



HAPPINESS MEMOIR

BOOK EXCERPT
GLOBAL DEBUT DECEMBER 2021

MANNY ANCHAN

Foreward

How to use this memoir

This happy book has ten chapters and it isn't designed to be read in a linear way. You can feel free to dip in and out of it at your kind convenience. Try the nudges and prompts you like the feel of or leaf through it when you are feeling introspective. I have happily designed it to motivate and inspire you to develop daily happy habits. This will aid you become truly mindful about your one and only beautiful life – to start being. To appreciate the little things of joy and beauty around you. I would like to encourage you to create a daily writing practice in the memoir. This I believe truly will help you discover your incredible story of courage, empathy, love, kindness, gratitude and happiness.

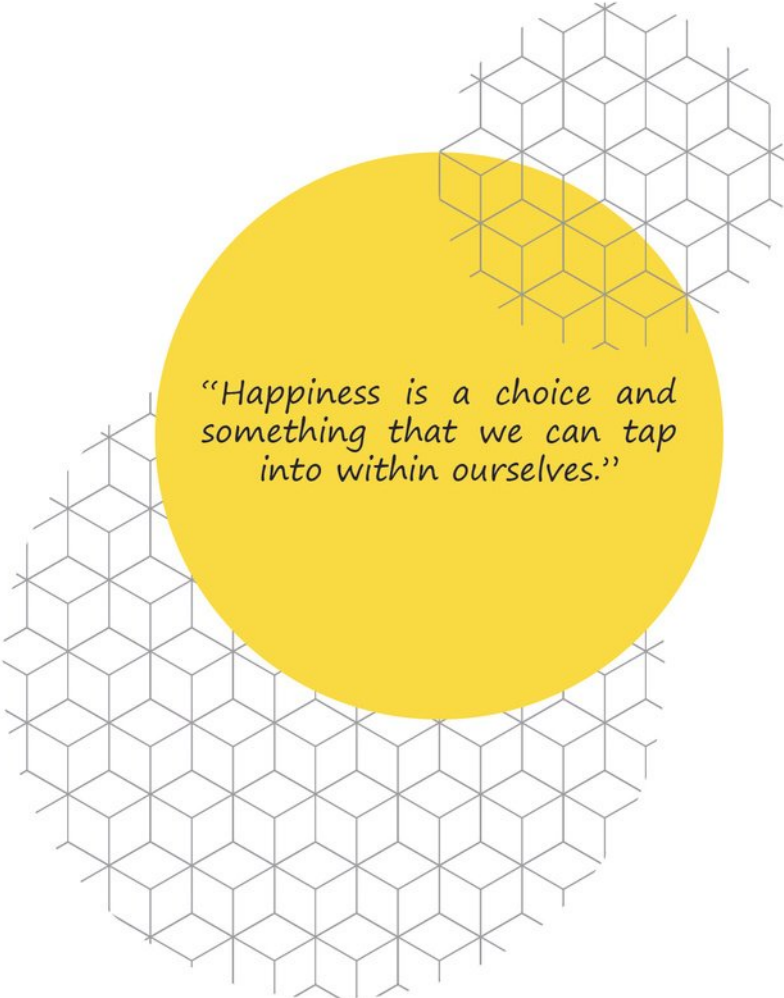


“The defining path to your happiness”

John Abraham

Content

- 1. Take it Slow and Flow*
- 2. Follow your Passion*
- 3. Being and Staying Active*
- 4. Less is More & Healthy Eating*
- 5. Let's Get in Shape 360°*
- 6. Know and Nurture Your Friends*
- 7. Smile and Optimistic Attitude*
- 8. Nature is the best recharge*
- 9. Be Grateful*
- 10. Live in the Present and Mindfulness*



*"Happiness is a choice and
something that we can tap
into within ourselves."*

Taking it slow & flow

1. Teaches Patience



2. Builds Resilience



3. Allows room to enjoy other stuff



4. Teaches enjoyment & creativity



5. Trains to tackle challenges

Live the moment

month:

1. Perform a random act of kindness every day that week.

2. Incorporate Mindfulness into daily routine.



3. Live one day fully as if it was the last day of your life.

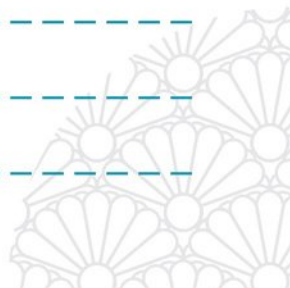
4. Have a yes day.

CHAPTER 3

Being & Staying Fit

My personal finance plan for Happy living

The ten pertinent actions across income,
savings, assets & insurance...



Reflection & Ideation

month:



1. Reflect on your personal life and find ways to improve yourself.

Handwriting practice area for step 1, consisting of a large circle with horizontal dashed lines.

2. Think about how your workplace/school/home could improve and convey your idea.

3. Make a diary.

4. Soak in memories, laugh, smile, cry, then come back to the present unaffected.

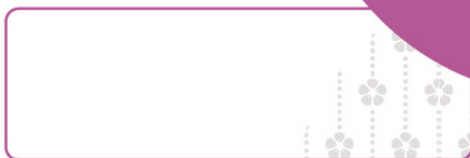
Handwriting practice area for step 4, consisting of a large circle with horizontal dashed lines.

Plan a Happy year!

Remember that the happy part of making a memorable month is trying the activities of with joy and passion. Thus it would be possible to make a happy memoir for the year



Why do I exercise?



My fitness goals



1.

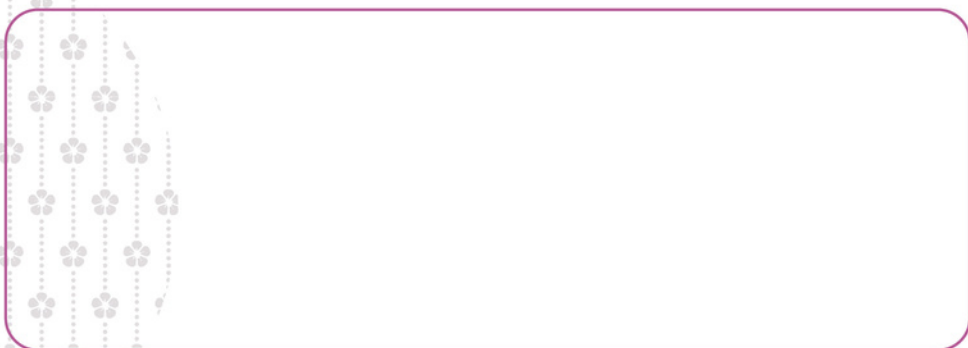
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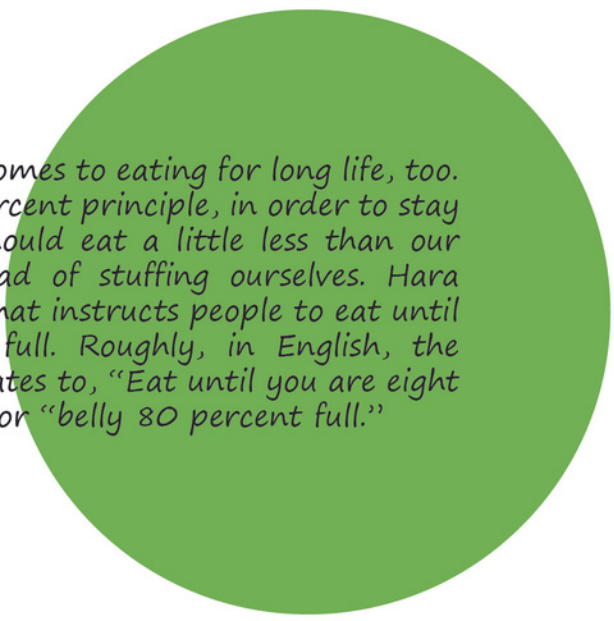
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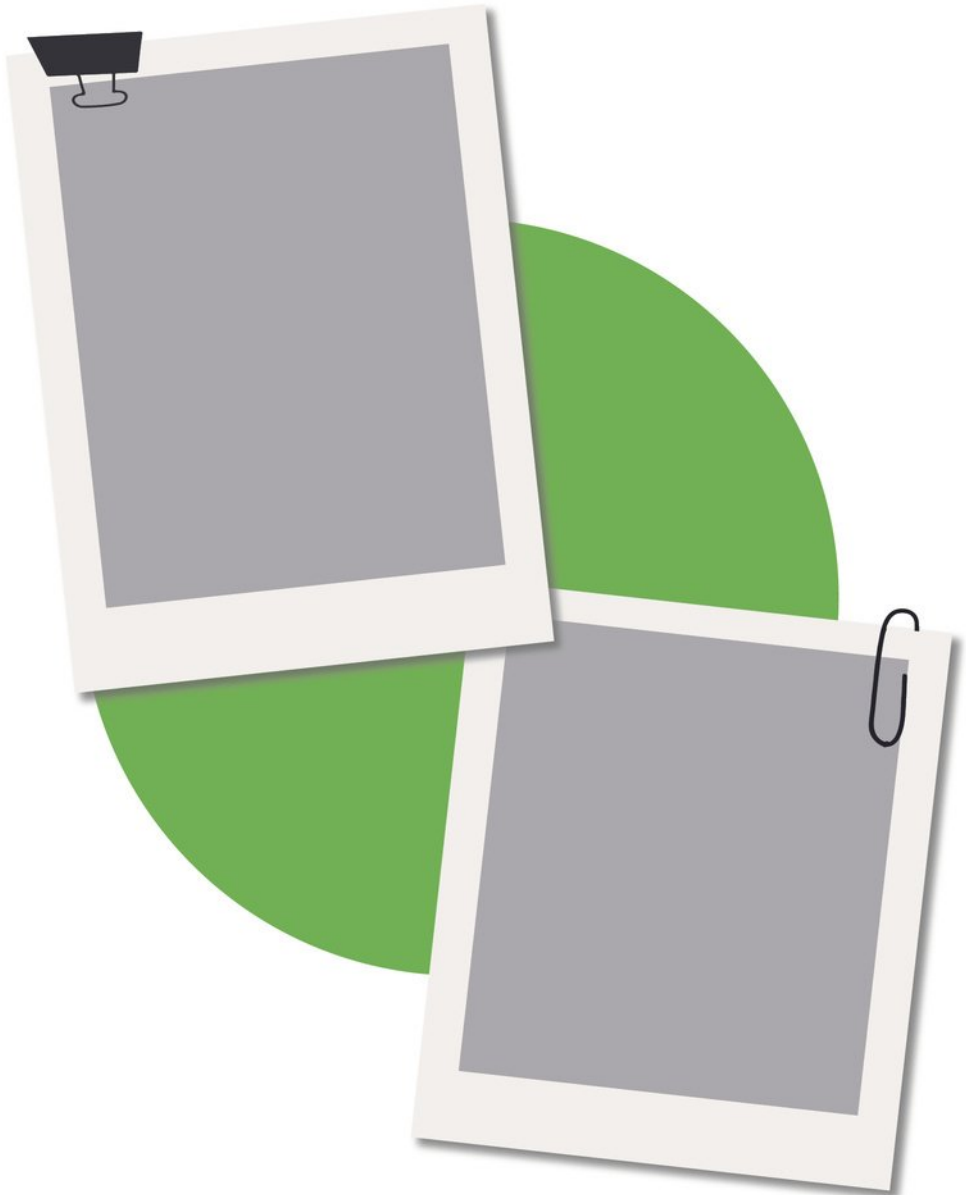
Rewards





“Less is more when it comes to eating for long life, too. According to the 80 percent principle, in order to stay healthier longer, we should eat a little less than our hunger demands instead of stuffing ourselves. Hara hachi bu is a teaching that instructs people to eat until they are 80 percent full. Roughly, in English, the Japanese phrase translates to, “Eat until you are eight parts (out of ten) full” or “belly 80 percent full.”

*Click pictures of your meals for the day
and stick it here*



Happiness Samurai

Pet(s)

month: _____



1. Get-Adopt a new pet.

2. Talk to your pet
openly.

3. Play with your pet
and take him/her for
a nice walk(s).

4. Visit an Animal
NGO.

Fitness

month: _____

1. Try Yoga.

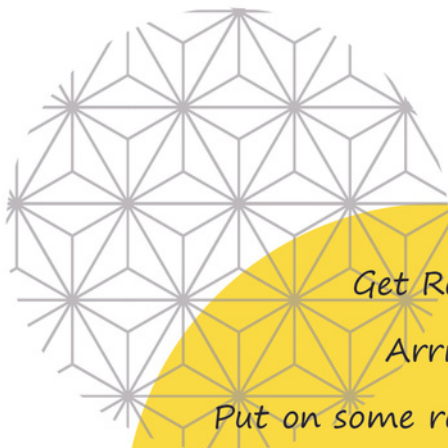
2. Work out with others as much as possible for

3. Make a workout routine and understand your body.

4. Switch to a healthy diet and enjoy your dessert because you are not having it often.



*Let's summarise your
Happiness*



Get Ready.

Arrive.

Put on some relaxing music.

*Pour yourself a healthy beverage
of your choice.*

Let go of all of your expectations.

Start when ready.

Happy writting !



Go through the memory lane.....

Go through your past. If you see an important milestone, family bonding, happy event or a significant project, which was part of your Happiness, list it down here



My Happiness till now was about?

What aspects were the most important to you in the following areas in your zone? Which events and experiences were the most pertinent? Summarize and Elucidate briefly.


Family and Personal Life




Studies and Intellectual



Movement and Fitness



Gratitude and Being Thankful



Connecting with Nature



Living in the moment



Food and Diet



Smile



Active|Hobbies| Creativity

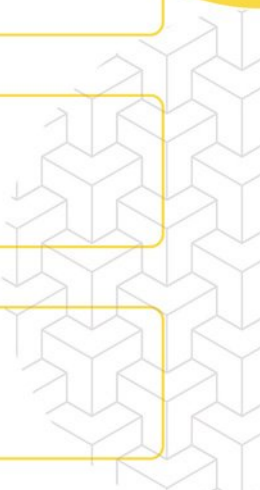



Friends and Community



Six sentences which shaped my happiness in the past.

The wisest decision I made...



The biggest lesson I learned...

The biggest risk I took...

The biggest surprise ...

The most important thing I did for others...

The biggest thing I completed...



Six questions about my happiness.

What are you the most satisfied about?

Who are the four people who influenced you the most?

Who are the four people you influenced the most?

What were you not able to achieve?

What is the best thing you have discovered about yourself?

What are you most grateful for?

The best moments ...

Describe the happiest and most memorable, joyful moments from past. Draw them on this sheet. How did you feel? Who was there with you? What were you doing? What do you remember vividly?



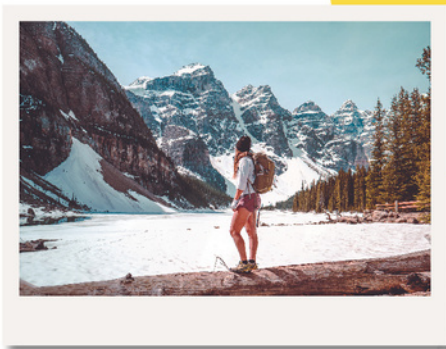
Three of my biggest drivers of my Happiness.

List your three greatest accomplishments from the

What have you done to achieve these?

Who helped you achieve these happiness ? How?





Three of my biggest challenges when I pursued my Happiness.

List your three biggest challenges here.

Who or what helped you overcome these challenges?

What have you learned about yourself while overcoming these?

My Happiness in three words.

Choose three words to define your Happiness.

1. _____

2. _____

3. _____

Write your Happiness statement which captures your mission and passion



*“ From here your happiness journey
truly begins ”*



Happy thoughts on Journaling...

"If you do not breathe through writing, if you do not cry out in writing, or sing in writing, then don't write, because our culture has no use for it."

– Anaïs Nin

"Journaling helps you to remember how strong you truly are within yourself."

– Asad Meah

Keeping a journal allows you to track patterns, trends and improvements over time. When current circumstances appear insurmountable, you can look back on previous dilemmas that you have since resolved and learn from them.

– CNBC

"Write hard and clear about what hurts."

– Ernest Hemingway

A journal's blank pages invite you to hold an honest conversation with yourself every day. So give yourself permission to follow your stream of consciousness without judging, censoring, or trying to direct where your thoughts might take you.

– HBR

"There is no greater agony than bearing an untold story inside you."

– Maya Angelou

“Keeping a journal of what’s going on in your life is a good way to help you distill what’s important and what’s not.”

– Martina Navratilova

“The mere fact of writing down my thoughts and expressing my feeling gives me a measure of pleasure and satisfaction“

– Nelson Mandela

Writing in your journal is the only way to find out what you should be writing about.

– New York Times

“Keeping a journal will absolutely change your life in ways you’ve never imagined”:

– Oprah Winfrey

Given the turmoil in our world, it’s easy to overlook the little things that fill us with gratitude, instead of focusing exclusively on the many negatives around us. Journaling may be a way of “hacking into” the brain, helping us be more mindful of the positive.

– Psychology Today

“If you don’t write your ideas down, they could leave your head before you even leave the room.”

– Richard Branson

Put in your journal whatever you wish. That is one of the most beautiful things about journaling – it’s a private process, and there are no formal rules.

– Thrive Global



Manny Anchan

“When You Want To Measure Your Life, Start
By Measuring The Distance You Went Beyond
Yourself.....Happiness Samurai”

Get the book now !!

<https://rb.gy/uez7oe>