



The Happiness Code

Ten keys to being the best you can be

Workbook

by Domonique Bertolucci



Congratulations!

Downloading The Happiness Code Workbook is a brilliant first step towards putting the Ten Keys into practice in your life.

Over the following pages, I've summarised each of the Ten Keys into a further ten insights to help consolidate all that you've learned.

Where you see  if you take just one idea away from this chapter, make sure that it is this one.

Where you see  this is an opportunity for you to be active in the way you implement this Key into your life.

Finally, I've included my favourite words of wisdom from each chapter to motivate and inspire you to put that key into action in your life.

I would love to hear your feedback and how putting the Ten Keys into practice has impacted your life.

Get in touch at -- facebook.com/domoniquebertolucci

If you've enjoyed The Happiness Code, you will love How to Be Happy... my new online workshop series.

With a workshop to help you create more happiness in your life, at work, as a parent, as a couple, or if you are single you'll find everything you need to feel good about who you are and the life you live.

Find out more at howtobehappyseries.com

how to be... **Happy**
online workshop series

*The most important thing is to enjoy your life
- to be happy -
it's all that matters.*



AUDREY HEPBURN



Introducing the Ten Keys

The First Key: Take Charge

The Principle of Choice

The first and most important step in becoming the best you can be is to simply decide to be that person. Of course, that's much easier said than done. Most people find plenty of excuses to avoid being honest with themselves about who they are and what they really want from life. Make the choice to own up to your true potential and step into your brilliance.

The Second Key: Let It Go

The Principle of Acceptance

Don't waste energy trying to change or control things that are well beyond your control. Instead, focus on the things that are within your influence and find a peaceful acceptance of the rest.

The Third Key: Live for Now

The Principle of Presence

Don't live in the past, blaming your current reality on experiences from childhood, early adulthood or even last week. At the same time, don't be so busy dreaming of your future that you overlook or waste the opportunities that are presented to you today. It's important to accept the past, dream of the future, but live in the moment!

The Fourth Key: Expect the Best

The Principle of Optimism

If you expect things to turn out well, they usually do. Likewise, if you expect to be disappointed or let down, or to experience failure, then it's highly likely that will be your experience. Being optimistic is not about being naive or ignorant about potentially negative outcomes. Optimism is about expectation; expect the best from life and you will usually get it.

The Fifth Key: Back Yourself

The Principle of Belief

One of the most important ingredients in creating any success in life is to believe in it. You need to learn to believe in your dreams, your ideas and yourself. Other people will always try to lead you away from your dreams, not because they don't want you to be happy, but because they are governed by their own fear, self-doubt and limiting beliefs. When you truly believe, it's amazing what becomes possible.

Introducing the Ten Keys



The Sixth Key: Get Out of the Way

The Principle of Permission

So many people don't take ownership of the possibilities in their lives. They constantly blame other people, other times and other situations for their circumstances. The only person who can really hold you back in life is you. Overcome your limiting beliefs, ideas and attitudes and give yourself permission to truly shine.

The Seventh Key: Be Grateful

The Principle of Abundance

Very few people genuinely don't have enough money to get by, and yet so many affluent, healthy people constantly talk about all the things that they don't have. A poverty mentality is a serious affliction. When you focus on how much you already have, your true desires will be easily met and you will discover how little you genuinely need.

The Eighth Key: Give All You Can

The Principle of Generosity

Be generous, not just with the gifts you give, but also with how you give of yourself. To be truly generous you need to give your time, energy and spirit. Avoid judgement and be generous in your assessment of others. What you give in life will determine what you receive.

The Ninth Key: Keep It Up

The Principle of Commitment

It won't always be easy to do, be or have everything you want in life, but if your desires are genuine, over time these things will begin to come to you with ease. Don't give up or choose a more complacent path. If you are committed to being the best you can be, then you're already becoming that person.

The Tenth Key: Be Brave

The Principle of Courage

If you want to be the best you can be, you need to do the right thing, not the easy thing. I don't mean right or wrong in a black or white, moralistic sense; the principle of courage is about doing the right thing for

THE FIRST KEY



Take Charge

The Principle of Choice



1. Happiness is a choice. Choose to be happy and you will be.
2. Perfectionism is a lost cause. Focus your energy on being the best you can be.
3. True happiness is a state of being, not one of doing or having.
4. You only have one life. Make sure that yours is one you are happy to be living.
5. Focus on what matters. Honour your values and make decisions that are aligned with them.
6. When you make a choice, acknowledge all the consequences. That way you won't be left feeling compromised.
7. There is no such thing as 'no choice'. There are always other options. Explore yours.
8. Self-pity never leads to happiness. Remind yourself, the situation may not be ideal, but it's rarely the worst that could ever happen.
9. Don't sabotage your chance for happiness. Own up to the real choices you are making.
10. Choose to be happy. It's the only sensible option!

*Some see me as a tragic heroine... The idea
I might be happy is unforgivable. Well I'm
sorry, it's better to be happy.*



NIGELLA LAWSON

THE SECOND KEY



Let It Go

The Principle of Acceptance



1. So many of life's eventualities are beyond your control. Work out what things you can influence and come to a peaceful acceptance of the rest.
2. Choose your battles wisely. Unless you have a very high chance of victory, spare your energy and walk away.
3. Don't be attached to outcomes. Enjoy your experiences for what they are, what you have gained and what you have learned.
4. Unless you have a crystal ball you don't know how the future is going to unfold. Focus on the things you can influence and don't fret over the rest.
5. Let go of the idea of winning or losing. In the game of life, the most important thing is just showing up and doing your best.
6. No matter how much you care about someone you can't take responsibility for their happiness.
7. You can't make someone do something just because you want them to. What you do have however, is the opportunity to influence their choices.
8. The best way to get what you want from a situation is to have clarity about the outcome you want to achieve.
9. Being a control-freak is a sign of a vulnerable self esteem. The better you feel about yourself the less you need to control everything around you.
10. The only thing you have total control over is how you choose to be. Be the best you can be.



Every time you find yourself getting angry or frustrated, ask yourself ‘what level of influence do I really have over this situation?’ Unless you have a genuine high level of influence, take a deep breath and disengage yourself from the source of your conflict.



Think of three experiences in your life that didn’t turn out the way you had hoped. Rather than focusing on the outcome that wasn’t achieved, make a note of what you gained from each experience and what you have learned.

*There's no winning.
You're never going to win the thin race.
You're never going to win the smart race.
You're never going to win the funny race.
I just want to be the best version of myself I can be.*



REESE WITHERSPOON

THE THIRD KEY



Live For Now

The Principle of Presence



1. Accept the past, dream of the future, but live in the moment.
2. Learning from the past can help you move forward. Linger in the past will only hold you back.
3. Nobody from your past should be held responsible for your future. The only person accountable for your future is you.
4. Look for the joy in each and every day. Just because it isn't immediately obvious, doesn't mean it's not there.
5. It's hard to be present when your attention is suffering information overload. Switch off, turn off and just sit still.
6. Be there when you are there. Don't try to juggle all the roles in your life. Focus on the role you are playing and do this to the best of your ability.
7. Multi-tasking is stressful. You will actually get things done much faster if you do them one at a time.
8. Having a vision is great, but don't be so focussed on your next goal that you forget to enjoy your achievements.
9. Nobody's life is perfect. Rather than wishing for things you don't have make the most of the things you do.
10. It's okay to aspire to a better life, but don't let it to stop you from enjoying the life you already have.

*Life changes fast.
Life changes in the instant.*


JOAN DIDION

THE FOURTH KEY



Expect The Best

The Principle of Optimism



1. Your expectations determine your experience. Expect the best from life and you will usually get it.
2. Worrying doesn't change anything. Focus your energy on the outcome you do want and then do what you can to make it happen.
3. Most of the things that go wrong in life don't have a lasting impact. Remind yourself, if it won't matter in ten years time it doesn't matter today.
4. See the world as being filled with positive potential. Focus your attention on your intention and make that potential a reality in your life.
5. Don't be afraid to take a chance. The worst that can happen is that you don't succeed... this time.
6. Being optimistic isn't about believing nothing can go wrong. An optimist acknowledges what can go wrong but expects things to go right.
7. Remember, however bad things might be right now, this moment will pass and your life will continue to be a good one.
8. Don't deny your emotions and force yourself to smile when you feel like crying. Cry, but learn to smile through your tears.
9. Be mindful of the company you keep. Don't let negative people cloud your vision.
10. Perfection is impossible. Expecting the best from yourself isn't about trying to be perfect, it's about striving to be the best you can be.



Each time you begin something new ask yourself, 'what are my expectations?' Unless your expectations are authentically positive you will need to reframe or redevelop them before you can expect to succeed at your goal.



Conduct an address book audit. Make a list of the people you spend the majority of your time with and make a note of whether you find their company inspiring, indifferent or whether their negativity brings you down. Then get out your diary and make plans to spend more of your time with the people who are optimistic like you.

*Don't worry about the future.
Or worry, but know that worrying is as
effective as trying to solve an algebra
equation by chewing bubble gum.*



BAZ LUHRMANN

THE FIFTH KEY



Back Yourself

The Principle of Belief



1. Believe in yourself, believe in your dreams and believe in your right to achieve your dreams.
2. Your life paradigm is the set of beliefs or operating system for your life. Make sure you choose one that supports lifelong happiness.
3. Regardless of your upbringing or formative experiences, it is never too late to start believing in yourself.
4. Examine your self-talk. Never speak to yourself more harshly than you would to a small child.
5. Your self-esteem is a valuable resource. Make sure you encourage, nurture, protect and support yours.
6. The happiest most successful people believe in themselves unconditionally. They know they can do, be and have all that they want in life.
7. Don't depend on others to fuel your self-belief. Develop your self-belief so that it becomes self-sustaining.
8. When you believe in yourself it is easier not to take criticism, knock-backs and disappointments personally.
9. When someone else doesn't believe in you or your dreams, remember it's about them, not you.
10. If you believe in yourself, anything and everything is possible.



Examine your self-talk. If you find that you are constantly putting yourself down and undermining rather than supporting your self-belief, replace your inner dialogue with new positive and encouraging messages.



Affirmations are a great way to give your self-belief a boost. Write a simple declarative statement about how you would like your world to be. Make sure you write it in the present tense, personal rather than generic and written in the present tense; I do, I am, I have... Repeat your affirmations three times over, three times a day and watch your self-belief grow.

*Success is the ability to go from one failure
to another with no loss of enthusiasm.*



WINSTON CHURCHILL

THE SIXTH KEY



Get Out of the Way

The Principle of Permission



1. One of the most powerful questions you can ask yourself is, 'How do I hold myself back?' Once you know the answer you can get out of your way.
2. Being happy is not a privilege – it is something everyone deserves.
3. You have to give yourself permission to be happy. Nobody else can give it to you.
4. There is nothing wrong with wanting more. There is no reason why you shouldn't get everything you want from life.
5. Every time you say 'but' you are giving yourself a get-out clause.
6. Challenge your assumptions and identify your limiting beliefs. Every time you find yourself thinking that you can't do something, ask yourself, 'Why not?'
7. So many people sabotage their own chances for happiness – don't be one of them.
8. It is only when your actions and words are aligned that you can achieve your true potential.
9. Just because there is an obstacle in your path, doesn't mean you have to get off the road.
10. There is nothing wrong with deciding that you don't want something, but if you do want it, go out and get it!

*Argue for your limitations
and sure enough they're yours.*



RICHARD BACH

THE SEVENTH KEY



Be Grateful

The Principle of Abundance



1. Worrying about money is one of the biggest causes of unhappiness, but no amount of money can make you happy unless you change the way you feel about it.
2. Just because there are things you still want, doesn't mean you can't feel gratitude for all the wealth and abundance already in your life
3. Having a poverty mentality leaves you focussing on all the things you don't have, when in reality you already have everything you need.
4. When you understand the difference between want and need, you will finally realise how rich your life really is.
5. There is nothing wrong with enjoying life's luxuries as long as your happiness isn't contingent on them.
6. Most of the things you find yourself wanting will have little or no bearing on the happiness in your life.
7. Find a way to express your gratitude for the wealth and abundance in your life.
8. Focusing on scarcity will only create more of the same.
9. Sometimes you have to risk or give up some of your financial wealth to have a richer life.
10. The only way to get an understanding of the true wealth in your life is to acknowledge all the things you have to be grateful for.



Begin and end each day by focusing the things you are grateful for or appreciative of in your life. Any time you find yourself focusing on 'lack' or 'deficiency' in your life recall this list and re-establish your awareness of the abundance in your life.



Make a list of all the things you genuinely have to spend your money on each month. Don't include any treats or luxuries, just the bare minimum you need to survive. Once you know how little you really need, it will be much easier to plan for all that you want.

*Wealth consists not in having great possessions,
but in having few wants.*


EPICTETUS

THE EIGHTH KEY



Give All You Can

The Principle of Generosity



1. Being generous is not just about the decisions you make with your wallet. Being generous with your time and energy is just as important.
2. If you are generous in your relationships you will receive as much as you give.
3. Everyone has a different journey in life. Don't judge someone else for theirs.
4. Before passing judgement on someone's choices, stop and look at the questions they were trying to answer.
5. Most people are doing their best, most of the time.
6. If you want to be the best you can be, don't judge anyone. Not even yourself.
7. Remember to afford yourself the same generosity you give to others.
8. Be generous with your time and energy. The harder it is to give, the more the other person deserves it.
9. Give the people you love the best of yourself, not the worst.
10. Recognise how much you have to give.



THE EIGHTH KEY

Give All You Can

The Principle of Generosity



Challenge yourself to being generous of spirit by practicing non-judgment. This means that not only do you resist forming judgments about others, but also about yourself. When you find that you haven't done all that you might have or been all that you could have, don't judge yourself. Instead accept that in that moment, you gave all that you could regardless of the outcome.



Make a list of five ways you can be more generous towards the people who matter most in your life. Whilst you may want to include a thoughtful gift, it will be just as important how you choose to give of yourself. Once you have made your list, make a plan to put it into action.

*Judge a person by their questions,
rather than their answers.*



VOLTAIRE

THE NINTH KEY



Keep It Up

The Principle of Commitment



1. Although happiness is a state of being, it usually still requires some doing if it is to be lasting in your life.
2. Commit to being happy and make the choices that will support your commitment.
3. Don't take your happiness for granted. Be proactive about maintaining and sustaining it in your life.
4. Most people are fine with fine and okay with okay. If you want to be the best you can be, make sure you're not.
5. When you decide to be the best you can be, don't be surprised if the circle of people you want to spend your time with becomes smaller.
6. The only person who can take responsibility for your happiness is you.
7. If someone tries to undermine your commitment, reevaluate your commitment to them.
8. Very few changes in life are achieved without effort and a commitment to making that effort.
9. Identify your driving motivation and you will have all the encouragement you need.
10. The most important commitment you will ever make is to being the best you can be.

*If it wasn't hard, everyone would do it.
It's the hard that makes it great.*



TOM HANKS

THE TENTH KEY



Be Brave

The Principle of Courage



1. Being the best you can be takes courage. You need to own your decisions and have the courage to see them through.
2. Live your life with courageous integrity. Do the right thing, not the easy thing.
3. There is a big difference between being self-ist and selfish - putting yourself first doesn't mean you have to put everyone else last. !
4. To be happy, you need to do the right thing for you, even when it feels like the hardest thing in the world.!
5. Sometimes being happy will require some difficult conversations. Some of those conversations will be with yourself.
6. It's easy to be brave when everything is going your way. When the going gets tough, it takes courage to follow the path you believe in.
7. Be honest with yourself. You can't be the best you can be, unless you know who you really are.
8. Unless you have the courage to say 'no' to the things you don't want, it's hard to say 'yes' to the things that you do.
9. Don't rely on the opinions of others. Only you will know what is right for you
10. Be courageous in your decision-making. Stand by your choices and never look back

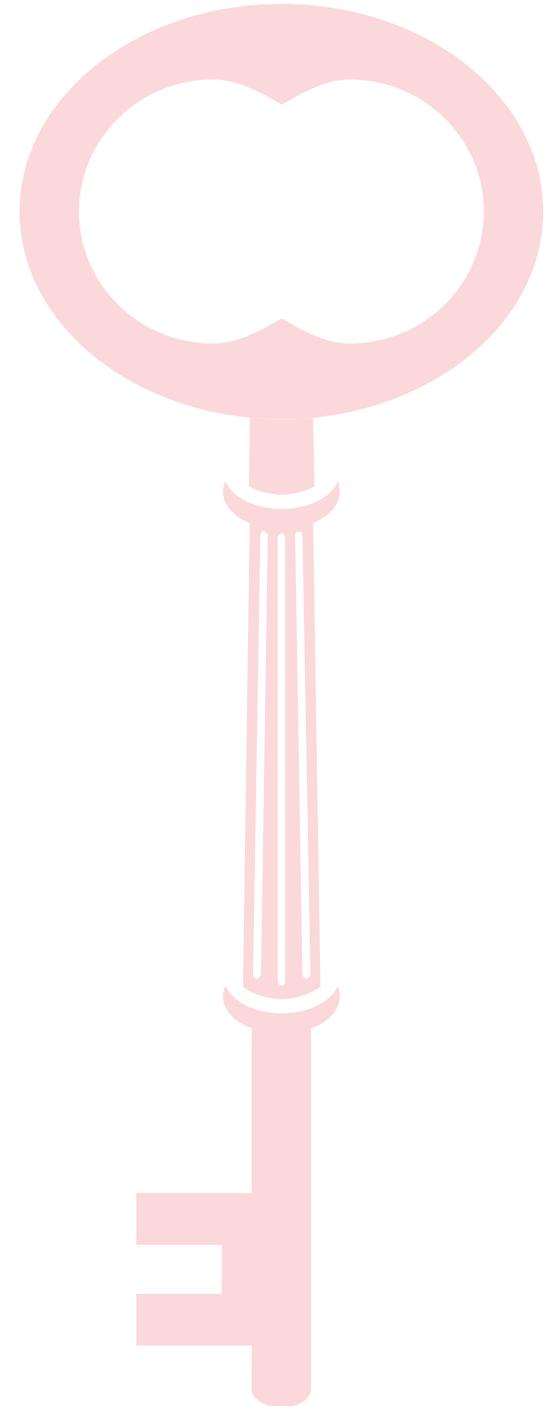
*Real integrity is doing the right thing,
knowing that nobody is going to know
if you did it or not.*



OPRAH WINFREY

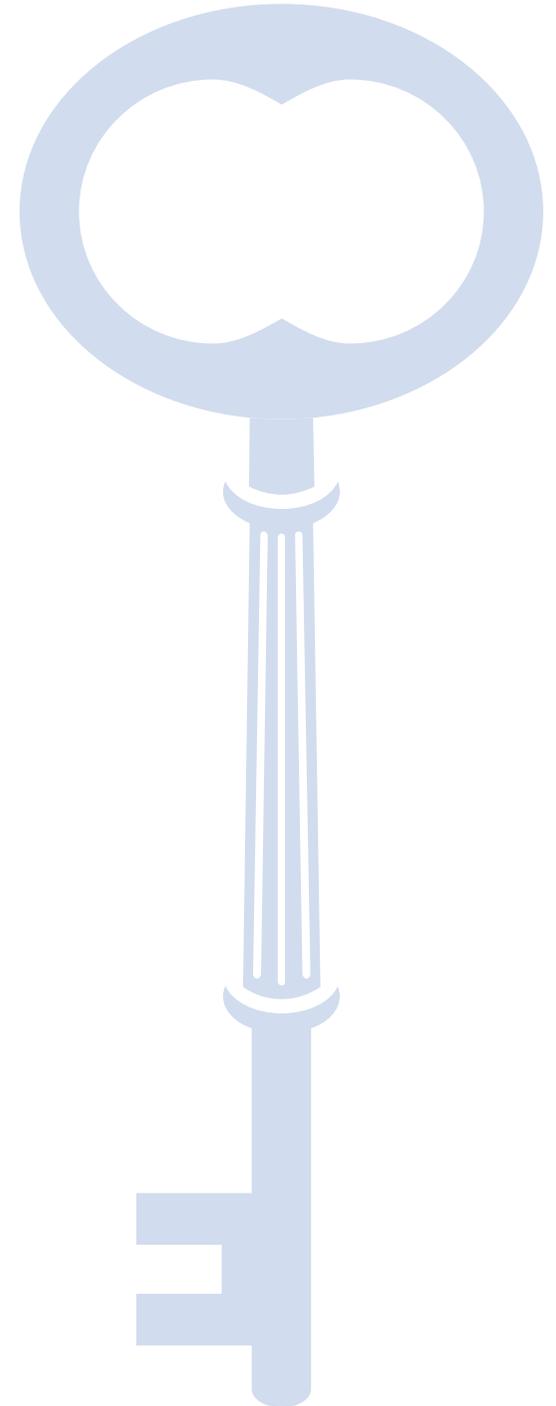
*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God. Your playing small does not serve the world.
There is nothing enlightened about shrinking
so that other people won't feel insecure around you.
We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It's not just in some of us; it's in everyone.
And as we let our own light shine, we unconsciously
give other people permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others.*

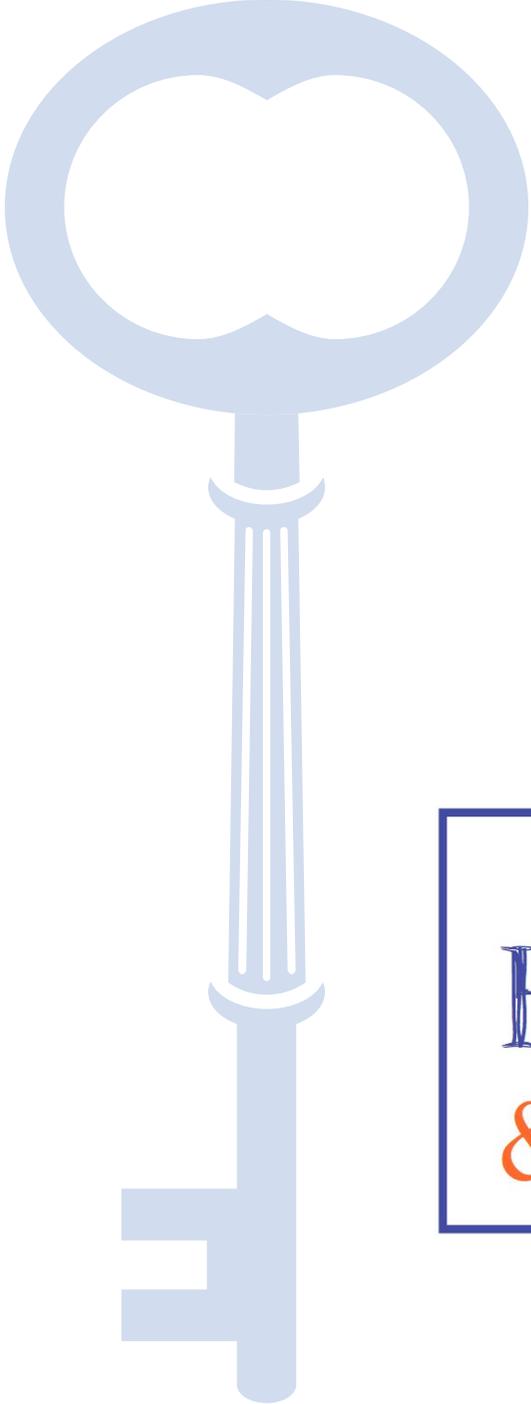
Marianne Williamson
A Return to Love



*To laugh often and as much;
to win the respect of intelligent people
and the affection of children;
to earn the appreciation of honest critics
and to endure the betrayal of false friends;
to appreciate beauty; to find the best in others;
to leave the world a bit better,
whether by a healthy child, a garden patch,
or a redeemed social condition;
to know even one life has breathed easier
because you have lived.
This is to have succeeded.*

Ralph Waldo Emerson





how to be... **Happy**
online workshop series

how to be...
Happy
in life

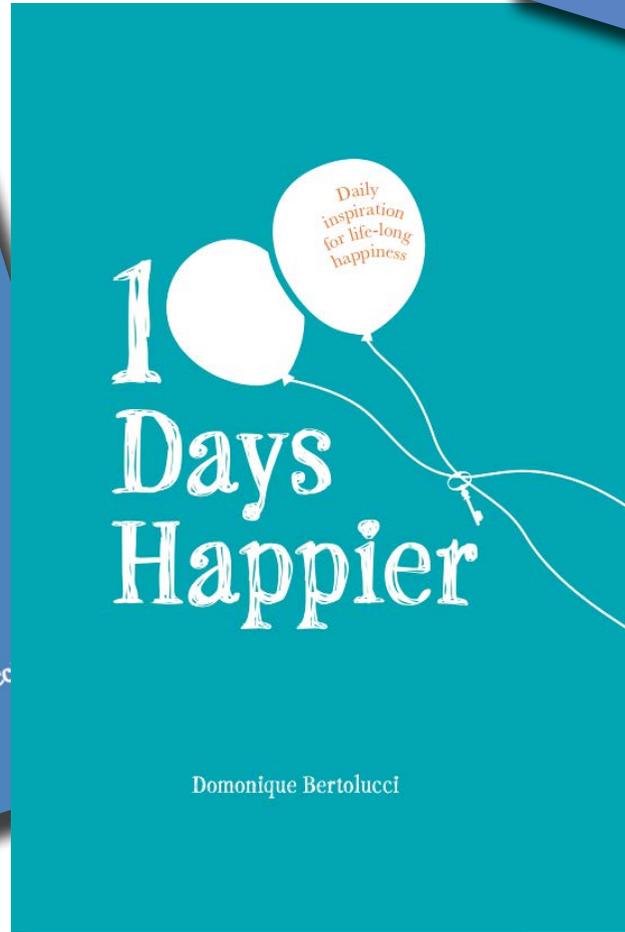
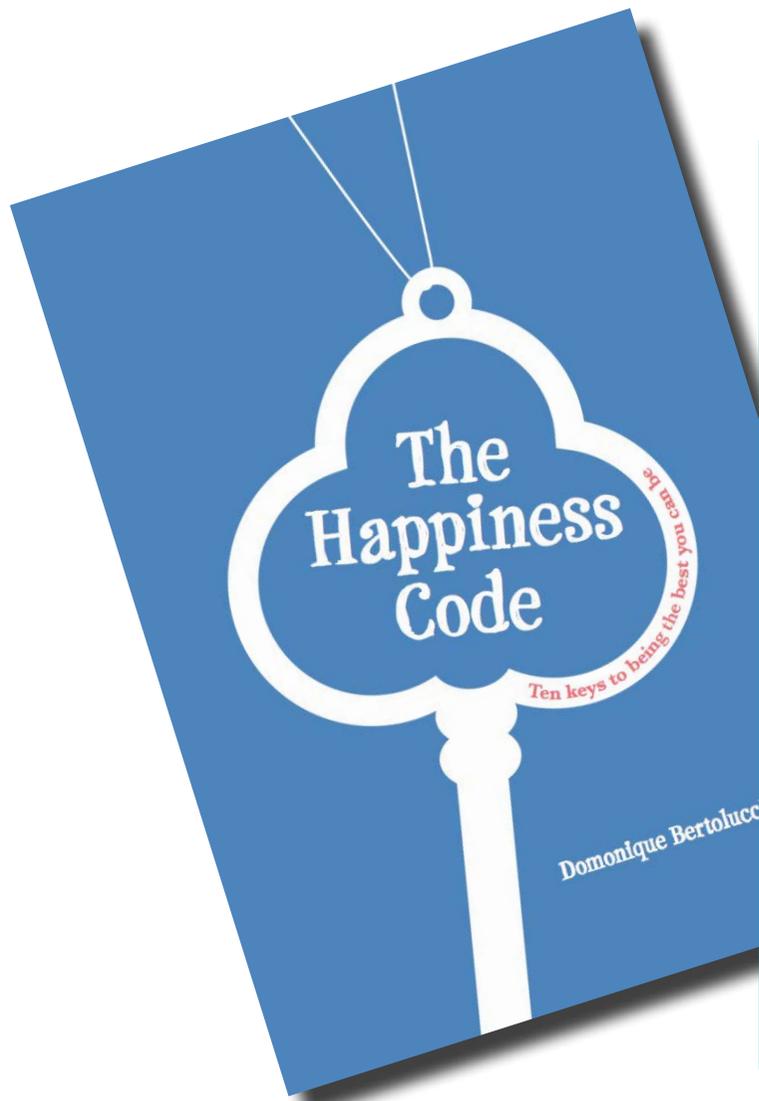
how to be...
Happy
at work

how to be...
Happy
& single

how to be a...
Happy
couple

how to be a...
Happy
parent

Find out more at howtobehappyseries.com



domoniquebertolucci.com