



30 DAYS FOR A HAPPIER YOU

Are you ready to train yourself for happiness?
Then take the challenge.

Linda Chaccour

Dear Reader,

Thank you for downloading the “30 days for a happier YOU” e-book! And for wanting to learn about happiness!!

The purpose of the “30 days for a happier YOU” is to support you in your individual’s quest for happiness. Linda will reveal the true purpose of happiness, the common blocks to happiness and will invite you to try five simple practices in your daily life, initially over a course of a month, which could potentially bring more joy into your life.

It may be something you already do. If not then you may want to make it part of your ongoing routine if you find it useful.

This e-book is intended to you, so please write your personal ideas and insights derived from a true reflection of how you feel. There is no right or wrong answer here!

This workbook was developed by Linda Chaccour, a Happiness Coach, Life Strategist and founder of Emerge Coaching and LiveHappy project in UAE and Lebanon.

Find out more about “LiveHappy”, ten weeks program, which delves into the latest research from the fields of positive psychology and neuroscience to teach you how to create and sustain a deeper sense of happiness, positivity and success in work and in life. www.live-happy.net

Happy reading!



Linda Chaccour

Are you ready to create greater happiness in your life and in your world?

Then your happiness Journey starts here!!!

Join the community of



and let us inspire you to pursue a happier existence.

Facebook link : <https://www.facebook.com/groups/1785968245012183/>

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”
-Buddha

How happy are you?

Take the Happiness Quiz and assess your overall happiness rating and start immediately improving your life today www.emerge-coaching.net/happiness-test/

Happiness...

Happiness is one of the humanity's oldest pursuits. We all want to be happy, whether we realize it or not, everything we do has the sole objective to make us happy. When you are asked what you want for you, your children and for those who you love in life, you will probably say I want them to be happy! Whether you want to have a great career, a bigger house, to travel the world, to marry and have a family... etc. In fact you just want to be happy"! right?

Happiness is the most sought after goal in the world ...

...but how many of us are truly happy?

Don't you wonder why some people enjoy their lives no matter how challenging their situation is, while others cannot find peace no matter how hard they try?

Although our life styles are better than ever, we are unhappier than ever, the World Health Organization predicts that by 2020 depression will be rated as the second global illness after heart disease.

But why is that?

Simply it is because you forgot who YOU are. Happiness is your original nature, the inner feeling of fulfillment and the unbeatable sense of joy.

I really believe that everyone's purpose is to have a happy and fulfilled life. You might believe that a pay rise, a different career, an expensive car, a bigger house, an unforgettable vacation, or even a fitter body, would be the source of your happiness. Let me assure you that these false pursuits are more likely to deliver short-term pleasures than necessarily long-term satisfaction.

Then what is happiness?

You are happy when you are in total alignment with your values and in total harmony with your passion. The better you know yourself, what you love and what inspires you, the happier you will be. When you forget who you are, something odd happens... You start chasing and searching for happiness.

Happiness is when you engage in positive and flourishing relationships with yourself and others,

Happiness is when you cultivate a positive attitude towards life regardless of the circumstances and the negativity that surrounds you,

Happiness is when you are taking care of yourself and your loved ones, living in appreciation and gratitude, accepting your body, growing your mind and living from your soul.

Happiness comes from within, a sense of self-accomplishment and self-actualization that doesn't depend on external materialistic factors and other individuals.

Happiness is contagious and it is a choice which resides within each one of us. Choice is very powerful; Make the choice to be happy today! It starts with you, yet it is beyond you.

Happiness as defined by science...

Most of us probably don't believe we need a formal definition of happiness; we know it when we feel it, and we often use the term to describe a range of positive emotions, including joy, pride, contentment, and gratitude.

Researchers agree that happiness has three components: pleasure, engagement, and meaning. Pleasure refers to the "feel good" emotions, Engagement refers to living a "good life" (work, family, friends, and hobbies...). Meaning refers to using your strengths to contribute to a larger purpose.

Many of us just stop there, chasing things that feel good. But this is only half of the recipe. Engagement refers to living a "good life" of work, family, friends, and hobbies. (The balance between activities that bring meaning and pleasure and how often do we spend time on them + being in the flow). Meaning refers to using our strengths to contribute to a larger purpose that has significance to us. It lies in the goals we set for ourselves which need to be intrinsically meaningful. We could set ourselves the goal of scoring top grades in college or owning a large house, yet still feel empty.

To live a meaningful life, we must have a self-generated purpose that possesses personal significance rather than one that is dictated by society's standards and expectations.

When you combine pleasure and meaning, you've got happiness.

All three elements are important, however engagement and meaning make the most difference to living a happy life. So a happy person enjoys positive emotions while perceiving life as purposeful.

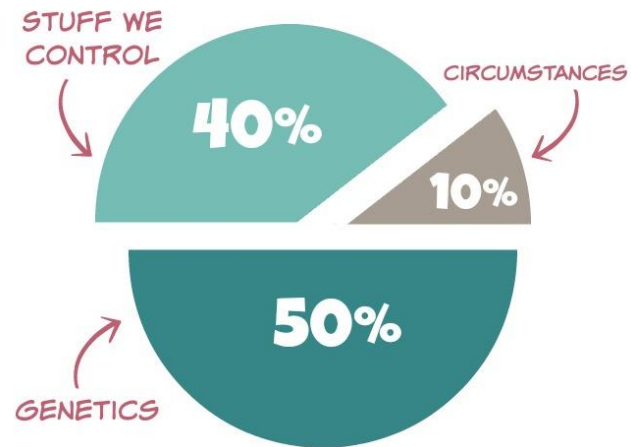
“People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.” - Ramona L. Anderson

Happiness is your true nature, an inner feeling of fulfillment and an unbeatable sense of joy.

As per Anthony Robbins, world premier success coach, two things in life makes you feel happy and alive which are growing and giving. Robbins believes that progress is what takes a person to be happy: in essence, all of us at some level want to feel like we are growing in all areas of life, work, family, emotions, finances, spirituality etc. When people ask me what it would take to be happy, I always tell them progress. Progress equals happiness. If you are not where you want to be yet, but you feel that you are improving and making progress towards your goals, you will feel alive. On the other hand, it doesn't matter how successful you are, if you stop growing you start dying inside.

Some people seem to have been born happy...

Are some people born happier?



Some studies suggest that 50% of our overall happiness level is genetic, and 10% is determined by external circumstances such as wealth, social status, career, friends... while the remaining 40% is determined by our choices, thoughts, feelings, words and actions. This is to tell you that you actually have the power to reverse your situation by putting our mind into reprogramming those 40%.

Research is now revealing facts about the effects of our genes on happiness. Epic genetic research stating that the functioning of the genes is determined by the environment the genes find themselves in, and the environment is made of nutrition and state of mind, mental attitude, personal choices.

So when it comes to happiness you have 90 percent choice.

You need to create your happiness. Just as each of us has a genetic predisposition toward a certain weight and must work to achieve and maintain our best weight, so too must we work to achieve and maintain happiness.

“Each day when I get up, I choose to be happy”

Why some individuals happier than others?

There are a number of beliefs that are attributed to how unhappy a person may be with their life. I would like to share with you 10 scientifically proven by research happiness myths / beliefs / blocks whatever you would like to name them to give you an ample idea of WHY?

- Thinking that happiness is a destination: Happiness is a choice, a journey and not a final Destination. Because we are happiness by nature, how can we aim for something we already are and have?
- Putting happiness in the future by adopting the famous “I will be happy when”... When you are caught up in the “I will be happy when”, happiness is always put off in the future, while truly the only time you can actually experience happiness is right here, right now!
- Confusing life pleasures with happiness: Many people believe that happiness is having fun at a party or the delight of a fine meal. These are all wonderful experiences to be cherished and cultivated but they are not happiness. They are only the definition of pleasure and chasing pleasure is not happiness.
- Thinking that money brings happiness: Money can buy happiness, but only if it used to do things not to have things. Spending your money on experiences especially with others produce lasting positive emotions that are meaningful.
- Thinking that you should be happy all the time: Give yourself the permission to be human and to experience the full extent of human emotions. Life is a series of ups and downs and it is not reasonable to be happy all the time. Do not fight negative emotions when they are appropriate and don't tell yourself you shouldn't be sad when something sad has happened. Learn to process, express positively and accept all your emotions.
- Relying your own happiness on things or on others: We might be naturally motivated to seek out things and people that bring us more intense forms of happiness. However, Happiness is an inside job and doesn't depend on anything but YOU.

- Wishing things were different: Living in total acceptance of the things we cannot change and control is essential for a happier life.
- Comparing your life and yourself to others: We tend to compare our belongings, status and our relationships with others which create many negative feelings and thoughts. Living in gratitude helps you stop this destructive habit.
- Getting stuck in your past and thinking too much in the future: Reliving painful memories and past events can affect you emotionally and mentally. You can also bring anxiety and worrying into your life by spending too much time in the future and imagining how your health, your finances or your relationships could fail. Be mindful and live in the present there is no stronger power than the Now!

Defying the negative beliefs that you have around happiness and building constant happiness boosters into your life will put you on the right path to become happier.

How can I live a happier life?

Happy individuals are not necessarily born with any supernatural powers, or extra vision, they have just developed different positive habits that we all deserve to learn. It is proven that happy people tend to enjoy better health, live longer, nourish closer friendships, and display more creativity and success in what they do.

Happiness is a complex state of mind, but there are skills that you can learn to cultivate more happiness in your life, they take a few minutes every day which can quietly but profoundly change the way how you see the world. Practices as gratitude, optimism, the ability to give and receive love are highly predictive of happy people. Research shows that forgiveness, the pursuit of meaningful goals, meditation, and cultivating positive relationships with others also lead to greater happiness.

Why practice happiness?

In addition to making us feel good, studies have found that happiness actually improves other aspects of our lives. Here is an overview of some of the good stuff that research has linked to happiness:

- Happiness is good for our health: Happy people are less likely to get sick, and they live longer.
- Happiness is good for our relationships: Happy people are more likely to get married and have fulfilling marriages, and they have more friends.
- Happy people make more money and are more productive at work.
- Happy people are more generous. Happy people cope better with stress and trauma.
- Happy people are more creative and are better able to see the big picture.

To get started on building your happiness, we will start by expanding on your own experience and definition of happiness.

Take a moment and think about what happiness means to YOU, note down whatever comes into your mind.

What does happiness mean to you?

Now think about specific things and situations that often make you happy. These could be activities, people, places or anything that comes to your mind.

What things make you happy?

Extensive scientific studies in the fields of positive psychology and neuroscience, conducted in the past decade, reveal that happiness is an attainable skill that can be cultivated by incorporating positive habits and practices that could potentially bring more joy into our life and the lives of those around us.

Practices as gratitude, optimism, the ability to give and receive love are highly predictive of happy people. Research shows that forgiveness, the pursuit of meaningful goals, meditation, and cultivating positive relationships with others also lead to greater happiness.

Can a few simple daily actions make YOU happier? I have the pleasure to share with you 5 scientific based activities that can spark greater joy in your days.

These are just five (5) of the many areas that scientific research suggests we can take action to make both ourselves and others happy.

Want more action ideas?

Check out the “LiveHappy” project on www.live-happy.net

1- Be Grateful

Whenever is possible. We too often take our lives for granted. Learn to appreciate and savor the wonderful things in life, from people to food, from nature to a smile. In the process, we frequently miss opportunities for happiness and connection.

The more you practice gratitude, the more you will find things to be grateful for. Gratitude changes your brain; and it changes how you see the world. Being grateful is about much more than saying thank you, it is about not taking things for granted and having a sense of appreciation and thankfulness for life.

To start gratitude, you need to start by expressing it. Each day write down three good things that happened to you, they can be anything you feel good about or grateful for. Even on a bad day there are normally some things that we can feel good about as it just helps you focus your attention more on the positive, rather than dwell on the negative.

Describe three good things that happened to you today. Repeat this practice at the end of each day for the next 30 days.

Good thing 1	Why
Good thing 2	Why
Good thing 3	Why

2- Be Kind

Research shows that when we say and do nice things for others, our brains light up in areas associated with pleasure and reward.

Doing nice things for others, it is something we all learned about since our childhood and it is recommend by all religion. Most of us assume that doing nice things for others is for their benefit but here is the secret, research shows that acts of kindness are a powerful way to increase your own happiness.

Conscious acts of kindness help to deepen the amount of social support which is the number 1 predictor of an individual's happiness. It helps you build more positivity around you especially at work, in your family...

Acts of kindness could be a compliment, a helping hand, a hug or a gift.

Do at least one conscious act of kindness each day for the next 30 days, ideally a different one each day.

Day/ Date
What did you do? For who? How did it go?

Continue for the next 30 days ☺

“Kindness is the language in which the deaf can hear and the blind can see”

3- Your Best Possible Self

Research suggests that building optimism about the future can motivate people to work toward that desired future and thus make it more likely to become a reality. This exercise asks you to imagine your life going as well as it possibly could and gives you the opportunity to write about this best possible future. By doing so, research suggests that you will not only increase your happiness in the present but pave the way for sustained happiness down the line.

Ask: "What's my vision of my best possible self?"

Imagine your life in ten years and that your goals have been accomplished. You are living your best possible life. Think about that in different aspects (health, wealth, family, work, hobbies..).

My Best possible self

4- Practice improving your relationships

Relationships are the heart of happiness. "rich and satisfying relationships" are the only external factors that will move your happiness score from "quite happy" to "very happy." A common mistake we make is to get so busy pursuing happiness that we fail to give our best time, energy and attention to our best relationships. Remind yourself daily that happiness is in the connections you make, in the friendships you keep and in the love that exists between others.

The quality of your life depends on the quality of your relationships, Anthony Robbins said that and he was right.

Today take some time to reflect on the key relationships and friendships in your life. Ask yourself:

Do I have meaningful relationships in my life? Do they bring me fun, positivity and growth?

How do i evaluate my friendships do I value quantity over quality?

Do I hang out with people who lift me up or put me down? Surround yourself with people who give you opportunities to grow.

**You are the average of the five (5) persons you spend time with
CHOOSE WELL**

5- Spend your time wisely.

How do you want to spend the valuable asset of your time? Think about how you spend your days and if you would like to make any changes. In your work, try to focus on activities that you are passionate about most of the time. Make sure you spend time doing things that are meaningful to you.

Reflection note

In your free time, engage in activities that are fulfilling and fun. It can be something that challenges you, such as a new sport or hobby, hanging out with a good friend, spending time in nature, or exercising, which relieves stress and bolsters your mental and physical health. Practicing meditation can also help you be more present and let go of worries and mind chatter.

Also make sure you make time for the most important people in your life.

And you must learn to rest. It is all about being versus doing. Growing up in a culture that values doing, many of us are excellent at multitasking, accomplishing our to-do list and running around all day long. To gain a true sense of clarity and peace, we sometimes need to practice just being. While focusing on goals and productivity is important, we also need to learn to relax, sit, listen to the birds, read a book or simply enjoy some quiet music. Learning to enjoy solitude can become the best part of the day and may surprisingly allow greater productivity during the rest of the day. As much as technology makes us more connected and more “efficient”, in many ways it adds pressure and distraction by preventing us from enjoying ourselves, our downtime or our time with others. Perhaps watching less TV, spending less time on the internet or putting the phone away will give you the time you need to focus on what really matters to you.

In Conclusion I could only invite you to take action. Taking time to reflect, and making conscious steps to make your life happier, really does work. So I hope you will use these tips to start bringing more Happiness to your life and I promise it won't take you much to start experiencing the benefits.

You have the power to choose to be happier. The first choice you have is to make is to commit to the 5 proven practices in this workbook. To make any change you need to start taking actions. I would love to hear from you, email me on linda@emerge-coaching.net and let me know how these practices impacted your life in a positive way.



Linda Chaccour

“Inspiring individuals lead happier lives, build self-confidence and cultivate flourishing relationships with self and others”

Linda Chaccour is a Life Strategist, a Happiness Coach and the founder of Emerge Coaching and LiveHappy project in UAE and in Lebanon. She graduated from the NeuroLeadership Group, the World Coach Institute, and the Robbins- Madanes Training (RMT). Linda is also a certified Youth, Family and Parent Coach and a Professional Certified Coach accredited by the International Coach Federation. With more than 2500 + of hours of practical experience in coaching and training, Linda enjoys a vast experience primarily in inspiring and empowering individuals achieve their goals whilst simultaneously increasing their happiness levels and self-confidence.

Linda offers practical workshops and a variety of coaching programs for children and adults to increase their happiness levels, to build assertiveness and confidence and to take control of their decisions and actions in order to create the life they desire. Linda is Lebanese and has been hosted several times on Dubai Eye Radio 103.8 MBC, Dubai Television to share insights about various subjects pertaining to life improvement and family concerns. Linda is now based in Lebanon with her family after having lived for the past 16 years in UAE.