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The 30-Day Happiness Challenge

No matter what you do or where you are in your life, your mindset and how you perceive the world matters in how you succeed – well in anything. Having the right mindset can be the difference between success and failure. How many times have made the decision to start a project only to realize a short time later that “oh crap that did not go well”? This challenge is the start of a program I have titled A Hero’s Journey. My goal in providing you the first part of this is so that you can gain some real value as you move through life.

So Welcome to the 30 Happiness Challenge – You are in for some real fun times...

According to research conducted in the field of Positive Psychology, it is possible to train our brains toward a default of happiness. Imagine having this mindset as the genesis of-well anything-you do? As you may or may not know, it is said that in order to make something habit you must repeat the action over the course of at least 21 days (recently I have heard 40 days). So why is this even important? Because, according to Shawn Achor (2011), “the lens through which your brain views the world shapes your reality – if you can change your lens then you can change your reality”. He goes on to say that 90% of what predicts your happiness is by the way your brain processes the world. Working on this, so that your brain approaches life in a more positive way, means that your energy, creativity and intelligence rises, and in fact you are 31% more productive (Achor, 2011).

I have created this challenge with 9 days padded in to give you the greatest chance of success, but it is my hope that you go 40 days and beyond

Below are the steps you will take over the next 30 days. Read through each step to gain an overall understanding. Then begin to implement each step over the course of a week (or what feels right to you). Once you have each step down (meaning you are ready to act upon them) then begin the 30-day count. If you have any questions please reach out to me at mark@warrior2lifecoaching.com



Step 1: Your Daily Journal – This is the foundation of this journey. Your first task is to start writing a journal. My suggestion is that you go old school – get a notebook and pen (because they cannot crash like electronics can). I say this is the foundation of this journey is because in order to do this you are going to have to schedule time (I suggest the same time and duration – about 15 mins to start) in order to do this. So, the rules are simple...Each and every day for the next 30 days (my hope is longer) you are going to sit down and write for 15 mins. The easiest is to do what I call a core dump of your day. Describe in detail about your day. The next rule is do not edit yourself. Meaning you are not writing a dissertation, you are not going to be graded, you are not writing some tomb to be discovered by future generations you are writing for yourself. In other words, allow yourself to be vulnerable, honest, and just “let it flow”. I have assigned this to my students and clients over the year and I find it is always the same with most people. At first it is like pulling teeth and they find it extremely frustrating. If this is the case with you, start out by writing “this is so dumb, this is so dumb...” Eventually what will happen is your ego will run out of steam and you will begin to let stuff flow out of you.

Step 2: Gratitude Journal – So after you have begun to get into the habit of journaling...you are going to journal about 3 things you are grateful for that you experienced during the day. The mistake people make with this step is thinking that they have to write about “the heavens opened up and revealed the spiritual truth to me...” and since this does not usually happen to us every day (but if it does – definitely write that down!!!).