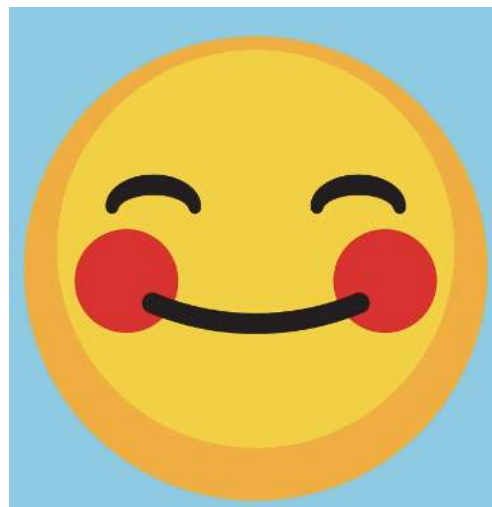


# The BIG happiness little book of

The only guide you will ever need to be happy  
today and every day



Jody B. Miller

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# 01

## Understanding Happiness

## Understanding Happiness

### What is happiness and why is it important?

Happiness, my friends, is the ultimate state of mind that we all yearn for. It's a feeling of pure bliss, fulfillment, and joy that comes when we achieve our goals and live in alignment with our values.

Happiness is not just a fleeting emotion, it's a way of life that we can cultivate and nurture every day. And let me tell you, happiness is not just a luxury or a nice-to-have, it's a necessity for our well-being and success.

Research shows that when we're happy, we're more productive, creative, and resilient. We're able to overcome obstacles and achieve our goals with more ease and grace. And not only that, but happiness also has a positive impact on our health, relationships, and overall quality of life.

So, my friends, it's time to make happiness a priority in your life. You deserve to experience joy, fulfillment, and abundance in all areas of your life.

It's time to start cultivating positive emotions, nurturing healthy habits, and living in alignment with your purpose and values.

Let's make happiness a habit and create the life of our dreams!

# The BIG Little Book of happiness

And the good news is that happiness is within your reach.

You have the power to choose your thoughts, emotions, and actions.

You have the ability to change your beliefs, habits, and mindset.

You have the potential to create a life that's filled with meaning, purpose, and joy. But let me be clear, my friends.

Happiness is not something that you can achieve overnight. It's a journey that requires commitment, effort, and patience.

You need to be willing to challenge your limiting beliefs, overcome your fears, and take consistent action towards your goals.

You need to be open to learning, growing, and evolving as a person. And it all starts with understanding what happiness means to you.

What are your values, passions, and dreams?

What brings you joy, fulfillment, and satisfaction?

What are the obstacles and challenges that are holding you back from being happy?

Once you have clarity on these questions, you can start taking action towards creating a life that's aligned with your vision of happiness.

So, my friends, I invite you to join me on this journey of happiness. Let's explore the science of happiness, learn from the experts, and apply the proven strategies and techniques to our lives.

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Let's create a community of like-minded individuals who are committed to living a happy and fulfilling life. Let's make happiness a reality, not just a distant dream. Are you ready to start?

## Myths and misconceptions about happiness

Let's talk about the myths and misconceptions that are holding us back from experiencing true happiness.

You see, many of us have been fed false beliefs and outdated ideas about what happiness is and how to achieve it. And these myths can be like roadblocks on our path to happiness.

One of the biggest myths is that happiness is something that we can achieve by external means, such as wealth, status, or material possessions. We're led to believe that if we just have enough money, power, or fame, we'll be happy. But let me tell you, my friends, this is a fallacy.

Research has shown that material possessions and external achievements only provide temporary satisfaction, and that true happiness comes from within. Another myth is that happiness is a destination, a place that we'll reach once we've achieved all our goals and dreams.

But let me ask you this, my friends, what happens once you reach that destination?

Do you stop being happy? Of course not!

Happiness is not a destination, it's a journey. It's a way of life that we can cultivate and nurture every day.

## The BIG Little Book of happiness

And then there's the myth that happiness is something that's reserved for a select few, a chosen group of people who have it all figured out.

But let me tell you, my friends, happiness is not a privilege, it's a birthright. We all have the potential to experience joy, fulfillment, and abundance in our lives.

It's just a matter of unlocking that potential and tapping into our inner resources.

It's time to break free from these myths and misconceptions about happiness.

It's time to embrace a new paradigm, a new way of thinking about happiness.

Let's focus on the things that truly matter, such as our relationships, our health, our passions, and our purpose.

Let's cultivate positive emotions, practice gratitude, and find meaning in our lives.

Let's make happiness a habit, a way of life that we can enjoy every day. Are you with me, my friends?

And I know what some of you might be thinking, my friends. You might be saying, "But life is full of challenges and setbacks.

How can we be happy in the midst of adversity?"



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And that's a valid question.

The truth is, happiness doesn't mean that we're immune to pain, suffering, or difficult times. It means that we have the resilience, the strength, and the courage to face those challenges with a positive mindset.

And that's where another myth comes into play. The myth that happiness is all about positive thinking and ignoring the negative.

But let me tell you, that's not the case.

Positive thinking is important, but it's not enough. We also need to embrace our emotions, both the positive and the negative ones.

We need to acknowledge our pain, our fear, and our sadness, and use them as opportunities for growth and learning.

We need to acknowledge our pain, our fear, and our sadness, and use them as opportunities for growth and learning.

Let's break free from these myths and embrace a new way of thinking about happiness.

Let's focus on the things that truly matter, let's cultivate positive emotions, and let's embrace our emotions, both the positive and the negative ones.

Let's make happiness a habit, a way of life that we can enjoy every day, no matter what challenges we face.

Because the truth is, my friends, happiness is not a destination, it's a journey, and it's a journey that we can all enjoy.

## The Science of Happiness: What Research Tells Us

Let's dive into the science of happiness and what the research tells us about this fascinating subject.

You see, happiness is not just a state of mind, it's also a physiological and neurological response. And thanks to modern science, we now have a better understanding of how our brains and bodies respond to different stimuli and experiences.

This means that we can rewire our brains for happiness by adopting new habits, thoughts, and behaviors.

One of the most exciting findings in the science of happiness is the idea of neuroplasticity. This refers to the brain's ability to change and adapt in response to new experiences and behaviors.

Research has also shown that our emotions and behaviors are contagious.

That's right, when we're happy, we can spread that happiness to others, creating a ripple effect of positivity.

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And this is not just a theory, it's a fact.

Studies have shown that our happiness is not just determined by our individual circumstances, but also by the happiness of the people around us.

## The BIG Little Book of happiness

But perhaps the most important finding in the science of happiness is the idea of intentional activities.

These are specific actions and behaviors that we can take to increase our happiness levels.

For example, practicing gratitude, performing acts of kindness, and cultivating positive relationships have all been shown to boost our happiness.

By adopting these intentional activities and incorporating them into our daily lives, we can create a life that's filled with joy, meaning, and purpose.

And the good news is that these intentional activities are not just for the lucky few. They're accessible to all of us, no matter our background, circumstances, or personality.

So, let's take advantage of the science of happiness and use it to our advantage.

Let's embrace the power of neuroplasticity, spread positivity to those around us, and incorporate intentional activities into our lives.

Let's make happiness a priority and create a life that we can truly enjoy. Are you ready to do this, my friend? I know I am!

One specific scientific study that provides evidence for the power of intentional activities in boosting happiness is a study conducted by psychologists Sonja Lyubomirsky, Kennon Sheldon, and David Schkade in 2005.

## The BIG Little Book of happiness

Another exciting area of research in the science of happiness is the neurobiology of positive emotions.

Recent studies have shown that positive emotions, such as joy, gratitude, and compassion, have a profound impact on our brain chemistry and neural activity.

For example, one study conducted by psychologist Richard Davidson and his colleagues found that individuals who regularly practiced loving-kindness meditation, a technique that involves cultivating feelings of love and compassion towards oneself and others, had increased activity in the prefrontal cortex, an area of the brain associated with positive emotions and well-being.

In another study, researchers found that when individuals experienced positive emotions, such as amusement or awe, they showed increased activity in the vagus nerve, which is responsible for regulating the parasympathetic nervous system and reducing stress and anxiety.

These findings suggest that positive emotions not only feel good but also have a real and measurable impact on our brain and body.

By intentionally cultivating positive emotions through practices like meditation, gratitude, and acts of kindness, we can literally rewire our brain for happiness.

Let's take advantage of the power of our brain and use it to our advantage.

Let's engage in intentional activities that cultivate positive emotions and create a positive ripple effect in our brain and body.

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In this study, participants were randomly assigned to one of three groups: a gratitude group, a hassles group, and a control group.

The gratitude group was instructed to write down three things they were grateful for each day, the hassles group was instructed to write down three things that went wrong each day, and the control group was simply asked to write down events that occurred during the day.

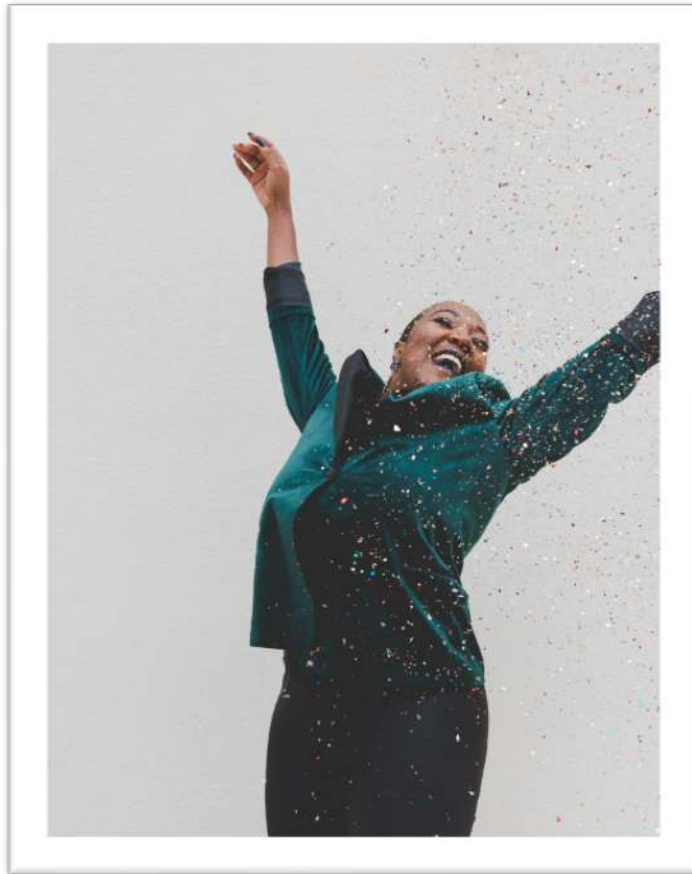
After several weeks, the researchers found that the participants in the gratitude group reported higher levels of happiness and life satisfaction compared to the participants in the other two groups.

This study provides evidence that intentionally focusing on gratitude can have a positive impact on our overall well-being and happiness. So, my friend, let's take inspiration from this study and make intentional activities, like focusing on gratitude, a regular part of our lives.

By doing so, we can create a positive ripple effect that not only benefits ourselves but those around us as well.

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By doing so, we can create a life that's filled with joy, meaning, and purpose.



# Chapter One: Journal Exercise

What are my values, passions, and dreams?

What brings me joy, fulfillment, and satisfaction?

What are the obstacles and challenges that are holding me back from being happy?

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## Insights

Feel free to write down any after-reading insights and thoughts

In one week from now I want to feel...

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# 02

## Creating Positive Emotions



## Creating Positive Emotions

### The power of positive emotions: how they impact our wellbeing

I want to talk to you about something that's near and dear to my heart: the power of positive emotions.

You see, emotions are the driving force behind everything we do, and they have a profound impact on our overall wellbeing.

When we're feeling positive emotions like joy, love, and gratitude, we're more likely to have a sense of purpose, to connect with others, and to pursue our goals with passion and determination.

On the other hand, when we're consumed by negative emotions like fear, anger, and sadness, our lives can quickly spiral out of control. We become disconnected from others, lose sight of our goals, and struggle to find meaning in our lives.

But here's the good news: we have the power to control our emotions, and in turn, to transform our lives. By cultivating positive emotions, we can create a sense of joy and fulfillment that spills over into every area of our lives.

So how do we do it? Well, the first step is to start paying attention to our emotions. When we feel negative emotions creeping in, we need to take a step back and ask ourselves why we're feeling that way. Is it because of something we can control, or is it a reaction to an external circumstance?

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Once we've identified the source of our negative emotions, we can start to reframe our thinking and focus on the positive.

We can choose to be grateful for what we have, focus on the things we can control, and find ways to connect with others. And over time, with practice and dedication, we can create a positive emotional state that becomes our default mode. We can wake up each day feeling joyful, grateful, and excited for what's to come.

And remember, it's not just about feeling good in the moment.

The power of positive emotions extends far beyond that. When we cultivate a positive emotional state, we also become more resilient to stress and adversity. We're better equipped to handle life's challenges, and we're more likely to bounce back when things don't go as planned.

In fact, studies have shown that people who experience positive emotions on a regular basis are more likely to have better physical health, lower levels of stress, and longer lifespans. So don't underestimate the power of positive emotions.

By cultivating a positive emotional state, you're not just improving your mood - you're improving your overall wellbeing, both now and in the long term. And the best part is, you don't have to do it alone.

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And the best part is, you don't have to do it alone. Surround yourself with positive, supportive people who lift you up and encourage you to be your best self. Seek out activities that bring you joy and fulfillment, and make time for self-care and relaxation. The power of positive emotions is truly incredible, and it's available to each and every one of us.

All it takes is a little effort and a willingness to embrace the positive. But sometimes we need a little help to get there.

Surround yourself with positive, supportive people who lift you up and encourage you to be your best self. Seek out activities that bring you joy and fulfillment, and make time for self-care and relaxation. So my friend, I want to leave you with this: the power of positive emotions is truly incredible, and it's available to each and every one of us. All it takes is a little effort and a willingness to embrace the positive. So go out there and make it happen - you've got this!

I want to encourage you to embrace the power of positive emotions in your life. Start today by taking control of your emotions and focusing on the positive, and watch as your life begins to transform in ways you never thought possible. Remember, you have the power to create the life you've always dreamed of - so go out there and make it happen!

And remember, it's not just about feeling good in the moment. The power of positive emotions extends far beyond that. When we cultivate a positive emotional state, we also become more resilient to stress and adversity. We're better equipped to handle life's challenges, and we're more likely to bounce back when things don't go as planned.

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## Practices for cultivating joy, gratitude, and contentment

These three practices are essential to living a fulfilling and happy life, and I want to share with you some of my favorite tips and tricks for making them a regular part of your routine.

First, let's talk about joy.

Joy is that feeling of pure happiness that bubbles up inside of you, and it's so important to make space for it in your life.

One of the best ways to cultivate joy is by doing something that you truly love every day.

Whether it's painting, singing, dancing, or just taking a walk in nature, find something that brings you pure delight and make time for it in your schedule.

Next up, let's talk about gratitude.

Gratitude is all about appreciating the blessings in your life, big and small.

One of the most powerful practices for cultivating gratitude is keeping a gratitude journal. Every day, take a few minutes to write down three things that you're grateful for.

It could be something as simple as a hot cup of coffee in the morning or a phone call with a friend. By focusing on the good in your life, you'll start to see more and more of it.

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Finally, let's talk about contentment. Contentment is that feeling of being at peace with where you are in life, even as you strive for more.

One of the best ways to cultivate contentment is by practicing mindfulness. Take a few minutes each day to simply be present in the moment, whether it's by meditating, taking deep breaths, or just noticing the sensations in your body.

By learning to be content in the present moment, you'll be better equipped to handle whatever life throws your way.

Remember, happiness is a journey, not a destination, and it's up to you to make the most of every day.

Here are some examples to help illustrate the practices of cultivating joy, gratitude, and contentment:

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## Cultivating Joy

You might try taking a dance class, going for a hike, trying a new recipe, or practicing a musical instrument.

Anything that brings you happiness and delight can be a great way to cultivate joy.

## Cultivating Gratitude

Keeping a gratitude journal is a common practice for cultivating gratitude.

Each day, write down three things you're thankful for, such as a loving relationship, a healthy meal, a sunny day, a good night's sleep, or a kind gesture from a friend.

You can also express your gratitude directly to the people in your life, by sending them a heartfelt note or a kind message.

## Cultivating Contentment

Practicing mindfulness is a great way to cultivate contentment.

You might try taking a few minutes each day to sit quietly, focus on your breath, and observe your thoughts and feelings without judgment.

Another approach to mindfulness is to engage in an activity that brings you into the present moment, such as gardening, cooking, or painting.

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Remember, these practices are not one-size-fits-all, so it's important to experiment with different activities and find what works best for you. The key is to make joy, gratitude, and contentment a regular part of your life, and to approach them with a sense of curiosity and openness.



# Chapter Two: Journal Exercise

What negative thoughts dominate my mind?

How can I soften those thoughts so they are not so harsh?

What nice phrases can I say to myself to make me feel better right now?

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## Insights

Feel free to write down any after-reading insights and thoughts

In one week from now I want to feel...

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# 03

## Finding Meaning and Purpose

## **Finding Meaning and Purpose.**

As human beings, we all have a deep-seated need to understand the meaning of our existence, to find purpose in our lives, and to connect with something greater than ourselves.

Many of us spend our lives searching for happiness through material possessions or external experiences, yet we often find ourselves feeling unfulfilled and empty.

This is because true happiness cannot be found through external means alone. It comes from within, from our innermost being, and is deeply connected to our sense of meaning and purpose.

When we find meaning and purpose in our lives, we tap into a wellspring of joy and fulfillment that cannot be found through external means. It is this sense of purpose that gives our lives direction, guiding us towards a greater sense of fulfillment and happiness.

It provides us with a sense of connection to something greater than ourselves, and it helps us to make sense of the world around us. So how can we find meaning and purpose in our lives?

The first step is to connect with our innermost selves, to quiet our minds and listen to the whispers of our hearts. We must be willing to ask ourselves the hard questions, to explore our deepest desires and fears, and to connect with the things that truly matter to us.

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From there, we can begin to identify our unique talents and passions, and to explore ways to use them to make a positive impact on the world. Whether it be through volunteering, creating art, or simply being kind to those around us, we can all find ways to make a difference and to contribute to the greater good.

I urge you to take the time to connect with your innermost self, to explore your passions and talents, and to find ways to use them to make a positive impact on the world.

By doing so, you will tap into a wellspring of joy and fulfillment that cannot be found through external means alone. May you find your true purpose, and may it lead you towards a life filled with happiness and meaning.

Research in positive psychology has found that people who have a sense of meaning and purpose in their lives are more likely to report higher levels of life satisfaction and happiness.

A study conducted by the University of Michigan found that people who reported having a sense of purpose in life were more likely to experience positive emotions and less likely to experience negative emotions.

Another study published in the Journal of Positive Psychology found that people who reported having a strong sense of purpose in life were more likely to have a positive outlook on aging and to experience a greater sense of well-being as they aged. In addition to these findings, research has also shown that finding meaning and purpose in life can have a positive impact on physical health.

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A study conducted by the University of California, San Diego, found that people who reported having a sense of purpose in life were more likely to engage in healthy behaviors, such as exercise and healthy eating, and were less likely to experience chronic health conditions, such as heart disease and stroke.

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So why does finding meaning and purpose lead to greater happiness and well-being?

One theory is that it provides a sense of direction and focus in life, helping us to prioritize what is truly important and meaningful to us. It can also provide a sense of connection to others and to something greater than ourselves, which can help to reduce feelings of isolation and loneliness.

The research suggests that finding meaning and purpose in life can have a profound impact on our happiness and well-being, as well as our physical health.

By identifying our unique talents and passions and using them to make a positive impact on the world, we can tap into a wellspring of joy and fulfillment that cannot be found through external means alone.

Furthermore, having a sense of purpose can also lead to greater resilience in the face of challenges and adversity.

When we have a clear sense of what we are working towards and why, we are better able to weather difficult times and bounce back from setbacks.

This is because our sense of purpose provides us with a sense of motivation and meaning that can help us to persevere through difficult times.

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Finding meaning and purpose in our lives can also lead to greater engagement and productivity in our work.

When we feel that our work is meaningful and aligned with our values, we are more likely to be engaged and productive, and less likely to experience burnout or job dissatisfaction.

It is worth noting that finding meaning and purpose is a highly personal and individual process, and what is meaningful and purposeful for one person may not be the same for another.

However, some common themes that people often identify as contributing to a sense of purpose include having a sense of connection to others, contributing to a greater good, and making a positive impact on the world. In conclusion, the research suggests that finding meaning and purpose in life can lead to greater happiness, well-being, resilience, and productivity.

By taking the time to explore our passions and values and to identify ways to make a positive impact on the world, we can tap into a deeper sense of meaning and fulfillment in our lives.

# The BIG Little Book of happiness

Coming Soon . . .

**The BIG little book of happiness**