



SKOOL OF HAPPINESS™

THE *HAPPINESS* EFFECT

HAPPINESS MANIFESTO

**With the bonus
HAPPINESS ACTION GUIDE**

**100 Powerful Actions for Busy People Who
Want More from Life**

www.facebook.com/TheHappinessEffect

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Preface



There are so many great books, articles, seminars and websites that are available today on happiness. From the philosophy of happiness, to research and studies, to models and frameworks, to “how to” tips... It is truly a buffet of knowledge and tips at your fingertips.

The **Happiness Action Guide** is written to help busy people like you and I to take practical and meaningful steps towards a happier and more fulfilling life. This guide seeks to **bridge the gap between knowledge and action**, by putting together 100 simple but powerful actions that you can take to forge life-changing attitudes and habits.



The Happiness Effect

These 100 items are like a menu – your goal is find out which of these activities and actions work best for you, and simply integrate them into your life to form positive, empowering habits.

I am extremely excited to contribute the Happiness Action Guide for ***The Happiness Effect (THE) movement***. THE refers to how happiness spreads with a multiplier effect. The idea is compelling – over 100 days, we will share and encourage as many people as possible to take 1 small action daily, to make someone around us happy. We will also recognize the Happiness Angels who uplift those around them.

To truly inspire action, the daily acts of happiness will be shared through videos, photos, tweets, stories. In so doing, we support one another through action, amplify the happiness around us and multiply the joy. This means that besides applying the Happiness Action Guide in your personal life, you can now be part of a community to spread and multiply happiness.

The target? 1 million 'likes' and shares of happiness in 100 days. Imagine what we are creating when we unite millions of people worldwide, in 1 action a day, over 100 days!

This special edition combines the 100 Days of Happiness Manifesto with the original Happiness Action Guide. For more information, please visit www.facebook.com/thehappinesseffect or www.thehappinesseffect.com

Angela Lam

Author of Happiness Action Guide

and Co-Sponsor of *The Happiness Effect* movement



The Happiness Effect Manifesto



Who are we

This is a not-for-profit movement, started by a group of people with a desire to make a difference and trigger positive change.

Our Objective

To multiply personal happiness through action and sharing

Our goal: 1 million 'likes' and shares of happiness in 100 days



The Happiness Effect

What We Believe About Happiness

We believe we can multiply personal happiness through sharing.

Happiness means different things to different people. For some, it is about having food in your tummy and shelter over your head. For others, it is about seeking small daily pleasures like enjoying a good book or a hot chocolate. For yet others, it is about having satisfying relationships, fulfilment in life or making a difference to others. In fact, what is happiness to someone – say, owning a large business – can be a nightmare to another.

For this movement, **we adopt an inclusive approach to happiness.** We choose not to have a pre-determined definition or philosophy of happiness. Happiness simply is that feeling of being happy, whatever it means to you. We focus on sharing, spreading and multiplying that positive emotion.

We also do not prescribe a fixed way to achieve happiness, though we have chosen **to spread happiness by making someone else around us happy.** We believe that this is one of the most universal ways to make yourself and others happy.

How to participate

The idea is simple. If you believe in what we stand for, please **share our manifesto and movement** with as many people as possible. 'Like' our [Facebook page](#), join us on Twitter, www.facebook.com/thehappinesseffect , **join us on [Twitter](#)** and plug into our updates and posts.

Over 100 days, **take 1 small action daily** to make someone happy. THE team will select 1 item daily and invite the world to do this small act of happiness together, as one. Hug someone... Affirm yourself... Appreciate someone... **Share your ideas** to spread happiness so we can adopt them globally! **Share your daily act of happiness** through videos, photos, tweets, stories, so we amplify the happiness around us and multiply the joy.

Finally, recognize the people around you who positively impact others, by nominating them for the **Happiness Angel Hall of Fame.**

Once again, thank you for being a part of 100 Days of Happiness. Thank you for making a difference. **Find out more at www.thehappinesseffect.com.**





Happiness Action Guide

100 Powerful Actions to A Happier and More Fulfilling Life

1. Express Gratitude

Think of what it would be like if you didn't have someone significant in your life, be it your spouse, your children, your best friend.... Tell the person how grateful you are to have him/ her in your life and why.

2. Focus on 'I Choose To'

Remove 'I should', 'I need to' and 'I must' from your vocabulary. Replace these with 'I can', 'I choose to' and 'I get to'.

Think of something that you do for someone everyday e.g. making the bed, preparing breakfast.

Make a conscious decision to do that activity because you want to and choose to. Tell that someone why you choose to do this for him/ her.



3. Good Morning!

Greet everyone with a "good morning" this morning.

Make eye contact, smile, and mean it when you say it!

4. Enjoy a "happy hour"

Take an hour out to do something you really enjoy.

Share that moment of happiness with someone.

5. Praise someone

Say something nice to at least 10 people today. Compliment them on how they look, what they say, what they do... *anything*.

Realize that you can find something positive about anything or anyone!

6. Yes...And

Find a happiness buddy who will be spending at least a few hours with you today. Undertake to "catch" each other whenever you use the word "but". Try replacing the word "but" with the word "and" – switch to solutions-mode and focus on your options and desired outcomes.



7. Reward yourself

Write down a reward that you would really like.

If you finish the rest of the activities in this guide, make sure you honour yourself with that reward!

8. Positive events diary

Reflect on your day and write down all the positive things that happened to you today, big and small. Say "thank you" to at least 1 person who made a positive difference to you.

9. Simplify your life

Make a list of all the things that keep you busy in your day. Ask yourself 'Do I really need to do this or can I do it better?'. Try eliminating/ reducing those elements. Celebrate your progress with someone.

10. Set goals and review your day

Try setting yourself a weekly and daily goal. It doesn't have to be big. It just has to be meaningful.

Review your day and your week, and celebrate when you have achieved your goal(s)!

11. Have a meaningful conversation

Walk with a friend and have a conversation.

You may be surprised what comes out of conversations like these.

12. Use your strength

What are you really good at? Use your strength today to do something for someone.

13. 80-20 rule

List down the activities that you do every day and the results that they bring you. Identify the 20% of activities that give you 80% of your results.

Make a decision to drop 5 activities from the bottom of your list. Channel the time and energy to something significant for someone today.

14. LOL!

Allow yourself at least one hearty laugh today. Roll on the floor. Laugh till you cry.

Just let it loose, laugh out loud. Better still, laugh with your friends and loved ones!



15. Satisfy your curiosity

Think of something that you are curious about. Take time to explore it and share your findings with someone.

16. Have an adventure

Ask your friend or family to think of a small adventure that could be done in the day and would excite them. Offer to go on the adventure with them – and just do it!

17. Smile

Smile at everyone you meet today. Throw in a big “hi” and “have a good day!” if you are up to it!

18. Forgive someone

Think of someone or something that you have been upset about. Make a decision to forgive and put it behind you. You may choose to let the person know if you wish.



19. Hug someone

Give someone a big hug today.

20. Affirm someone

Let someone know something positive about him/her, be it a strength, a personality trait, or a behaviour.

21. Do something spontaneous

Do you have a clear daily routine? Try doing something spontaneous and totally out of the norm, for no reason other than the fact that you feel like it. The key is, don't deliberately think about or plan for it. *Just do it.*

22. Forgive yourself

The hardest person on us is often ourselves. Make peace with yourself; make a decision that whatever happened in the past shall stay in the past. Tie your burdens to a balloon and let it float away. Then look forward and start a fresh day today.

23. Quality Time

Spend an hour of uninterrupted, quality time with someone important.

No emails, mobile phones, television... Just quality, personal time.

25. Make my day!

Ask someone important to you "What is the one thing I can do today to really make your day?".

And actually do it!

24. Get connected

Call a family/ friend that you haven't spoken to in more than 6 months and let him/ her know that you are thinking of him/ her.

26. Positive associations

Think of the 5 most positive people that you know. Spend some time with one of them today, or at least call him/ her to connect and schedule a day and date to meet up.



27. Give unconditionally

Do something for someone today, without the person knowing.

29. Celebrate

Think of someone who has done a great job at home or at work.

Pay the person a visit and do a surprise celebration.

28. Support someone

Ask someone today "What can I do today to support you in your work/business"?

Offer your support.

30. Follow your impulse

Today, give in to an impulse to go for something you really, really want.

Focus on what you want as the *outcome*, and allow the actions and processes to unfold naturally.



31. Rest

Reward yourself to a full 8 hours of rest tonight. Tell yourself you deserve it. Put away all feeling of guilt or worry, and allow yourself to rest physically, mentally and emotionally.

32. Bring out the child in you

Relive a childhood memory with someone.

Recall what it was like to play and dream as a kid. Remember and relive those feelings and carry them around with you today.

33. Mindfulness eating

Practice mindfulness eating today. Take time to focus on and enjoy your food, without TV, hand-phones or other distractions.

Share your mindfulness meal with someone.

34. Breathe

Breathe deeply and deliberately, allowing yourself to relax as you do so. Do 3 sets of breathing, 3 times today.

Get someone around you to do this together.

35. Love yourself

Take a minute to look at yourself in the mirror today. Take note of all the things you love about your body, and appreciate how great it is to have all your organs and senses.

Say “I love you” aloud to the amazing you in the mirror.

37. Visualize your success

Think of an important goal to you. Take a minute to imagine what it would be like to have attained that goal. Imagine the sights, smells, sounds, and feelings.

Share this with someone close to you and let them know how important they are in supporting you.

36. You Look Great!

Using the same appreciative eyes in “loving yourself”, take notice of the people around you today.

Tell someone how good he/she looks today.

38. Take a healthy snack

Enjoy a healthy snack – such as a fruit, whole grains – with someone.

If you are up to it, make a trip to the supermarket with your spouse/ friend and spend time stocking up on healthy snacks for your home/ pantry.



39. Music Moment

Share your favourite music with someone. Shut out all distractions and just enjoy the music for a while.

Sing it, whistle it, totally enjoy it!

41. Be a cheerleader

Read about someone's challenge – it can be a total stranger or someone you know.

Send him/ her a note of encouragement.

40. Share an inspiration

Share an inspiring quote or story that has positively impacted you.

42. Clear the clutter

Take time out to clean up your workspace, home, car, or other clutter around you.

Get a friend to do it with you, and share your before-and-after pictures. Have a small celebration if possible!



43. You are not alone...

Find someone who is facing a similar challenge as you.

Give the person your encouragement and let him/ her know that he/ she is not alone.

45. I Love You

Say "I Love You" to someone today. Your spouse, your parents, your child, your friend...

If you can, do it in person, face to face!

44. Act as if

Allow your imagination to run wild today. Find an "act as if" buddy, and role play what it would be like to be already living the life you desire.

What would you look like, what would you wear, how would you think, what would you say and how would you carry yourself? Spend at least 15 minutes just pretending to be the successful you of the future.

46. Take action together

Find a buddy. List down 1 thing each that you each have been procrastinating on and hold each other accountable to get it done. Have small celebration together when you have both completed your tasks.

47. Plan a perfect day – and do it

Plan a perfect day with your loved ones with something that everyone loves.

Commit a day to do it within this month.

49. Cry with me

Yes, you heard that right. Cry with someone today. Mourn over a loss, address a pent-up frustration or guilt, face an insecurity or sense of lack...

Acknowledge the emotion, release it and let it go.

48. Say "I'm Sorry"

Think of someone that you may have hurt or something that you regret doing.

Say "I'm sorry" to the person involved and recognize that the past is behind you.

50. What I love about you

List down 5 qualities that you love about a family or friend.

Share this with him/ her.



51. Share a creation

Create something for someone today – music, poetry, piece of art... Express yourself through your creation.

53. Positive feedback

Give positive feedback to at least 5 people today.

52. What's great about me...

Ask 5 of your closest friends or family to list down 5 things that they like most about you.

Accept the compliments and remind yourself of how you are special.

54. Give to charity

Donate some time or money today to a charity. Any amount/ charity that resonates with you.

55. Relax

Give yourself 15 minutes to consciously relax. Sit/lie comfortably and focus on totally relaxing every part of your body – your eyes, lips, neck, shoulders, all the way to your legs.

57. Let them in

It's often easier to give support than to ask for support. Reach out today and ask for help for something - big or small.

Allow someone to support you and contribute to your life. Let them know how you appreciate them.

56. Surprise!

Do something totally unexpected for someone you love.

Tell the person you did it because you care.

58. Thank you

Call your parents or guardians and thank them for bringing you up. If they are no longer around, send them your thanks through an imaginary beam of sunshine.



59. Reciprocate

Think of someone who has helped you in some way.

Reciprocate by doing something for him/her in return, with or without their knowing.

60. Celebrate progress

Think of someone around you and how he/ she has improved – be it in personal growth, skills, career, health or wealth.

Let him/ her know the progress and growth that you observe and congratulate him/her.

61. Close to nature

Spend some time with nature today with someone.

Share how it feels.

62. Break a bad habit

Think of someone who is trying to break a bad habit e.g. smoking, drinking, or a small daily habit.

Let him/ her know you notice the effort and send him/her your encouragement.



63. Presented with love

Think of a small gift that you can buy or make for someone.

Present the gift personally.

65. I have a name

Take notice of the name of a service staff, be it a cashier, a waitress, a security guard, a doorman... (hint: look at their name-tag).

Address them by their first name and acknowledge them for their service.

64. Relive a passion

What were the hobbies or activities that you used to love but have not done for a while?

Take a short while today to do something that you are really passionate about.

If you have a buddy/ buddies that used to share the activity with you, contact him/ her and relive the moment!

66. Acts of service

What are the small chores or acts of service that your loved ones do for you daily, be it washing the dishes or preparing the bed?

Do something for them for a change, or at least tell them "thank you", you appreciate their effort.

67. Take up a challenge

Find a challenge buddy. Set a challenge that seems difficult and do it anyway.

Celebrate your success when you have completed the challenge.

68. Fulfill a promise

We all slip on our promises sometimes. What outstanding promises do you have?

Choose a promise that you had broken or missed. Fulfill it today. Let the person know that the promised mattered and you remembered.

69. Help someone to grow

What are you really good at? What skills, experience, knowledge or passions do you have? Who can you help? Invest time in someone today. Help someone around you to learn and grow.

70. Let's dance!

Find an excuse to boogie. Shake your booty, move your body and just let the endorphins flow.

Who care if you are not a dancer? Anyone can have some fun with music. Just let your hair down and go with the flow!



71. Bright as the sun!

Get out in the sun today for at least a while.

Feel the rays and allow the warmth to seep right to your heart.

73. Travel

Plan for and take a trip. If time or budget is a constraint, plan for a day away from home/ work, just to relax and enjoy yourself.

72. Laugh at yourself

Catch yourself getting angry or upset over something trivial today. Imagine yourself looking like an angry, red, tomato, and think how funny you must look.

Try laughing out loud at yourself instead – it's a much better use of your energy!

74. Research an area of interest

Spend some time researching and learning the latest trends in your area of interest.

Realize how much energy and speed you possess when you are learning and engaging in an area that you are keenly interested in.

75. Help someone achieve a goal

Look beyond your own goals and challenges today. Ask how can you help someone else to achieve a goal.

Reach out to the person and offer your help today.

76. Send a wish

Think of someone and send him/her a wish wholeheartedly.

Imagine your wish is being sent in a bottle, flown by an imaginary kite, or carried by a dove, right to the person you are thinking about.

77. Recharge regularly

Take short breaks in between intense periods of work. Take 10-15 minutes to enjoy a short activity that energizes you.

Remind yourself that you deserve the break. Allow yourself to recharge.

78. Say "No"

Today, be conscious of all the things that you do. Ask yourself: must I really do this; if so, is there a better way to do it? Aim to eliminate at least 1 unnecessary activity or task that you would typically have taken on. This is the start to simplifying your life.



79. Throw it out

Go through your belongings and find at least 3 items that you have not used for the last few years. Ask yourself why you are still keeping them. Make a decision to either use the items, or throw them out/ give them away. Do that *today*.

80. Eat well

The average person today is under-nourished. Try taking a strictly balanced diet today, to build awareness of the difference with your typical routine and diet.

Give you brain and body the nutrition they need to power your life.

81. Exercise

Start your day with 15-20 minutes of light exercise to really kickstart your day.

82. Read a non-fiction book

Get a book today that will help you to learn and grow.

A biography, a personal development book... Realize that there are loads of free information and resources that you can tap on.



83. First things first

What the most important thing that you dread doing?

Get that out of the way first thing in your morning. Then allow yourself to enjoy the rest of your tasks.

84. Balance sheet

List down 3 things you wished you had and how much you would pay to have them. List down 3 things that you already have e.g. your health, your friends, your family. Write down how much you would pay for them if you did not have them.

Look at your balance sheet. Aren't you already wealthy? Feel thankful for the riches in your life today.

85. I love me

Write down 3 things you love about yourself. And I mean LOVE. Share these 3 things with someone. Yes, tell them why you love yourself.

Then ask them to share the same about themselves.

86. Indulge yourself

What is the one thing that you have not allowed yourself to indulge in for a while?

Decide to pamper yourself for no reason and indulge yourself. Enjoy the experience fully and throw out any feeling of guilt that tries to creep in.

87. Find your life purpose.

If I took away my job title and the roles that I play, who am I really?

The answer may not come immediately to you, but asking the question is already the first step to getting clarity on who you are and what you really want.

88. Focus on lessons from challenges

Focus your energy and attention on the lessons that you are learning from your challenges and circumstances.

Make the small corrections, internalize the learning points, and realize that in doing so, you have just taken another step forward in your life. So what have you learnt today?

89. Joyful thoughts

What are the thoughts that give you most joy? Make sure you have the top 3 items (be it photographs, videos, pictures) with you all the time to remind you of your joys and blessings. Look at them at least 2-3 times a day.

90. Really? Why Not?

Find a "Why Not" buddy who will be spending some time with you. Each time you hear the other person saying "there's no choice", "I can't", "I shouldn't", "I must not", ask "Really? Why Not?".

Do you realize you do have a choice in most circumstances? Recognizing that is already the start of freedom and happiness.



91. Start a happiness inventory

Today, be conscious of every person, activity or thing that makes you happy. Jot everything down on your mobile devices or a small notebook. Review and share your happiness inventory with someone.

93. Positive words, powerful words.

Today, be mindful of what you say. Before you open your mouth, ask yourself "is this a positive, constructive or solution-oriented comment?"

92. Nurture your relationship garden

Make a list of the 5 people who are most important in your life. Which are the relationships that need tending to and what are you going to do about them?

Contact them *today* to set a date, plan a together, or just to get in touch. Just do it *today*.

94. Intention is key

If happiness is a choice, then intending to be happy is really a first step.

Before you leave your house in the morning, declare to yourself "Today, I choose to feel happy and be positive, regardless of circumstances". And say it like you mean it!

95. Plugging in

Think of an area of support that you require, or a passion that you wish to pursue.

Do some research on the organizations or community that offer the support you seek, or that share the passions you wish to pursue. Get in touch with them *today!*

96. Positive banking

Enlist 2-3 friends or family members to play a simple positive banking game today.

Each time you do something for the other person, you get a point. Each time you receive a favour, you give a point. The objective is to try to end up with a positive bank account.

97. Gone with the wind

Take a walk with a close friend or family today. Share with each other what is bothering you the most at the moment.

Wrap up your walk by focusing on the positive outcomes that you desire and expect. Allow the wind to blow away your problems.

Feel lighter and ready to face a new day tomorrow.



98. Share it!

What is something that you have never dared to share with anyone?

Try sharing it today with someone you trust. It may not be as scary as you think it is.

100. I Can!

Pick an area of your life that you have made progress in over the last 6 months.

Focus on what you have achieved and remind yourself that you can do the same in all areas of your life!

99. Tie up the loose ends

We all have “loose ends” and “unfinished business” in our life that we constantly go back to.

Identify one such area and tie up the loose end today. Allow yourself to move on with the new day tomorrow.



Epilogue

'Happiness is the meaning and the purpose of life, the whole aim and end of human existence' – Aristotle



What do we live for everyday? What could be more important than a happy and fulfilling life, shared with those we care about?

THE movement is just a start, a reminder of what truly matters. Each small thing we say and do each day, multiplied through repetition and the impact on others, can create massive ripples that boomerang back to us in ways we cannot fathom.

The Happiness Effect can be more than a movement. It can be our way of life. Join us, keep THE spirit alive.

www.thehappinesseffect.com



SKOOL OF HAPPINESS™

