You address their higher self as you imagine them in your mind and talk to that. A person’s higher self can handle you yelling at them and telling them how you feel, but if you did that to the actual person nothing good would come of it.^[48]

Complete conversations have a few key components. First you address the person’s higher self, second you dump and let them have it, and third you say you’re sorry and ask for forgiveness. Some people have tried this and say it didn’t work. It didn’t create any closure or healing, but that’s always because they left out that last crucial step of saying sorry and asking for forgiveness. Even if you don’t think you’re at fault, at least say, ‘I’m sorry, please forgive me for feeling that way,’ it will be enough, but you must apologize or it will not bring any healing or closure.^[49]

After you have that three part conversation with the person’s higher self, have another three part complete conversation with God or a higher power, and a another three part complete conversation with yourself. You hear people talk about the need to forgive yourself, and this is a literal way to apply that.^[50]

Forgiveness is a form of letting go. It is a critical step in healing.

Wellness tool: Emotion code or body code

According to Dr. Alex Lickerman, thoughts can trigger feelings that remain stirred up *long after the thoughts themselves have been forgotten*. Some studies have suggested people think upwards of 12,000 thoughts per day. How could we ever remember them all? Yet a fleeting thought we might have had this morning about the possibility of losing our job can and often does leave an emotional residue that lasts hours, days, weeks, or even longer. Some psychologists argue, therefore, that depression is likely caused by a thought that simply isn't *remembered*—a thought about a problem we don't believe we can solve.^[51]

Dr Bradley Nelson, a chiropractic physician, craniopath, holistic healer and teacher, puts that theory into practice. He teaches that emotionally-charged events from your past can still be haunting you in the form of trapped emotions, which are emotional energies that literally inhabit your body. He developed The Emotion Code (or Body Code) which is a process of identifying and releasing those trapped emotions. You can go to his website <https://www.healerslibrary.com> to learn more or to find a practitioner near you.

Wellness tool: Combat loneliness

Loneliness is a feeling of disconnection. It is a feeling that “I don’t belong.” One in five people suffer from loneliness.^[52] Loneliness creates a deep psychological wound, one that distorts our perceptions and scrambles our thinking. It makes us believe that those around us care much less than they actually do. It makes us really afraid to reach out, because why set yourself up for rejection and heartache when your heart is already aching more than you can stand? You can be surrounded by people all day and still feel lonely. It depends solely on whether you feel emotionally or socially disconnected from those around you.

Loneliness won't just make you miserable; it can actually kill you. Scientists have concluded that chronic loneliness poses as significant a risk for your long-term health and longevity as cigarette smoking. Loneliness causes high blood pressure, high cholesterol. It even suppresses the functioning of your immune system, making you vulnerable to all kinds of illnesses and diseases.^[53]

Wellness tool: Spend more time on meaningful connections, less time online

In order to feel connected we need to feel seen, heard, and valued. Prioritize connection and relationships. Create an anchor of connection by spending quality time with people who feel, hear and value you.

Studies report a link between time spent on smartphones and mental health issues. Gaming is another obstacle to interpersonal connection with similar negative results. Researchers found that teens who spent five or more hours a day online were 71 percent more likely than those who spent only one hour a day to have at least one suicide risk factor (depression, thinking about suicide, making a suicide plan or attempting suicide). Overall, suicide risk factors rose significantly after two or more hours a day of time online. Multiple studies found that spending more time on social media led to unhappiness, while unhappiness did not lead to more social media use.

Another study randomly assigned participants to give up Facebook for a week versus continuing their usual use. Those who avoided Facebook reported feeling less depressed at the end of the week.^[54]

If you're struggling with feelings of disconnection, create boundaries for the amount of time you spend on smartphones, social media, gaming, or other electronic devices. It might be a good idea to try a "social media fast" or "gaming fast" (meaning staying completely away from all social media, gaming, etc. for a period of time, usually a week, to regain personal balance and clarity). Strive to spend no more than an hour a day on electronic devices and spend more time developing interpersonal relationships.

People need face to face interaction with people in order to feel connected.

Wellness tool: Connections through traditions/rituals

Another method to create an anchor of connection is through traditions or rituals with a set group of people. Please don't be confused by the use of the word "ritual." The word ritual means a set of actions or words performed in a regular way, often as part of a religious ceremony, but it also means any act done regularly, usually without thinking about it.^[55]

For example: *My morning ritual includes reading the news while I eat my cereal.*

In this case I'm referring to the second definition. It's a repeated action that is so normal, it becomes a way of life.

Meeting with the same group of people at regularly scheduled intervals creates traditions/rituals which in turn create connections. Some examples include: a group of friends gathering monthly for a book club, a couple guys getting together each Saturday morning to play basketball, two friends meet each morning at 6 AM to go walking, a congregation that meets for weekly church meetings. All of these things create connections. One easy way to do create connections with family members is to eat dinner together as a family. Turn off the TV, put away the phones and spend time asking each other about your day. One simple and easy tradition or ritual that has proven successful is to give each person at the dinner table a turn to share two good things about their day.^[56] This gives a chance for each member of the family to feel seen, heard and valued. These are the basic building blocks for connection.

Things that are repeated over and over again become ingrained. There are many ways to create traditions or rituals, however connections are usually successfully created not by the things you

go get, they're created by the things you go back to. There isn't a need to search for something new. Find something you're already doing with your friends, family, or community and do it over and over and over again. Set a time to connect regularly. Do it with intention.^[57]

Wellness tool: Gaining control of life

"What's the world's greatest lie?" the boy asked, completely surprised.

"It's this: that at a certain point in our lives, we lose control of what's happening to us, and our lives become controlled by fate. That's the world's greatest lie."

From *The Alchemist* by Paulo Coelho

There are some aspects of our lives that we really don't have control over, but there are so many things that we can do. We have a lot more power and control over our lives than some people think. Some physicians believe that depression arises from a belief that we're powerless to solve our problems, therefore the single most effective means to resolve feelings of depression is to find a way to tap into our own immense power to solve problems.^[58]

As we experience control and success in little things in our lives, our confidence grows.

Wellness tool: Make your bed

As Admiral William McRaven taught in his famous speech to graduates at the University of Texas:

"If you want to change the world, start off by making your bed. If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task, and another, and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter. If you can't do the little things right, you'll never be able to do the big things right. If, by chance, you have a miserable day, you will come home to a bed that's made. That you made. And a made bed gives you encouragement that tomorrow will be better."^[59]

Wellness tool: Decluttering our homes, decluttering our lives

It turns out that Mom was right. We need to go clean our room.

When we create order in our physical world, it helps create order in our inner world. Often the state of our homes reflect the state of our lives. When there is disorder and clutter it is difficult to think clearly

Evidence suggests that when multiple visual stimuli are competing for your attention, you have a harder time narrowing your focus to only one of them. That means the clutter in your life is making you unfocused. You'll have a harder time staying on task at work, and you won't be as "present" in your home life, either. Decluttering brings better focus back to your world.^[60]

Decluttering can serve as a kind of catharsis, or releasing of pent-up emotions. It can help you feel more in control and more independent. The act of decluttering is also shown to have a positive effect on your mental state, making you feel accomplished.

Wellness tool: Donate items to goodwill

One suggestion for the clothes closet is to hang all the clothes in your closet with all of the hangars facing backwards. When you wear an item of clothing, wash it and put it back in the closet with the hangar in the regular way. This will show you which clothes you're actually wearing. If after several months you see clothes that are still on backwards hangars you have concrete evidence that you don't wear those clothes. A popular recommendation states that if you haven't used or seen an item in the past year, and you haven't missed it, you don't need it. Give it away. Think about how those donated items will bless the lives of other people and congratulate yourself for the good you did. Decluttering also give a healthier, more appealing aesthetic and you, your family and your guests will feel more relaxed in your home.^[61]

Wellness tool: One task at a time

Instead of trying to do your whole house at once, focus on one room at a time. Or one closet. One drawer. Try not to think about the rest of the house until that task is done. Start with something small and manageable that doesn't require a lot of complex decisions. Choose something that can be completed in a short amount of time so you see success. The task doesn't need to be completed in one session. It can be broken down into timed segments. For example, if my goal is to clean off a desk and I don't have a lot of time, I can set an action step of working for 15 minutes each day on the desk until it's completed. Those small amounts of attention with intention can do great things.

Wellness tool: Sort your email inbox

Not all clutter is tangible. Your email inbox is likely the most cluttered thing in your professional life, so prioritize it. Keep your inbox clear by organizing your emails into different folders and deleting them once you no longer need them. After you catch up on your inbox, maintain your work by spending a few minutes each day or each week to prevent it from getting cluttered again.^[62]

Wellness tool: Vision boards

"I've discovered that numerous peak performers use the skill of mental rehearsal of visualization. They mentally run through important events before they happen."- Charles A. Garfield

Achieving goals can be an effective way to help gain confidence and a sense of control; creating a vision board can be a powerful tool help a person achieve goals. There are many "right" ways to create a vision board, but they have a few common elements. First, you need to define a space for your vision board by getting a cork board, white board, picture frame or even by outlining a space on the wall with masking tape. Then you stick pictures that represent what it is that you want. If I want happiness, I might put up a picture of someone smiling or something that I love. Include a few words to describe your image. Spend a few minutes each morning and each night looking at the image and repeating the words. The more you can visualize what you want in your mind, the greater your capacity to create it. Mental creation with intention is a powerful thing. We can invent, create, experience and destroy things with our thoughts.^[63]

Keep a pad of paper near your vision board. As you ponder about what you want to achieve sometimes thoughts and ideas will come to your mind. Write them down so you can act on them.

Wellness tool: Intention plus happiness leads to manifestation

False belief: When things change I will be happy.

True belief: When I am happy things will change.

Manifestation refers to the realization or actualization of a person's goals and desires. It is a wish, goal or desire that becomes reality. Some quotes from the Alchemist by Paulo Coelho, give insight into why we should try to manifest our desires and how to be successful in doing so.

Quote #1 There is one great truth on this planet: Whoever you are, or whatever it is that you do, when you want something, it is because that desire originated in the soul of the Universe. It is your mission on earth.

Quote #2 The soul of the Universe is nourished by people's happiness.

Quote #3 To realize one's destiny is a person's only real obligation. All things are one. When you want something; all the universe conspires in helping you to achieve it.

Everybody's favorite quote is the last one, "When you want something; all the universe conspires in helping you to achieve it." But in spite of knowing this quote and desiring many things, we often don't get what we want. Why didn't the Universe conspire to help you with your dreams?

The secret is in the other two quotes. The first quote says "your desire originates in the soul of the Universe" and that's why the Universe conspires in helping you achieve it. So when the Universe works to fulfill your dreams it is also fulfilling the desire within the soul of the Universe. It means that your desire and the desire of the Soul of the Universe are the same. The desires of the Universe are supposed to get manifested through you.

The second quote offers further enlightenment, "The soul of the Universe is nourished by people's happiness." So if you desire something with happiness and find joy in working towards that dream, then you nourished the soul of the Universe. When you nourish the soul of the Universe for that particular desire, the whole universe conspires in helping you to achieve it.

If any of your dreams are not coming true whether it is about love, relationships, job, money, health, or well-being, it is usually because you are not nourishing the soul of the Universe with your happiness.

No matter how badly we want something, or how worthy the desire, it must be nourished with happiness. If we want something with desperation, if you want it because you feel sad without it you won't get it. If you want something with the feelings of anger or sadness or frustration, then the Universe can't make it true for you because with all these negative feelings, you are weakening the soul of the Universe and making the desire die within it. ^[64]

As Albert Schweitzer has said:

Success is not the key to happiness. Happiness is the key to success.

Wellness tool: 6 minute morning routine

Creating a morning routine can be an effective tool to creating order in your life. Furthermore, the way you start your morning can make or break the rest of your day. Hal Elrod presents a plan

to change your life by changing your morning in his book “The Miracle Morning.” He uses the acronym SAVERS to remind us of six habits or rituals to start the day off right. SAVERS stands for Silence, Affirmations, Visualization, Exercise, Reading, and Scribing (writing). While these things might seem overwhelming, Hal suggests that even spending just six minutes a day can make all the difference.

Minute One... (Silence)

Imagine waking up in the morning, and instead of rushing carelessly into your hectic day—feeling stressed and overwhelmed—imagine that you instead spend the first minute sitting in purposeful *Silence*. You sit, very calm, very peaceful, and you breathe deeply, slowly. Maybe you say a prayer of gratitude to appreciate the moment, or pray for guidance on your journey. Maybe, you decide to try your first minute of meditation. As you sit in silence, you’re totally present in the now, in the moment. You calm your mind, relax your body, and allow all of your stress to melt away. You develop a deeper sense of peace, purpose, and direction...

Minute Two... (Affirmations)

You pull out your daily *Affirmations*—the ones that remind you of your unlimited potential and your most important priorities—and you read them out loud from top to bottom. As you focus on what’s most important to you, your level of internal motivation increases. Reading over the reminders of how capable you *really* are, gives you a feeling of confidence. Looking over what you’re committed to, what your purpose is, and what your goals are re-energizes you to take the actions necessary to *live* the life you truly want, deserve, and now *know* is possible for you...

Minute Three... (Visualization)

You close your eyes, or you look at your vision board, and you visualize. Your *Visualization* could include your goals, what it will look and feel like when you reach them. You visualize the day going perfectly, see yourself enjoying your work, smiling and laughing with your family, or your significant other, and easily accomplishing all that you intend to accomplish for that day. You see what it will look like, you feel what it will feel like, and you experience the joy of what you will create...

Minute Four... (Scribing)

Imagine, pull out your journal, and in your journal, you take a minute to write down what you’re grateful for, what you’re proud, and the results you’re committed to creating for that day. Doing so, you put yourself in an empowered, an inspired, and confident state of mind.

Minute Five... (Reading)

Then, you grab your self-help book and invest one miraculous minute reading a page or two. You learn a new idea, something that you can implement into your day. You discover something new that you can use to feel better—to be better.

Minute Six... (Exercise)

Finally, you stand up and you spend the last minute, doing jumping jacks for 60 seconds and getting your heart rate up and getting energized and waking yourself up and increasing your ability to be alert and to focus.^[65]

Wellness tool: Music

It doesn't matter what song you listen to, music has the capability to change your mood from bad to good. Listening to your favorite music triggers the brain to release the “feel good” chemical called dopamine that could help fade away a bad mood. Music is known to reduce stress, help deal with depression (classical meditative sounds seem to be particularly uplifting) and elevate mood. Music also helps people perform better in controlling their high blood pressure and in reducing anxiety.^[66]

“Listening to music can have a real effect on various parts of the brain, as it works on the autonomic nervous system, which is responsible for the control of one's blood pressure, brain function and heart beat,” says Dr Sajeev, a general physician at Sanjeevani Clinic, Bengaluru.^[67]

Wellness tool: Increasing our mood and energy level through upbeat music

Music is the strongest form of magic. -Marilyn Manson

Music can enhance creativity and increase productivity. Tap into the power of music by creating a playlist on Spotify of your favorite upbeat tunes to instantly boost your mood. Listening to upbeat music each day can improve overall happiness in a short amount of time. A 2013 study in the Journal of Positive Psychology found that people who listened to upbeat music could improve their moods and boost their happiness in just two weeks. And a happier mood brings benefits beyond feeling good. Happiness has been linked to better physical health, higher income, and greater relationship satisfaction.^[68]

Wellness tool: Sad music also has a useful role in healing

For me, singing sad songs often has a way of healing a situation. It gets the hurt out in the open into the light, out of the darkness. -Reba McEntire

A study published in the Journal of Consumer Research, found that people tend to prefer sad music when they are experiencing a deep interpersonal loss, like the end of a relationship.

The authors of that study suggested that sad music provides a substitute for the lost relationship. They compared it to the preference most people have for an empathic friend — someone who truly understands what you're going through.^[69]

Wellness tool: Sing along

To amplify the power of music, sing along. Singing can be a great release of tension and an incredible mood booster.^[70]

Select several songs with uplifting words that speak to you personally. Print out the lyrics and sing along. Sometimes the perfect song can speak the words of your soul. Songwriters Justin Paul and Benj Pasek created a masterpiece of declaration and healing in their song "This Is Me" sung by Keala Settle in *The Greatest Showman*. Play it loud and sing along with Keala. Sing it like you mean it.

Some of the lyrics are:

I am not a stranger to the dark
Hide away, they say
'Cause we don't want your broken parts
I've learned to be ashamed of all my scars
Run away, they say
No one'll love you as you are
But I won't let them break me down to dust
I know that there's a place for us
For we are glorious

When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown them out
I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies; this is me...

Wellness tool: Dancing

Dancing to your favorite songs is instant mood booster. Music motivates you to move, especially when you play songs that are familiar to you and that you love.

Daniel Vaz, head coach at Nike+ Run Club, says music and exercise have been connected since very early times. Music has the potential to make someone more efficient and have better endurance and to feel more joyful during exercise. It is with this intrinsic understanding that Step Aerobic and other forms of exercise, like Zumba, use music to create a tempo, provide excitement and promote coordination in group exercise.^[71]

Wellness tool: Physical activity

When you have depression or anxiety, exercise often seems like the last thing you want to do, but research on depression, anxiety and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety.^[72]

Regular exercise may help ease depression and anxiety by:

- Releasing feel-good endorphins and other natural brain chemicals that can enhance your sense of well-being
- Taking your mind off worries so you can get away from the cycle of negative thoughts that feed depression and anxiety

Regular exercise has many psychological and emotional benefits, too. It can help you:

- Gain confidence. Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape can also make you feel better about your appearance.
- Get more social interaction. Exercise and physical activity may give you the chance to meet or socialize with others. Just exchanging a friendly smile or greeting as you walk around your neighborhood can help your mood.
- Cope in a healthy way. Doing something positive to manage depression or anxiety is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how you feel, or hoping depression or anxiety will go away on its own can lead to worsening symptoms.^[73]

Wellness tool: Better sleep

Insomnia describes a difficulty falling or staying asleep. It's pretty common – one in three people in the US experience insomnia at some point in their lives. Unfortunately, people with insomnia are ten times more likely to develop depression than people without, and 83% of depressed individuals display insomnia symptoms.^[74]

Even though scientists still don't fully understand what causes depression or sleep disorders, they have found neurochemical links between the two. The good news is that treating either depression or related sleep problems tends to improve the symptoms of the other. Getting good sleep is essential for overcoming depression. The following list shares some tips for getting better sleep.^[75]

Wellness tool: Keep a sleep diary

If you believe you are suffering from depression and/or a comorbid sleep disorder, keep a sleep/mood diary for 2 weeks to share with your doctor.

Record what time you go to bed, how long it takes you to fall asleep, when you wake up, and how much time you spent asleep. Also note your level of fatigue or energy throughout the day, as well as any changes in mood, diet, libido, or thought patterns.

Wellness tool: Turn your bedroom into a sleep haven

Let your bedroom be a peaceful place that promotes rest. Watching television, working, and socializing should take place elsewhere. You want your mind to see your bedroom as a place of rest, not of worry, stress, or social activity. Removing electronic devices, creating order, and removing clutter will help create that peaceful place.

Keep your bedroom as cool and as dark as possible by removing electronics and using blackout curtains if necessary. You spend one third of your life in bed. Therefore, this is an area that is deserving of a proper investment in a quality, comfortable, supportive mattress and pillows that make sleep come easier.

Wellness tool: Stick to a regular sleep schedule

Go to bed and wake up at the same time every day, even weekends. Ensure you leave enough room for you to conceivably get at least 7 hours of sleep, but don't worry about whether you spend all of that time asleep. Your only goal is to stick to the schedule; eventually your brain will catch up and train itself to sleep and wake at those times more naturally.

Avoid napping if you can. If you're absolutely exhausted, limit them to short power naps of 30 minutes or less.

Wellness tool: Create a calming bedtime routine

Depression and anxiety-producing thoughts are a recipe for insomnia. Help ease your mind of worries with a calming bedtime routine. Try relaxation techniques, deep breathing exercises, or meditation. Take a warm bath.

If your mind continues to race at night, take time to write your thoughts down in a worry journal – getting them out of your head and onto the page will diminish their power. Relieve anxieties by listing out any remaining to-do items you can take care of tomorrow.

Wellness tool: Get plenty of sunshine

Natural sunlight facilitates a healthy sleep-wake cycle. Aim to get plenty of sunshine, ideally by exercising outdoors in the morning or early part of the day. This will give you an energy boost that makes it easier to feel better and less fatigued during the day time. Then, as it gets dark, your brain will recognize it's time to wind down and fall asleep

While you're at work or school, sit by the windows to increase your amount of sunlight. The amount of daylight varies with the seasons and can be a factor in Seasonal affective disorder (SAD). Light therapy is especially effective for seasonal affective disorder, and it can be applied to instances of insomnia or hypersomnia independent of SAD.

Light therapy involves sitting in front of a special light box that delivers 10,000 lux of bright light similar to the sun. The individual uses it in the morning or at night to help them wake up or stay up, depending on how the extent of their daytime sleepiness. Besides light boxes and lamps, light therapy devices come in wearable visors, dawn simulating alarm clocks, and more.^[76]

Wellness tool: Eat well and avoid stimulating substances

Foods that are high in sugar or fats mess with your sleep, your health, and your mood. Instead, fill your diet with foods that promote healthy energy levels and sleep.

Also take care to avoid any stimulating substances in the afternoon or evening that interfere with sleep, such as caffeine, alcohol, or nicotine.

Wellness tool: Stay calm when you wake up

Unfortunately, retraining your body to sleep well is not an overnight process. Expect – and accept – that you’ll continue having disturbed sleep during this process.

When you do wake up, practice your deep breathing or progressive muscle relaxation exercises. Meditate or visualize something that makes you feel happy or calm. Turn on a soft lamp and read a book. Stay calm and sleep will come.

Wellness tool: CPAP therapy for those with sleep apnea

Obstructive sleep apnea (OSA) describes a condition where the individual literally stops breathing momentarily while sleep. When the brain kicks in to start breathing again, it interrupts the sleep cycle, so even if the person does not wake up, it can still lead to sleep deprivation.

People with apnea are more likely to suffer from depression, and even people without true apnea, but who snore, are more likely to be depressed. This relationship is particularly strong in men.

Individuals with obstructive sleep apnea can get fitted for a continuous positive airway pressure (CPAP) device. These are extremely effective for treating OSA and related insomnia – and apparently depression, too. Individuals with co-morbid depression showed significant improvement a year after using their device.

Individual with OSA and depression should be careful about taking tricyclic antidepressants, since sedatives can worsen symptoms of OSA. Check with your doctor first and be sure to let them know about your OSA.^[77]

Wellness tool: Smile - even when you don't feel like it

Science has shown that the mere act of smiling can lift your mood, lower stress, boost your immune system and possibly even prolong your life.^[78] It's a pretty backwards idea, isn't it? Doesn't it go the other way around?

Dr. Isha Gupta, a neurologist from IGEA Brain and Spine, explains a smile spurs a chemical reaction in the brain, releasing certain hormones including dopamine and serotonin. "Dopamine increases our feelings of happiness. Serotonin release is associated with reduced stress. Low levels of serotonin are associated with depression and aggression," says Dr. Gupta. "Low levels of dopamine are also associated with depression."^[79]

"Even forcing a fake smile can legitimately reduce stress and lower your heart rate," adds Dr. Sivan Finkel. Jaime Pfeffer, a success coach and meditation instructor based in Florida, counsels her clients to spending 60 seconds every morning smiling as part of a morning routine to supercharge their mood.^[80]

A smile can change everything. It can open doors and the hearts of other people whose culture you do not even know. A smile is the most international language that everyone knows.

Wellness tool: Calibrate your body

People with depression often have downcast eyes with droopy shoulders mirroring their down mood. According to a study from the University of Auckland they may feel more upbeat and less fatigued just by simply sitting up straighter. It's another example of the body language affecting the actual mood.

These studies suggest that, compared to sitting in a slumped position, sitting upright can make you feel more proud after a success, increase your persistence at an unsolvable task, and make you feel more confident in your thoughts. It can make you feel more alert and enthusiastic, feel less fearful, and have higher self-esteem.^[81]

Begin the day with a morning routine to calibrate your body. Stand up tall with your chin up. Smile. Keep your shoulders back. Keep your hands relaxed at your sides and keep your feet facing forward. Chin up, smile on, shoulders back, hands relaxed, feet forward. Hold that pose for 60 seconds. You can recalibrate at any time during the day for an extra pick-me-up or confidence booster.

Wellness tool: **Forgiveness**

Forgiveness isn't just a religious thing. It's a human thing. Forgiveness means different things to different people. Generally, however, it involves a decision to let go of resentment and thoughts of revenge.^[82]

The act that hurt or offended you might always be with you, but forgiveness can lessen its grip on you and help free you from the control of the person who harmed you. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean forgetting or excusing the harm done to you or making up with the person who caused the harm, but forgiveness brings a kind of peace that helps you go on with life.

According to research at the Mayo Clinic, the benefits of forgiveness include:^[83]

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem

An excellent example of the power of forgiveness is the story of Immaculee Ilibagiza. Immaculee Ilibagiza grew up in a country she loved, surrounded by a family she cherished. But in 1994 her idyllic world was ripped apart as Rwanda descended into a bloody genocide. Immaculee's family was brutally murdered during a killing spree that lasted three months and claimed the lives of nearly a million Rwandans.

Incredibly, Immaculee survived the slaughter by hiding with seven other women in a cramped bathroom for 91 days while hundreds of machete-wielding killers hunted for them.

She emerged from her bathroom hideout having discovered the meaning of truly unconditional love. Her love so strong she was able seek out and forgive her family's killers. This remarkable woman tells her story in her book *Left to Tell: Discovering God Amidst the Rwandan*

Holocaust. Her journey through the darkness of genocide will inspire anyone whose life has been touched by fear, suffering, and loss.

Wellness tool: Food affects feelings

Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediate moods, and inhibit pain. Since about 95% of your serotonin is produced in your gastrointestinal tract, it makes sense that the inner workings of your digestive system don't just help you digest food, but also guide your emotions.^[84]

Furthermore, your brain requires a constant supply of fuel. That fuel comes from the foods you eat, therefore what you eat directly affects the structure and function of your brain, and ultimately, your mood.

Diets high in refined sugars, for example, are harmful to the brain. In addition to worsening your body's regulation of insulin, they also promote inflammation and oxidative stress. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.^[85]

Studies have shown that diets high in vegetables, fruits, unprocessed grains, and fish and seafood, and only modest amounts of lean meats and dairy have a risk of depression 25% to 35% lower than those who eat processed and refined foods.^[86]

Create a food journal by recording what you eat. Start paying attention to how eating different foods makes you feel — not just in the moment, but the next day. Food allergies and intolerances sometimes create depression-like symptoms. For example, people with non-celiac gluten sensitivity (also called gluten intolerance) can experience symptoms such as "foggy mind," depression, ADHD-like behavior, abdominal pain, bloating, diarrhea, constipation, headaches, bone or joint pain, and chronic fatigue when they have gluten in their diet.

Try eating a "clean" diet for two to three weeks — that means cutting out all processed foods and sugar. Add fermented foods like kimchi, miso, sauerkraut, pickles, or kombucha. You also might want to try going dairy-free — and some people even feel that they feel better when their diets are grain-free. See how you feel. Then slowly introduce foods back into your diet, one by one, and see how you feel.^[87]

Wellness tool: Dark chocolate

J. K. Rowling was right on track when she used chocolate to help treat the unpleasant effects of the dementors on Harry Potter. It turns out that extra dark chocolate really does improve your mood and is great for brain health. While pure cocoa is best, this may be too bitter for anyone with a sweet tooth, so a good rule of thumb is to go for chocolate that is 85% cocoa or more. Basically, the darker the chocolate, the better it is for your brain.^[88]

Cocoa is high in flavanols which have antioxidant and anti-inflammatory properties, and reduce blood pressure. For a reference point, the darker the chocolate, the more flavanols.

So, the bottom line here is that eating dark chocolate is good for your memory, blood pressure, and your mood. It helps alleviate depression and also acts as an anti-inflammatory, which means that it is good for your brain.^[89]

Wellness tool: Keeping hydrated with plenty of water

Dehydration and depression are linked in several ways. Depression is often connected to insufficient levels of serotonin, an important neurotransmitter which largely determines mood. Dehydration negatively affects serotonin levels. Dehydration also depletes other essential amino acids contributing to feelings of dejection, inadequacy, anxiety, irritability. Dehydration can also decrease energy production in the brain.^[90]

Stress is one of the of the biggest factors known to contribute to depression. In the book *Hexagonal Water: The Ultimate Solution*, M.J. Pangman writes “Dehydration is the number one cause of stress in the human body.”

Drinking plenty of water can help minimize the negative physiological and psychological effects of stress.^[91]

According to The Mayo Clinic, as a general rule you want to strive to drink half of your body weight in ounces of water daily generally. For example, if you weigh 180 lbs., you would want to drink about 90 ounces of water to adequately hydrate your body.

Wellness tool: Yoga, tai chi

Tai Chi is a biological treatment for depression.^[92] Studies have been done to evaluate the effects of yoga and tai chi on depression, anxiety, resilience, health-related quality of life, cognition, and inflammation. Researchers found that those who do these mindful forms of exercise were more likely to have reductions in depression symptoms and to experience depression remission. They also had greater improvement of physical functioning, and they performed better on cognitive tests. The study showed both behavioral and biological benefits of including Tai Chi or yoga as part of treatment for depressive mood disorders.^[93]

Wellness tool: Meditation

Meditation has been shown to be even more effective than music in lowering levels of depressive symptoms and improving mental health and cognitive functioning.^[94]

Meditation provides an additional advantage in that it has been shown to have a positive effect on telomeres. Telomeres are stretches of DNA strands at the ends of chromosomes which protect chromosomes from instability. A simplified explanation is that they may be likened to the little plastic caps at the ends of our shoelaces that keep the ends from fraying. Shorter telomeres have been linked to chronic psychological stress and mortality risk in humans. Recent studies suggest that some forms of meditation may help to mitigate psychological stress and its biological correlates and may even have a positive effect on the health and length of telomeres.^[95]

Wellness tool: Nature

Being in nature fights depression, improves mental health, and well-being. Spending time in nature has long been associated with being mindful and meditative, but only recently has the scientific community researched the mental health benefits of outdoor immersion.^[96]

A recent study conducted by researchers from the University of Essex and published by the mental health organization Mind found that taking a walk in nature reduced depression scores in 71 percent of participants. Researchers compared the effect with a control group who also took a walk, but in a shopping center. Only 45 percent of the shopping center walkers had reduced depression scores, while 22 percent of them actually felt more depressed.^[97]

Another study published in 2010 in the *Journal of Environmental Psychology* showed that spending even just 20 minutes outside per day could boost energy levels.^[98] As American author

Richard Louv says in his book *The Nature Principle*, people living in high-tech societies often suffer from what he calls "nature deficit disorder."

It's time to go outside and play. Go for a hike, work in the yard, get your fingers in the dirt, put your toes in the sand, plant a tomato plant to create a container garden if you don't have a yard. But find some way to connect with nature.

Wellness tool: Benefits of Pets

Sometimes being around people can be overwhelming. Pets can provide companionship, alleviate feelings of loneliness, and create a sense of purpose as we care for our pets, but the benefits of pet ownership go far beyond that. The American Heart Association has linked the ownership of pets, especially dogs, with a reduced risk for heart disease and greater longevity. Pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets. Dog owners are less likely to suffer from depression than those without pets. Playing with a dog or cat can elevate levels of serotonin and dopamine, which calm and relax. One of the reasons for these therapeutic effects is that dogs fulfill the basic human need to touch. Petting a dog or cat reduces stress levels, calms heart rate. Even hardened criminals in prison have shown long-term changes in their behavior after interacting with dogs, many of them experiencing mutual affection for the first time. Stroking, hugging, and holding a loving animal can rapidly calm and soothe us when we're stressed or anxious. The companionship of a pet can also ease loneliness, and most dogs are a great stimulus for healthy exercise, which can substantially boost your mood and ease depression.^[99]

Pets can offer comfort, companionship, and love. If depression makes you feel lonely, pets can break the cycle. A pet can remind you that you're not alone. Pets offer unconditional love, which can be extraordinarily soothing when feeling isolated. Pets can help shake off feelings of worthlessness.

Caring for a pet requires keeping a regular schedule and may give a sense of purpose and routine.^[100]

Wellness tool: Service and compassion

Depression and anxiety tend to make a person retreat inward. Helping other people can help bring us outside ourselves. Studies have shown that people who create compassionate goals about helping others and making a positive difference in someone else's life not only lowered

levels of depression and anxiety, but also experienced improvements in their relationships. In fact, service was more effective in making a positive difference than creating self-esteem goals.^[101]

This is really good news and creates a win/win situation. When we turn our attention toward helping others, we make everyone feel better—ourselves included.

What are some specific ways to practice compassion for others? Being supportive of others. Having compassion for others' mistakes. Donating to charity. Taking a friend out to lunch or even graciously letting someone merge in front of you in traffic.

Making constructive comments to others. Our words are powerful, for good and for harm. Building others up with our words also builds our relationships with them. An added bonus: We can't be saying destructive words at the same time that we're saying constructive ones.

Avoiding doing anything that would be harmful to others. Sometimes it's enough simply to avoid hurting other people. For example, maybe that means walking away during a heated argument when we know we're about to say something venomous.

Avoiding being self-centered. A preoccupation with our own well-being crowds out concern for others. High levels of depression and anxiety tend to make us turn inward and focus on ourselves, which probably explains in part why compassion for others can relieve both of these conditions.

Avoiding doing things that are unhelpful to others. We can take care not to do things that make others' lives more difficult, like leaving a mess for them to clean up.^[102]

Time to begin - What do you want?

What would you like your life to be like a year from today? How would you like to feel about yourself? How would you like to feel about your life? Some physicians believe that depression arises from a belief that we're powerless to solve our problems, therefore the single most effective means to resolve feelings of depression is to find a way to tap into our own immense power to solve problems. Using these worksheets to help you set and accomplish goals and make progress are an effective method to tap into that power.

These worksheets are intended to be used in conjunction with the workbook *Pathway to Happiness: A Wellness Tool Kit*.

The Pathway to Happiness is simple, repeated steps to promote progressive healing

It is said that a journey of a thousand miles begins with a single step. The journey is not a giant leap of a thousand miles in a single step, but multiple small steps repeated over and over again. Likewise, the Pathway to Happiness is small simple steps repeated over and over again. It is a journey of progressive healing.

The steps are:

- Step 1 – select an overarching goal or objective to work on for the next 5 weeks.
- Step 2 – choose weekly SMART goals to progress toward the larger goal/objective
- Step 3 – break SMART goal down into daily SMART action steps
- Step 4 – build positive habits by establishing a morning and evening routine
- Step 5 – return and report to a mentor/friend/accountability partner/coach
- Step 6 – repeat steps 2-5 each week for 5 weeks
- Step 7 – evaluate progress and set a new goal or objective for the next 5 weeks

We'll give an example to see how this might work, but there are many options.

Step 1 - select an overarching goal or objective to work on for the next 5 weeks

Jill is ready to begin her own Pathway to Happiness. At the moment, Jill can't think of a specific goal that she'd like to accomplish within the next 5 weeks, but she realizes from her initial evaluation that she doesn't like herself very much. She decides that she wants to learn to like herself better. For the objective, she writes "I want to improve my relationship with myself."

Step 2 – choose weekly SMART goals to progress toward a larger goal/objective

Jill will select at least one specific SMART goal to complete this week that will help her to work towards achieving her larger goal or objective. SMART stands for SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY. To help her choose a SMART goal, she notices that there's a "Tools by Topics" list in back of this wellness toolkit and reads through the tools under the heading "Building self-esteem/ improving and strengthening." There's another heading that says "Overcoming negative self-talk/ relationship with self" with another list of suggested tools. Both of these seem like they might be useful in learning to like herself. She reviews the list of tools under those headings and selects a few that she likes. She reviews those sections in the book to remind her what they mean and how to do them. She kind of likes the idea of positive affirmations and declarations; self talk; 2 minute distraction; success lists; calibrate your body; smiling - even if you don't feel like it; embrace what you love; and service and compassion. Those things seem like something she could do, but she doesn't want to feel overwhelmed by doing too many new things at once.

Jill chooses positive affirmations for her first SMART goal. Simply writing "positive affirmations" for her goal isn't specific enough. She will write her goal in the form of a SMART goal. She will make it SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY. To make it SPECIFIC, she chooses to select 5 positive affirmations, print them out and hang them up on her bathroom mirror. By choosing a specific number, Jill also made her goal MEASURABLE, it's not open ended, she knows exactly when she's completed her goal. Since the goal is small, Jill knows that her goal is ATTAINABLE, it is something that she has control over, and she knows that her goal is something that she can REALISTICALLY complete. And since she has a specific time deadline of completing this goal during this week, her goal is also TIMELY.

Step 3 - break SMART goal down into daily SMART action steps

Each day Jill choose 1 small action step that will lead toward her reaching her goal of selecting 5 positive affirmations, print them out and hang them up on her bathroom mirror. On day 1 her action step was to simply read through the list of affirmations in *Pathway to Happiness* and think about them. Day 2 her action step was to look online and see additional examples of positive affirmations. On day 3, her action step was to compile a list of affirmations that she likes. On day 4, her action step was to narrow down that list to 5. On day 5 her action step was to print a copy of them and tape them on her bathroom mirror. Does that sound easy? Good. It's supposed to be. The daily action steps can be small, maybe taking only a few seconds or a few minutes (or longer if you'd like), but it is something that you actually commit to doing.

Step 4 – build positive habits by establishing a morning and evening routine

In addition to working on a weekly SMART stepping stone goal, the Pathway to Happiness plan is to build positive habits by establishing a morning and evening routine that you do at least 5 days a week. Choose things that will help you progress towards your goal/objective. The items on the morning and evening routine need to be simple things that you can already do, but perhaps need a reminder to actually do them. This is also an opportunity to give yourself credit for the good things you are already doing.

Depending on where you're at emotionally, just getting out of bed in the morning can be a challenge. In our example, we'll say that Jill is in a rough spot and getting out of bed and getting dressed and ready for the day are a challenge for her, but she's doing it. So for the first two items on her morning routine she chooses to get out of bed, and to get dressed and ready for the day. Those are excellent items to put on her morning routine list and celebrate those daily successes. For her third item she chooses to calibrate her body by standing tall with her chin up, smile on, shoulders back, hands relaxed at her side, and feet facing forward. She will hold that pose for 60 seconds then go about her day. Morning routine complete.

For her evening routine, Jill chooses to brush her teeth, write 2 sentences (or more) in her journal, and take 5 slow, deep breaths before going to bed. She feels confident that she can do these things consistently.

One day at a time –

Each day Jill tried to complete the three items in her morning routine, then chose one simple action step that would help her work toward her SMART goal for the week, then in the evening she tried to do those three items in her evening routine. She chose things that wouldn't take a lot of time because she didn't want to be overwhelmed with a lot of extra expectations.

Step 5 – return and report to a mentor/friend/accountability partner/coach

Jill talked to her friend Amanda at the beginning of the week and let her friend know that she was working on improving herself. Jill asked Amanda if she would help her be accountable by allowing her to report to her in a week whether or not she had done it. Amanda was delighted to help her friend and they agreed that Jill would text Amanda at 8:00 on Sunday night with either the message "I did it" or "I didn't do it," but either way, she would send a text to Amanda on Sunday night.

What happened next -

Even though this plan seemed easy enough, Jill found that in the day to day application, she didn't do a perfect job. Sometimes she forgot, sometimes she just didn't feel like it, but she really did try to do it most of the time. As she looked at her chart at the end of the week she saw a lot of

check marks, but she also saw some empty spaces where she didn't do it. In the past, she might have berated herself for those empty spaces and given up, but as she marked the "Measuring weekly success" section at the bottom of the page, she found that although she didn't follow through perfectly, she really did have some successes and she made some progress.

Progress, not perfection

Please notice that you don't need to be perfect, just progressing. It's not a "failure" if you forget to do those things on your morning and evening routine a couple times. Nor is it a "failure" if you don't reach a weekly SMART goal. It's okay. Just keep trying and do your best.

Step 6 - repeat steps 2-5 each week for 5 weeks

Jill will follow the same pattern of choosing another weekly SMART goal to progress toward her objective of improving her relationship with herself. To help her get ideas for a new goal, she goes back to that list she made earlier and looks at the other tools that might help her in her objective. She chooses to work on her self-talk. If she just writes "work on self-talk" as her goal, there is going to be a problem. Chances are that she will not eliminate all negative self-talk within a week and might get frustrated and want to give up. It needs to be re-written as a SMART goal that has some aspect that is achievable this week. It needs to be written in a way that leads to success, not failure. She thinks of a way it might be measurable and successful. She chooses to write the goal this way: I will use tools to combat negative self-talk at least 5 times during the week. By writing it in this way her goal is now SMART (SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY).

For the action steps to achieve that goal she lists various things she can try to distract herself for at least 2 minutes to stop the cycle of ruminating negative self-talk. She lists options of singing a song, reading through the "I am" statements in the book, repeating positive affirmations, and calibrating her body by standing up straight with chin held high, smile on, shoulders back, hands relaxed at her sides, and feet facing forward and holding that pose for 60 seconds. She'll try different things to see what is the most effective for her. If something didn't work, she can try again or try a different tactic next time. Her goal was to try. Even if she isn't perfect at eliminating all negative self-talk, by reaching her goal, she was at least able to win that battle 5 times during the week and she can build on that success.

Jill also chooses to adjust her morning and evening routine, since she now has a new tool she can use each day. She has a list of 5 positive affirmation statements because she successfully created one last week. She chooses to modify her morning routine by replacing "getting out of bed" with repeating her positive affirmations 3 times. She also chooses to modify her evening routine by

replacing “brushing teeth” with repeating her positive affirmations 3 times before bed. The rest of the morning and evening routine items she keeps the same.

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Step 7 – evaluate progress and set a new goal or objective for the next 5 weeks

After continuing this process for 5 weeks, Jill does a self-evaluation to measure her progress. She is delighted to notice that she has made some improvement. She either selects a new objective or chooses to continue working on the same one, or perhaps by now she has a specific goal in mind that she’d like to accomplish and she’s ready to begin the next 5-week cycle.

The following two pages show Jill’s first weekly progress chart followed by her second weekly progress chart.

Example: Jill's weekly progress chart sample – Week 1

Overarching goal or objective (5 weeks) I will improve my relationship with myself/like myself

Related SMART goal for this week I will choose 5 positive affirmation statements and post them

I will report to Amanda on (day/time) Sunday 8PM

Daily action step to achieve goal	Completed
Read through affirmation examples in Pathway to Happiness.	X
Search online for examples of positive affirmations	X
Compile a list of affirmations that I like and seem to apply to my situation	X
Narrow list down to 5	X
Print off a copy and tape them on my bathroom mirror	X

Morning routine	M	T	W	Th	F	Sa	Su
Get out of bed	X	X	X	X	X	X	X
Get dressed and ready for the day	X	X	X	X	X		X
Calibrate body (chin up, smile on, shoulders back, etc.) for 60 sec	X	X	X	X	X		

Evening routine	M	T	W	Th	F	Sa	Su
Brush teeth	X	X	X	X	X	X	X
Write 2 sentences (or more) in a journal	X	X	X	X	X		
Take 5 slow, deep breaths	X	X	X	X	X		

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	X
I achieved my SMART goal for the week.	X
I completed my morning routine 5 times (or more) this week.	X
I completed my evening routine 5 times (or more) this week.	X
I "returned and reported" to my accountability partner/ mentor/ coach	X

Example: Jill's weekly progress chart sample – Week 2

Overarching goal or objective (5 weeks) I will improve my relationship with myself/like myself

Related SMART goal for this week I will use tools to combat negative thinking at least 5 times

I will report to Amanda on (day/time) Sunday 8PM

Daily action step to achieve goal	Completed
Read and review options of tools to combat negative thinking in Wellness Tool Kit	X
Write and print out a reference list of tools	X
Notice when I have negative thoughts about self	X
Try using the tools if I catch myself having negative thoughts about self	X
Try using the tools if I catch myself having negative thoughts about self	X

Morning routine	M	T	W	Th	F	Sa	Su
Repeat positive affirmations 3 times	X		X	X		X	X
Get dressed and ready for the day	X	X	X	X	X	X	X
Calibrate body (chin up, smile on, shoulders back, etc.) for 60 sec	X		X	X		X	X

Evening routine	M	T	W	Th	F	Sa	Su
Repeat positive affirmations 3 times	X	X	X	X	X		
Write 2 sentences (or more) in a journal	X	X	X	X	X		
Take 5 slow, deep breaths	X	X	X	X	X		

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	X
I achieved my SMART goal for the week.	X
I completed my morning routine 5 times (or more) this week.	X
I completed my evening routine 5 times (or more) this week.	X
I "returned and reported" to my accountability partner/ mentor/ coach	X

Choosing a mentor/friend/accountability partner/coach

Working with another person provides accountability and greatly improves your likelihood of success. Studies show that knowing that you will be returning and reporting to someone at a specific time on a specific day can increase the chance of success from 10% up to 95%.

Enlist the help of a professional or a trusted friend as an accountability partner or mentor. Pick someone you can trust to hold you to your very highest standard. Set a designated time to return and report to her or him. Allow this mentor or friend to help you make a plan of action steps and follow up by returning and reporting to your mentor or friend on a regular basis (daily or weekly) through texting, email, phone call, or visit.

A note to mentors: The time commitment for an accountability coach or mentor is a few seconds a day and/or a few minutes a week. A mentor does not accept responsibility for another person's emotional state or for their decisions. A mentor is not a pseudo professional. An accountability partner or mentor's job is simply to provide regular accountability and follow up. A mentor should **not** ask, "How can I make you get better?" or "How can I solve your problems?" A mentor **should** ask, "How can I support you as you work towards your goals?"

Another example: Joe chooses an overarching goal of decluttering and improving organization in his life. For his weekly goal he decides to clean off the nightstand next to his bed. For his morning routine, Joe decided that he'd like to make his bed, say positive affirmation statements and go for a walk each morning. Then in the evening before bed he wants to repeat his positive affirmation statements, write down 5 things he's grateful for, and meditate for 10 minutes. Joe has a chart to mark down whether or not he's done these things, but he knows that having another layer of accountability will help him stay on track.

Joe has a friend named Mark that he trusts. Joe shares his goals with Mark and asks if he's willing to help him be accountable. Joe feels like he needs some daily support to help him develop new habits. Together they decide that the best plan for their busy schedules is for Joe to send a text saying "I did it" to Mark each night at 9PM to say he completed his morning and evening routine for the day and that he spent at least 15 minutes working on his goal of cleaning off his nightstand. Mark responds with a simple thumbs up or comment like "good job, keep up the good work." Because Mark really cares about Joe, he also offers to help Joe at the beginning of each 5 week cycle as he assesses his progress and creates new goals.

What if I don't know where to start?

If you don't know where to start, a good place to begin is with something physical. Either your physical self or the physical world around you. Choose something where you can see or feel a difference in a short amount of time. The general objective might be to declutter, or to get better organized, or to improve physical health. Review the section under the heading "Physical wellbeing" or choose an area in your home, car or office to clean and organize. Start with something small like a nightstand table or a single drawer.

Another way to select the next SMART goal is to look around you for unfinished projects. Is there something that you started, but haven't completed? When projects are big, set an amount of time to work on the project for the weekly goal rather than setting a goal to complete the project. For example, "I will work on _____ for an hour this week." And break the goal down further into action steps. If the goal is to work on the project for an hour, you could create 3 action steps like this, "I will work on _____ for 20 minutes." Keep it simple and achievable. We want progress and success. If the project isn't finished in a week, simply roll over the goal to the next week.

A physical goal might be to go for a walk 3 times during the week or learn a 2 minute tai chi form or drink 8 glasses of water each day for 5 days during the week. Always make sure to give yourself wiggle room. Don't set a goal that requires more than 5 days during a week. We don't want to feel overwhelmed and we're not looking for perfection; we're just looking for progress. Progress equals success.

Please remember to write the goals in a SMART format. Make it SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY.

Trouble shooting

If you're not succeeding in your goals, it's likely that the goals are either too large or they haven't been translated into a SMART form. Shake it off and try again. With practice it will become easier.

Remember that SMART goals are SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY. Choose weekly SMART goals that can be reasonably completed within a week taking into consideration all your regular daily activities and obligations. Remember that selecting a specific number of times you will do something or selecting a specific amount of time (or both) helps make goals more attainable.

Allow yourself wiggle room, don't choose something that you have to do perfectly every day in order to achieve a goal. If you choose the number of days/times you will do something, 5 is plenty. If you remember to do it every day, that's a bonus, but 5 successes in a week is awesome.

Many people struggle with a concept of duality: If it's not perfect then it's a failure. If I'm not perfect, then I'm a failure. It is only one or the other, there is nothing in between. That type of thinking leads to a lot of frustration, because it expects the impossible, and practically guarantees failure. Pathway to Happiness, is not about setting ourselves up for failure, it is about recognizing, creating, and building upon success. We are not looking for perfection. We are looking for progress.

Write what you "will" do, not what you "won't do"

A goal written in negative terms such as "I won't use negative self-talk" is a recipe for disappointment. Focusing on what we don't want, unfortunately makes us think more about it and do it more frequently, rather than less. Write goals that focus on what you want rather than what you don't want. A better goal would be "I will interrupt negative self-talk by repeating my affirmation statements." If you did it at least one time during the day, mark your chart that you did it. To go along with that goal, it would be a good idea to include repeating your positive affirmations in your morning and evening routines. The more positive self-talk, the better.

Keep things simple

Items in the morning and evening routine should be easy for you to accomplish. You can even include things that you're already doing and give yourself credit for the good things you're already doing. As you gain in confidence, you can upgrade your choices for morning and evening routine to be something new, but still easy to achieve. Consistency is a key to success. If it's too hard, takes too much time, or you don't like it, you won't want to do it. There are so many options, there's no need to do something that makes you miserable. Choose things that will not only make you better, but that you also enjoy.

It's pretty simple, but over time, this process brings about magical internal changes.

More examples

The following three pages show additional examples of weekly progress charts.

Weekly progress chart sample - Joe

Overarching goal or objective (5 weeks) Declutter/improve organization and order in my life

Related SMART goal for this week I will clean off the nightstand next to my bed

I will report to Mark on (day/time) each night at 9 PM

Daily action step to achieve goal	Completed
Spend 15 minutes cleaning off nightstand	X
Spend 15 minutes cleaning off nightstand	X
Spend 15 minutes cleaning off nightstand	X
Spend 15 minutes cleaning off nightstand	X
Spend 15 minutes cleaning off nightstand	X

Morning routine	M	T	W	Th	F	Sa	Su
Repeat positive affirmations 3 times	X		X	X	X	X	X
Make my bed	X		X	X	X	X	
Go for a walk	X		X	X	X	X	

Evening routine	M	T	W	Th	F	Sa	Su
Repeat positive affirmations 3 times	X	X		X	X	X	X
Write 5 things I'm grateful for in a gratitude journal	X	X		X	X		X
Meditate for 10 minutes	X	X	X	X	X		

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	X
I achieved my SMART goal for the week.	X
I completed my morning routine 5 times (or more) this week.	X
I completed my evening routine 5 times (or more) this week.	X
I "returned and reported" to my accountability partner/ mentor/ coach	X

Weekly progress chart sample - Anne

Overarching goal or objective (5 weeks) I want to feel happier, I want to love my life

Related SMART goal for this week Read 50 pages in the Pathway to Happiness workbook

I will report to Sandy on (day/time) Sunday at 7 PM

Daily action step to achieve goal	Completed
Read 10 pages	X
Read 10 pages	X
Read 10 pages	X
Read 10 pages	X
Read 10 pages	X

Morning routine	M	T	W	Th	F	Sa	Su
Repeat positive affirmations 3 times	X	X	X	X	X		
Sing along to a positive upbeat song	X	X	X	X	X		
Spend 3 minutes looking at my vision board	X	X	X	X	X		

Evening routine	M	T	W	Th	F	Sa	Su
Spend 3 minutes looking at my vision board	X	X	X	X	X		
Write 2 successes for the day	X	X	X	X	X		
Repeat positive affirmations 3 times	X	X	X	X	X		

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	X
I achieved my SMART goal for the week.	X
I completed my morning routine 5 times (or more) this week.	X
I completed my evening routine 5 times (or more) this week.	X
I “returned and reported” to my accountability partner/ mentor/ coach	X

Weekly progress chart sample - Cory

Overarching goal or objective (5 weeks) I want to move forward and regain control

Related SMART goal for this week Journal to help find the root of the problem (3X)

I will report to Brenda on (day/time) Saturday at 10 PM

Daily action step to achieve goal (up to 3)	Completed
Journal and/or energetic conversation	X
Journal and/or energetic conversation	X
Journal and/or energetic conversation	X

Morning routine	M	T	W	Th	F	Sa	Su
Pray	X	X	X		X	X	X
Read scriptures	X	X	X		X		X
Repeat positive affirmations 3 times	X	X	X		X		X

Evening routine	M	T	W	Th	F	Sa	Su
Pray	X	X	X	X	X	X	X
Write 2 successes for the day	X	X		X	X		X
Repeat positive affirmations 3 times	X	X	X	X	X		X

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	X
I achieved my SMART goal for the week.	X
I completed my morning routine 5 times (or more) this week.	X
I completed my evening routine 5 times (or more) this week.	X
I “returned and reported” to my accountability partner/ mentor/ coach	X

Weekly progress chart 1.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 1.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 1.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 1.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 1.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 1

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 2.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 2.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 2.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 2.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 2.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 2

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 3.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 3.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 3.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 3.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 3.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 3

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 4.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 4.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 4.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 4.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 4.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 4

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 5.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 5.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 5.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 5.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 5.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 5

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 6.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 6.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 6.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 6.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 6.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 6

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 7.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 7.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 7.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 7.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 7.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 7

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 8.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 8.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 8.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 8.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 8.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 8

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 9.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 9.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 9.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 9.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 9.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 9

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Review of 5-week unit

The overarching goal/objective that you've been working on for the past 5 weeks

Did you achieve your goal? Did you make progress towards your objective? _____

List 10 successes/accomplishments that you've had during the past 5 weeks.

List any habits that are NOT working for you

List any habits that are working for you

What goal/objective do you want to achieve/work toward during the next 5 weeks?

Weekly progress chart 10.1

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 10.2

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 10.3

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 10.4

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Weekly progress chart 10.5

Overarching goal or objective (5 weeks) _____

Related SMART goal for this week _____

I will report to _____ on (day/time) _____

Daily action step to achieve goal	Completed

Morning routine	M	T	W	Th	F	Sa	Su

Evening routine	M	T	W	Th	F	Sa	Su

Measuring weekly successes – I did it!	Success!
I completed at least one action step (or more) towards reaching my goal.	
I achieved my SMART goal for the week.	
I completed my morning routine 5 times (or more) this week.	
I completed my evening routine 5 times (or more) this week.	
I "returned and reported" to my accountability partner/ mentor/ coach	

Self-evaluation 10

Rate yourself on the following statements on a scale of 1 to 10. 1 means “never” or “strongly disagree.” 5 means “sometimes” or “agree” and a 10 means “always” or “strongly agree.”

I like myself.	1 2 3 4 5 6 7 8 9 10
I feel worthy of love and belonging.	1 2 3 4 5 6 7 8 9 10
I present myself with confidence.	1 2 3 4 5 6 7 8 9 10
I feel hopeful.	1 2 3 4 5 6 7 8 9 10
I am resilient. I learn and grow from challenges and obstacles.	1 2 3 4 5 6 7 8 9 10
I smile often.	1 2 3 4 5 6 7 8 9 10
I am positive and appreciative.	1 2 3 4 5 6 7 8 9 10
I do my best.	1 2 3 4 5 6 7 8 9 10
My self-talk is positive.	1 2 3 4 5 6 7 8 9 10
I feel motivated and filled with energy.	1 2 3 4 5 6 7 8 9 10
I feel at peace with myself and those around me.	1 2 3 4 5 6 7 8 9 10
I feel loved, valued and appreciated.	1 2 3 4 5 6 7 8 9 10
I feel connected to a few good people.	1 2 3 4 5 6 7 8 9 10
I love spending time with my family/friends.	1 2 3 4 5 6 7 8 9 10
I serve and lift others.	1 2 3 4 5 6 7 8 9 10
I give genuine compliments to others.	1 2 3 4 5 6 7 8 9 10
I can forgive and let go of hurt.	1 2 3 4 5 6 7 8 9 10
I can identify problems and look for solutions.	1 2 3 4 5 6 7 8 9 10
I feel that my efforts make a difference.	1 2 3 4 5 6 7 8 9 10
I set effective goals and work to achieve them.	1 2 3 4 5 6 7 8 9 10
I feel useful and successful.	1 2 3 4 5 6 7 8 9 10

Write a story or draw a picture of how you see yourself. Include what you think about yourself, what you think about other people, and what you think other people think about you.

Is this story/picture any different from the one you wrote/drew at the beginning?

What would you like to do next? Write a story or draw a picture of what you'd like to become. Include what you'd like to think about yourself, what you'd like to think about other people, and what you'd like other people think about you. What would you accomplish if you could do anything? What would your life be like? What would it look like? What would it feel like?

What will you do to continue progressing forward? Would repeating the Pathway to Happiness program be beneficial?

Tools by Topics

What is it that you want to build or improve upon? Here is a list of possible tools that might be helpful to help meet a particular objective. What do you need the most right now? What tool will best help you achieve it?

Building self-esteem and confidence/ Empowering and strengthening

- 6-minute morning routine (SAVERS) p 39
- Always do your best p 20
- Be prepared p 19
- Building resilience p 29
- Calibrate your body p 48
- Creating a virtual shield 29
- Dancing p 43
- Embrace whatever it is you love p 19
- Gaining control of life p 36
- Give genuine compliments to others p 18
- Increasing our mood and energy level through upbeat music 41
- Make your bed p 36
- Physical activity p 43
- Play to your strengths p 18
- Positive affirmations and declarations p 23
- Practice appreciation p 18
- Present yourself with confidence p 18
- Protect and build self-esteem p 17
- Self-talk p 20
- Set effective goals and work to achieve them p 19
- Sing along p 42
- Smile – even when you don't feel like it p 48
- Smile and look people in the eye p 18
- Spend more time on meaningful connections, less time online p 34
- Success lists p 25
- Visualize happiness p 24

Comfort/Coping

- Accept your imperfections p 19
- Allow yourself to feel your emotions p 31

- Battle the cycle of negative thinking with a 2-minute distraction p 27
- Benefits of pets p 53
- Better sleep p 44
- Building resilience p 29
- Calibrate your body p 48
- Check your perception p 31
- Combat loneliness p 34
- Create a calming bedtime routine p 45
- Creating a virtual shield p 29
- Dancing p 43
- Dark chocolate p 51
- Emotion code or body code p 33
- Food affects feelings p 50
- Forgiveness p 49
- Get plenty of sunshine p 46
- Identify and validate what you are feeling p 30
- Let it go p 32
- Meditation p 52
- Music p 41
- Nature p 52
- One step at a time p 27
- One task at a time p 37
- Positive affirmations and declarations p 23
- Protect and build self-esteem p 17
- Sad music also has a useful role in healing p 42
- Self-talk p 20
- Separate what happened from who you are p 31
- Service and compassion p 53
- Sing along p 42
- Smile – even when you don't feel like it p 48
- Stay calm when you wake up p 47
- Stick to a regular sleep schedule p 45
- Turn your bedroom into a sleep haven p 45
- Validate your experience p 30
- Yoga, tai chi p 52

Creating connections/ focusing outward/ relationships with others

- Accept disapproval p 20
- Accept your imperfections p 19
- Benefits of pets p 53
- Building resilience p 29
- Connect through traditions/rituals p 35
- Embrace whatever it is you love p 19
- Forgiveness p 49
- Give genuine compliments to others p 18
- Positive affirmations and declarations p 23
- Practice appreciation p 18
- Present yourself with confidence p 18
- Protect and build self-esteem p 17
- Self-talk p 20
- Service and compassion p 53
- Smile – even when you don't feel like it p 48
- Smile and look people in the eye p 18
- Spend more time on meaningful connections, less time online p 34

Easing burdens/ becoming lighter

- Accept your imperfections p 19
- Allow yourself to feel your emotions p 31
- Battle the cycle of negative thinking with a 2-minute distraction p 27
- Benefits of pets p 53
- Better sleep p 44
- Building resilience p 29
- Calibrate your body p 48
- Check your perception p 31
- Combat loneliness p 34
- Connect through traditions/rituals p 35
- Create a calming bedtime routine p 45
- Creating a virtual shield p 29
- Dark chocolate p 51
- Decluttering our homes, decluttering our lives p 36
- Donate items to goodwill p 37

- Emotion code or body code p 33
- Energetic or complete conversations p 33
- Forgiveness p 49
- Let it go p 32
- Music p 41
- Nature p 52
- One step at a time p 27
- Positive affirmations and declarations p 23
- Sad music also has a useful role in healing p 42
- Seek professional help p 12
- Self-talk p 20
- Separate what happened from who you are p 31
- Sing along p 42
- Sort your email inbox p 38
- Turn your bedroom into a sleep haven p 45
- Use a goal setting app p 16
- Use journaling to identify the problem p 25
- Validate your experience p 30
- Where to find help p 12
- Written rant and release p 26
- Yoga, tai chi p 52

Mood boosters/ motivation

- 6-minute morning routine (SAVERS) p 39
- Always do your best p 20
- Be prepared p 19
- Calibrate your body p 48
- Dancing p 43
- Eat well and avoid stimulating substances p 46
- Embrace whatever it is you love p 19
- Food affects feelings p 50
- Get plenty of sunshine p 46
- Give genuine compliments to others p 18
- Increasing our mood and energy level through upbeat music p 41
- Make your bed p 36
- Morning routine p 6
- Music p 41
- Nature p 52

- Physical activity p 43
- Positive affirmations and declarations p 23
- Present yourself with confidence p 18
- Protect and build self-esteem p 17
- Self-talk p 20
- Service and compassion p 53
- Sing along p 42
- Smile – even when you don't feel like it p 48
- Smile and look people in the eye p 18
- Success lists p 25
- Visualize happiness p 24

Moving forward/ regaining control

- 6-minute morning routine (SAVERS) p 39
- Accept your imperfections p 19
- Allow yourself to feel your emotions p 31
- Always do your best p 20
- Battle the cycle of negative thinking with a 2-minute distraction p 27
- Be prepared p 19
- Building resilience p 29
- Calibrate your body p 48
- Decluttering our homes, decluttering our lives p 36
- Donate items to goodwill p 37
- Embrace whatever it is you love p 19
- Forgiveness p 49
- Gaining control of life p 36
- Getting to the root of the problem p 25
- Intention plus happiness leads to manifestation p 38
- Let it go p 32
- Make a choice to do something about it p 14
- Make your bed p 36
- Morning routine p 6
- One step at a time p 27
- One task at a time p 37
- Physical activity p 43
- Play to your strengths p 18
- Positive affirmations and declarations p 23
- Present yourself with confidence p 18

- Protect and build self-esteem p 17
- Return and report p 15
- Self-talk p 20
- Separate what happened from who you are p 31
- Service and compassion p 53
- Set effective goals and work to achieve them p 19
- Sing along p 42
- Smile – even when you don't feel like it p 48
- Smile and look people in the eye p 18
- Sort your email inbox p 38
- Spend more time on meaningful connections, less time online p 34
- Success lists p 25
- The power of repetition p 21
- Use a goal setting app p 16
- Use journaling to identify the problem p 25
- Vision boards p 38
- Visualize happiness p 24
- Where to find help p 12
- Written rant and release p 26

Overcoming loneliness

- Accept disapproval p 20
- Accept your imperfections p 19
- Allow yourself to feel your emotions p 31
- Always do your best p 20
- Battle the cycle of negative thinking with a 2-minute distraction p 27
- Benefits of pets p 53
- Better sleep p 44
- Building resilience p 29
- Calibrate your body p 48
- Check your perception p 31
- Combat loneliness p 34
- Connect through traditions/rituals p 35
- Creating a virtual shield p 29
- Dark chocolate p 51
- Embrace whatever it is you love p 19
- Forgiveness p 49
- Give genuine compliments to others p 18

- Identify and validate what you are feeling p 30
- Make a choice to do something about it p 14
- Music p 41
- Nature p 52
- Positive affirmations and declarations p 23
- Practice appreciation p 18
- Present yourself with confidence p 18
- Protect and build self-esteem p 17
- Sad music also has a useful role in healing p 42
- Self-talk p 20
- Service and compassion p 53
- Sing along p 42
- Smile – even when you don't feel like it p 48
- Smile and look people in the eye p 18
- Spend more time on meaningful connections, less time online p 34

Overcoming negative self-talk/ relationship with self

- Accept disapproval p 20
- Accept your imperfections p 19
- Allow yourself to feel your emotions p 31
- Always do your best p 20
- Battle the cycle of negative thinking with a 2-minute distraction p 27
- Building resilience p 29
- Calibrate your body p 48
- Check your perception p 31
- Connect through traditions/rituals p 35
- Creating a virtual shield p 29
- Embrace whatever it is you love p 19
- Forgiveness p 49
- Gaining control of life p 36
- Getting to the root of the problem p 25
- Give genuine compliments to others p 18
- Identify and validate what you are feeling p 30
- Increasing our mood and energy level through upbeat music p 41
- Let it go p 32
- Make a choice to do something about it p 14
- Positive affirmations and declarations p 23

- Practice appreciation p 18
- Present yourself with confidence p 18
- Protect and build self-esteem p 17
- Sad music also has a useful role in healing p 42
- Self-talk p 20
- Separate what happened from who you are p 31
- Service and compassion p 53
- Sing along p 42
- Smile – even when you don't feel like it p 48
- Success lists p 25
- The power of repetition p 21
- Use journaling to identify the problem p 25
- Validate your experience p 30
- Visualize happiness p 24
- Written rant and release p 26

Physical well-being/ improving sleep

- 6-minute morning routine (SAVERS) p 39
- Accept your imperfections p 19
- Always do your best p 20
- Benefits of pets p 53
- Better sleep p 44
- Calibrate your body p 48
- CPAP therapy for those with sleep apnea p 47
- Create a calming bedtime routine p 45
- Dancing p 43
- Dark chocolate p 51
- Decluttering our homes, decluttering our lives p 36
- Eat well and avoid stimulating substances p 46
- Food affects feelings p 50
- Get plenty of sunshine p 46
- Increasing our mood and energy level through upbeat music p 41
- Keep a sleep diary p 44
- Keeping hydrated with plenty of water p 51
- Make a choice to do something about it p 14
- Make your bed p 36
- Medication p 13
- Morning routine p 6

- Music p 41
- Nature p 52
- Physical activity p 43
- Present yourself with confidence p 18
- Protect and build self-esteem p 17
- Set effective goals and work to achieve them p 19
- Smile – even when you don't feel like it p 48
- Smile and look people in the eye p 18
- Stay calm when you wake up p 47
- Stick to a regular sleep schedule p 45
- Turn your bedroom into a sleep haven p 45
- Yoga, tai chi p 52

Problem solving/ Improving clarification

- 6-minute morning routine (SAVERS) p 39
- Battle the cycle of negative thinking with a 2-minute distraction p 27
- Be prepared p 19
- Building resilience p 29
- Check your perception p 31
- Create a calming bedtime routine p 45
- Decluttering our homes, decluttering our lives p 36
- Emotion code or body code p 33
- Energetic or complete conversations p 33
- Forgiveness p 49
- Gaining control of life p 36
- Getting to the root of the problem p 25
- Identify and validate what you are feeling p 30
- Keep a sleep diary p 44
- Let it go p 32
- Make a choice to do something about it p 14
- Make your bed p 36
- One step at a time p 27
- One task at a time p 37
- Play to your strengths p 18
- Positive affirmations and declarations p 23
- Protect and build self-esteem p 17
- Return and report p 15
- Seek professional help p 12

- Self-talk p 20
- Set effective goals and work to achieve them p 19
- Sort your email inbox p 38
- Success lists p 25
- The power of repetition p 21
- Use a goal setting app p 16
- Use journaling to identify the problem p 25
- Vision boards p 38
- Where to find help p 12
- Written rant and release p 26

Resilience (Bouncing back from failure and rejection)

- 6-minute morning routine (SAVERS) p 39
- Accept disapproval p 20
- Accept your imperfections p 19
- Allow yourself to feel your emotions p 31
- Always do your best p 20
- Battle the cycle of negative thinking with a 2-minute distraction p 27
- Be prepared p 19
- Benefits of pets p 53
- Better sleep p 44
- Building resilience p 29
- Calibrate your body p 48
- Check your perception p 31
- Combat loneliness p 34
- Connect through traditions/rituals p 35
- Creating a virtual shield p 29
- Dark chocolate p 51
- Energetic or complete conversations p 33
- Forgiveness p 49
- Give genuine compliments to others p 18
- Identify and validate what you are feeling p 30
- Increasing our mood and energy level through upbeat music p 41
- Let it go p 32
- Make your bed p 36
- Nature p 52
- One step at a time p 27

- One task at a time p 37
- Play to your strengths p 18
- Positive affirmations and declarations p 23
- Practice appreciation p 18
- Present yourself with confidence p 18
- Protect and build self-esteem p 17
- Sad music also has a useful role in healing p 42
- Self-talk p 20
- Separate what happened from who you are p 31
- Service and compassion p 53
- Sing along p 42
- Smile – even when you don't feel like it p 48
- Smile and look people in the eye p 18
- Success lists p 25
- The power of repetition p 21
- Use journaling to identify the problem p 25
- Validate your experience p 30
- Vision boards p 38
- Visualize happiness p 24
- Written rant and release p 26
- Yoga, tai chi p 52

Wellness tools in alphabetical order

- 6 minute morning routine p 39
- Accept disapproval p 20
- Accept your imperfections p 19
- Allow yourself to feel your emotions p 31
- Always do your best p 20
- And again... p 9
- Battle the cycle of negative thinking with a 2-minute distraction p 27
- Be prepared p 19
- Benefits of pets p 53
- Better sleep p 44
- Breaking it down into action steps p 6
- Building resilience p 29
- Calibrate your body p 48
- Check your perception p 31
- Combat loneliness p 34

- Connections through traditions/rituals p 35
- CPAP therapy for those with sleep apnea p 47
- Create a calming bedtime routine p 45
- Creating a virtual shield p 29
- Dancing p 43
- Dark chocolate p 51
- Decluttering our homes, decluttering our lives p 36
- Donate items to goodwill p 37
- Eat well and avoid stimulating substances p 46
- Embrace whatever it is you love p 19
- Emotion code or body code p 33
- Energetic or complete conversations p 33
- Food affects feelings p 50
- Forgiveness p 49
- Gaining control of life p 36
- Get plenty of sunshine p 46
- Getting to the root of the problem p 25
- Give genuine compliments to others p 18
- Give yourself some wiggle room - we don't need perfection, just progress p 7
- Identify and validate what you are feeling p 30
- Increasing our mood and energy level through upbeat music p 41
- Intention plus happiness leads to manifestation p 38
- Intermediate goals p 5
- Keep a sleep diary p 44
- Keeping hydrated with plenty of water p 51
- Laughter 28
- Let it go p 32
- Make a choice to do something about it p 14
- Make your bed p 36
- Medication p 13
- Meditation p 52
- Morning routine and evening routine p 6
- Music p 41
- Nature p 52
- One step at a time p 27
- One task at a time p 37
- Overview p 10

- Physical activity p 43
- Play to your strengths p 18
- Positive affirmations and declarations p 23
- Practice appreciation p 18
- Present yourself with confidence p 18
- Progressive healing p 5
- Protect and build self-esteem p 17
- Return and report p 15
- Sad music also has a useful role in healing p 42
- Seek professional help p 12
- Self-talk p 20
- Separate what happened from who you are p 31
- Service and compassion p 53
- Set effective goals and work to achieve them p 19
- Sing along p 42
- SMART stepping stone goals p 5
- Smile - even when you don't feel like it p 48
- Smile and look people in the eye p 18
- Sort your email inbox p 38
- Spend more time on meaningful connections, less time online p 34
- Stay calm when you wake up p 47
- Stick to a regular sleep schedule p 45
- Success lists p 25
- The power of repetition p 21
- Trouble shooting p 10
- Turn your bedroom into a sleep haven p 45
- Use a goal setting app p 16
- Use journaling to Identify the problem p 25
- Validate your experience p 30
- Vision boards p 38
- Visualize happiness p 24
- What if I don't know where to start? P 9
- Where to Find Help p 12
- Written rant and release p 26
- Yoga, tai chi p 52

Additional information

Additional weekly charts and self-evaluation forms are available to download for free at <https://hopeforhealingfoundation.com/> .

If you have found this wellness tool kit helpful and would like to pay it forward, please consider making a donation of \$5 or more to Hope For Healing at <https://hopeforhealingfoundation.com/>. 100% of your donation goes directly towards helping those in need.

Resources for Pathway to Happiness: A Wellness Tool Kit

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