

Get Your Happy On... And Keep It On!

Workbook

**Improve
Your Outlook**

Gain Confidence

Transform Your Life

**with
Deborah Ann Davis**



Get Your Happy On, and Keep It On!

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Printed in the United States of America. 2022

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eISBN: 978-1-942009-17-7

eISBN 978-1-942009-12-2

ISBN 978-1-942009-13-9

eISBN 978-1-942009-15-3

ISBN 978-1-942009-14-6

Get Your Happy On, and Keep It On!

Training Workbook

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Welcome!!

We are so glad you could join us. In the midst of all the craziness of our world, we have found each other. From this point forward we are going to have a positive effect on one another.

This workshop encompasses two realms of learning, both of which overlap (because everything is connected), and both of which rely on your participation.



1. The content provides information, facts and figures, tips and techniques that show you how to increase the level of internally generated happiness in your life.
2. The exercises and challenges, created to ruffle your affect in a way that brings about the greatest positive change, supplement the interactive workshop experience.

This manual organizes the processes from the workshop in a way to help you retain what you learn. It's a lot of material, so plan on taking a day to review what you've written, and to complete anything that requires more attention. Done right, this will be a powerful resource for you and your forward momentum.

We look forward to hearing from you, and to continuing assist you and your organization in the future. Please don't hesitate to reach out.

Happily,
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Setting The Tone For The Weekend

Statistically speaking,
six out of Snow White's
seven dwarfs were not
Happy.



What are the first 3 words you see?

1. _____
2. _____
3. _____

Write these words at the top of the page wherever you are taking notes. Begin Saturday's and Sunday's notes the same way. Presto! Change-o! You've got your very own theme!



Benefits Of Laughter

Who Are You?

3 Things That You Like, Respect, Or Love About Yourself

3 Things That Make You Unique, Different, Unusual (i.e., Makes You You!)

3 Things That Make You Happy

How did this exercise affect your mood just now?

Perception Quiz

**It's very important you take this quiz privately and
Do Not Share Your Answers!!!!**

1. What is your favorite Animal? If you don't have a favorite Animal, name the one that you like best right this minute.

2. Why do you like that Animal? Write 2 Adjectives that describe the Animal's characteristics that attract you to this Animal.

A. _____

B. _____

3. What is your favorite Color? If you don't have a favorite Color, name the one that you like best right at this moment.

4. Why do you like that Color? Write 2 Adverbs that describe the way the Color makes you feel, the characteristics that draw you to this Color.

A. _____

B. _____

If you are having trouble with the descriptions, try these for ideas:

alluring amusing animated appealing attractive beautiful bouncy calm charismatic
charming comfortable cool cuddly cute dark dazzling delightful easy-going eerie
energetic exciting exhilarating friendly fun funny ghostly glamorous gloomy gorgeous
happy huggable incredible inspiring joyful likable lively lovable mellow memorable
mysterious noticeable peaceful peppy perky playful pleasant pretty quiet quirky radiant
relaxed sad serene shadowy smart striking sweet thrilling tranquil unusual vibrant
vivacious warm welcoming youthful

What do your responses mean?

Shine A Spotlight

We're going to devote a few minutes to shine a boosting spotlight on your self-worth.

Make a list of at least 10 things, big and small, you have done that make you feel proud inside. This is a private list, for your eyes only. I'm not going to have you share what you wrote with anyone, because in my experience, people immediately compare themselves to others, and find themselves lacking. This is all about YOU!

If you get stuck, here are a few areas to consider.

A time when you helped someone, created something, traveled, volunteered, or improved your health. A time when you were brave, or you supported someone in your family, or you did a great job at work, or you followed through on a commitment.

Look at how far you've come! The trick is to focus on THAT, regardless of the people around you... regardless of how you think they might perceive what you've accomplished. These are **your unique achievements**, and *you rocked them!*

Give yourself a round of applause!

Defining Happiness

You've shared some things that make you proud and happy. Let's dive deeper.

By now, you realize that everyone defines happiness uniquely. It's hard to find a common definition of happiness. Even the dictionary is no help.

Dictionary Definition: **the state of being happy**

Really?

How do *you* define the word **happiness**?

Timeline Of Key Events: My Story So Far

Now that you have brainstormed a few of your accomplishments, let's look at your life. On the next page, mark the midpoint of your life, and the midpoints between the 2 halves. Write in all of your milestones, big and small.

When I did mine, I put the personal ones above the line, and the business ones below the line. If this was 10 years ago, I probably would've put parenting on one side, and teaching on the other. Do yours in the way that makes sense to you.

Timeline of Key Events: My Story So Far...

Career

Personal



A Happy Hormones Lesson

You know what happiness is... even if you can't put it into words. We all want it, but do we get it? Do we make it ourselves? Is it something that happens to us? The answer is... **Both!** (And, you're going to learn both!) Happiness is the emotional by-product of chemicals your body makes – your Happy Hormones.

Happy Hormones are essential chemicals generated in your gut and your brain that positively influence your mood in a variety of ways. Your happiness can come from two sources:

- from outside stimulation (like a comedy show)
- from within you (like when you decide to make a positive change)

Did I mention I'm a Science Geek? If you're not, hang in there for 5 minutes, while I identify the major Happy Hormones for you.

Dopamine – The Motivation Hormone

Dopamine is responsible for giving us the motivation that follows that feel-good feeling. It's both a hormone and neurotransmitter that stimulates your brain's reward system when you achieve success or notice progress. Dopamine motivates you to achieve even more.

Also known as the “feel-good” hormone, dopamine is associated with focus, learning, memory, fine motor system skills, and more. By the way, hugs stimulate our brains to release dopamine. (I'm just saying...)

Oxytocin – The Cuddle Hormone

Oxytocin is a chemical that acts on the limbic system, the brain's emotional center. The “cuddle hormone” is essential for childbirth, breastfeeding, and strong parent-child bonding. It can also help promote trust, empathy, and bonding in other relationships

Oxytocin creates feelings of contentment, and reduces anxiety and stress (YAY!). When we hug someone, oxytocin is released into our bodies, lowering both our heart rates and our cortisol levels. (Cortisol is not a happy hormone, but it *is* an essential hormone, even though high levels of it are responsible for high blood pressure and heart disease.)

Serotonin – The Feel Good Hormone

Lucky for us, Serotonin boosts long term resiliency, and therefore, decreased anxiety. This hormone (and neurotransmitter) helps regulate your mood, as well as your sleep, appetite, digestion, learning ability, and memory. It's your basic mood stabilizer.

Just so you know, hugging for an extended time (20+ seconds) lifts one's serotonin levels, elevating mood and creating happiness.

Endorphins – The Energy Hormone

Endorphins increase feelings of pleasure and well-being, *and* they reduce pain and discomfort. They're your body's natural pain reliever, which you instinctively activate when you rub a banged shin. Endorphin levels also tend to increase when you engage in reward-producing activities, such as eating, working out... or getting frisky.

OKAY! The Happy Hormone Lesson is over (I hope it wasn't too painful), so now we can talk about how to get your happy on!

The 3 Basic Approaches To Increasing Your Happiness

Pair up the following by drawing a line between matches:

The Replicating Your Happiness Approach

Decrease the negative

The Protecting Your Happiness Approach

Generate Happy Hormones

The Creating Your Happiness Approach

Accentuate the positive

The Replicating Your Happiness Approach:
Accentuate the positive (what you already got going on)

Generating Happiness Externally

External happiness generators are great! I love them! I have intentionally gathered a stable of go-to feel-good generators, from movies to people. When I need perking up, I don't have to figure out how to do it. I just turn to my Happiness Arsenal. And, I strongly suggest you create a Happiness Arsenal for yourself.

Happy Uplifting Songs

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Happy Uplifting Movies/Shows

Happy Uplifting Books

Happy Uplifting People

Generating On-Demand Happy Hormones

This is not a “keep your chin up” conversation. This approach is about physically creating the hormones you need even when you feel too low to bother.

Did you know that visualizing and remembering positive things generate Happy Hormones? That’s right. The process is called **Mood Induction**, but I like to call it **On-Demand Happy Hormones!**

When you learn to physically generate your happiness yourself, independently, it will always be available when you need it.

We are actually going to look at how to choose happiness for yourself. When *I* say happiness is a choice, I mean that YOU CHOOSE to do things that will metabolically affect your body in a positive way.

The way you get your happy on — when you just don’t feel up to it — is by changing your body chemistry. **Your job** is to try everything I throw at you (while keeping an open mind) and to try to detect any small changes. The good news is you don’t have to actually believe in what I am telling you in order to reap the benefits when you try it.

Do-It-Yourself Happy Hormones

Here is a list of the mood-inducing foods. Design a meal that will generate dopamine, serotonin, and endorphins. Then share that meal with someone to generate your oxytocin.

Dopamine (Motivation Hormone)	Endorphins (Energy Hormones)	Serotonin (Feel Good Hormone)
DYI BOOST: High protein foods: yogurt, beans, eggs, meats with low-fat content, and almonds. Probiotics.	DYI BOOST: Spicy foods: peppers	DYI BOOST: Foods high in tryptophan: eggs, cheese, pineapple, organic tofu, salmon, nuts and seeds, turkey

Put together 3 meals using as many Happy Hormone generating foods as possible.

BREAKFAST:

LUNCH:

DINNER:

Now, commit to generating Happy Hormones by putting this on your calendar!

DIY Happy Hormones Activities

Use your body to generate your Happy Hormones.

Endorphins (Energy Hormones)	Serotonin (Feel Good Hormone)	Oxytocin (Cuddle Hormone)
DIY BOOST: 7-9 hours sleep nightly. Exercise. Laughter. Instrumental music that gives you chills. Meditation. Massage. Performing music by dancing, singing, or drumming.	DIY BOOST: Spending time outdoors. Exercise. Listening to any music you enjoy. Massage.	DIY BOOST: Hugging. Exercise. Laugh with a loved one. Share a meal with someone you love. Being attracted to someone. Physical affection, including kissing, and getting frisky. Pet your pet. Spend time with someone you care about.

Make a 4-Day Plan for incorporating DIY Happy Hormones Activities. Do your activities on consecutive days with a 4-day repeat, or do one a day, every other day, and with an 8-day repeat. The choice is yours, depending on your lifestyle.

1. _____

2. _____

3. _____

4. _____

Now, commit to generating Happy Hormones by putting this on your calendar!

Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

5 Love Languages

People send love messages in all kinds of ways. How you UNDERSTAND love... is just as important... as how you CONVEY love.

In his book, "The 5 Love Languages" Gary Chapman categorized the different ways that people show and receive love, way back in the 90s!

Which Love Languages are yours? Go to the **5LoveLanguages.com** website to take a quiz to verify your love language. Write your rankings in the table below.

Chapman's 5 Love Languages*

Physical Touch- Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face— they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive. Physical touch fosters a sense of security and belonging in any relationship.	Quality Time- Nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there— with the TV off, fork and knife down, and all chores and tasks on standby— makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful. Quality Time also means sharing quality conversation and quality activities.
Words of Affirmation- Unsolicited compliments mean the world to you. Hearing the words, "I love you," are important — hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten. Kind, encouraging, and positive words are truly life-giving.	Acts of Service- Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most wants to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter. Finding ways to serve speaks volumes to the recipient of these acts.
Receiving Gifts- Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous— so would the absence of everyday gestures. Gifts are visual representations of love and are treasured greatly.	

*from their website 5LoveLanguages.com

When 2 people give and receive love the same way, everything is rosy. When they don't, it's like using Sign Language to tell someone who's not facing you that you love them.

The *Protecting Your Happiness Approach*:
Decrease the Negative

Trends

What was your health like in the beginning of your adulthood? _____

5 years ago? _____

3 years ago? _____

What was your clothing size like in the beginning of your adulthood?

5 years ago? _____

3 years ago? _____

If you keep your current lifestyle, where will you be in 3 years?? _____

In 5 years? _____

Where will your family be?

Do you need to **enhance** the trend or **interrupt** it? _____

The Guilt-Free Zone

Welcome to the **Guilt-Free Zone!**

Guilt's job: To make you aware that there's a problem

Any guilt you hold on to for longer than an hour is completely worthless, and interferes with getting your happy on. It doesn't help you, or the injured party. It's an anxiety-provoking, energy-sucking, emotionally-draining and self-worth damaging negativity that you must kick to the curb.

Are there consequences to your negative actions and mistakes? Of course, and you have to take responsibility for them, *but without the guilt.*

4 Steps For Getting Rid Of Guilt

1. _____

2. _____

3. _____

Either : _____

Or: _____

4. _____

We do the best we can with what we got at the time. If you could've done better, with the stress and knowledge at the time, you would have.

WHY NOT FORGIVE YOURSELF?

Once you've done everything possible to repair the situation, it's time to make sure you don't do it again, and move on.

Kicking Guilt To The Curb

A. Identify 5 things you secretly or overtly feel guilty about, including the last goal you dropped.

1. _____
2. _____
3. _____
4. _____
5. _____

B. Choose 1 source of guilt to address right now.

C. What do you need to do to keep it from getting worse?

D. Is there anything you can fix going forward? _____

E. Is there Anyone you need to ask forgiveness from (including you)?

Who? _____

Write your apology here:

F. Forgive yourself. If you could have done better at the time, you would have.

I forgive myself for _____

Because _____

And because _____

And because _____

Protect Your Happiness From Overwhelm

With new awareness comes the desire to fix things, but an event like this one provides so much to think about, you can easily become overwhelmed. You have to protect your happiness from even that. Yes, a little discomfort sets the stage for change, but too much discomfort creates emotional paralysis.

1. Make 1 **Small Change**.
2. Create reminders.
3. Turn it into a habit.
4. Make a 2nd **Small Change**.

What is **ONE Small Change** you can make starting tomorrow?

How are you going to remind yourself to keep doing your **Small Change**?

Right now, put that **Small Change** on your calendar for tomorrow. Make it repeat daily for 30 days.

Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

The *Creating Your Happiness Approach*:
Generate Happy Hormones

Deborah's Dozen- 12 Quick Fix Resiliency Tools

Sometimes, a situation is just too much. That's when you need a quick fix, an instant infusion of **Happy Hormones**. No Problem! Just produce your very own On-Demand Instant Hormones!

Since half the fun is in detecting **Small Changes**, follow these directions:

1. Before you start, collect baseline data. Close your eyes and *feel* what's going on in your torso, between your neck and your navel. Record it in the chart below.
2. Do the **Quick Fix**.
3. Close your eyes and *feel* what's going on in your torso, between your neck and your navel. Try to detect the small changes, including the changes to your mood. Record.

Quick Fix #1 Smiles And Fake Smiles

Trial	Sensations Before	Sensations/Changes After
1 st Try		

Research shows that **imagining** a Fake Smile actually generates Happy Hormones, too (just not as many). So, when you're in a situation where you can't fake-smile without looking like a crazy person, imagine it, and reap the benefits anyway!

Quick Fix #2 – Rising Eyes

Trial	Sensations Before	Sensations/Changes After
1 st Try		

Quick Fix #3 – Sigh Of Release

Trial	Sensations Before	Sensations/Changes After
1 st Try		

Quick Fix #4 – Jostle Yourself

Trial	Sensations Before	Sensations/Changes After
1 st Try		

Quick Fix #5 – Thump Your Thymus

Trial	Sensations Before	Sensations/Changes After
1 st Try		

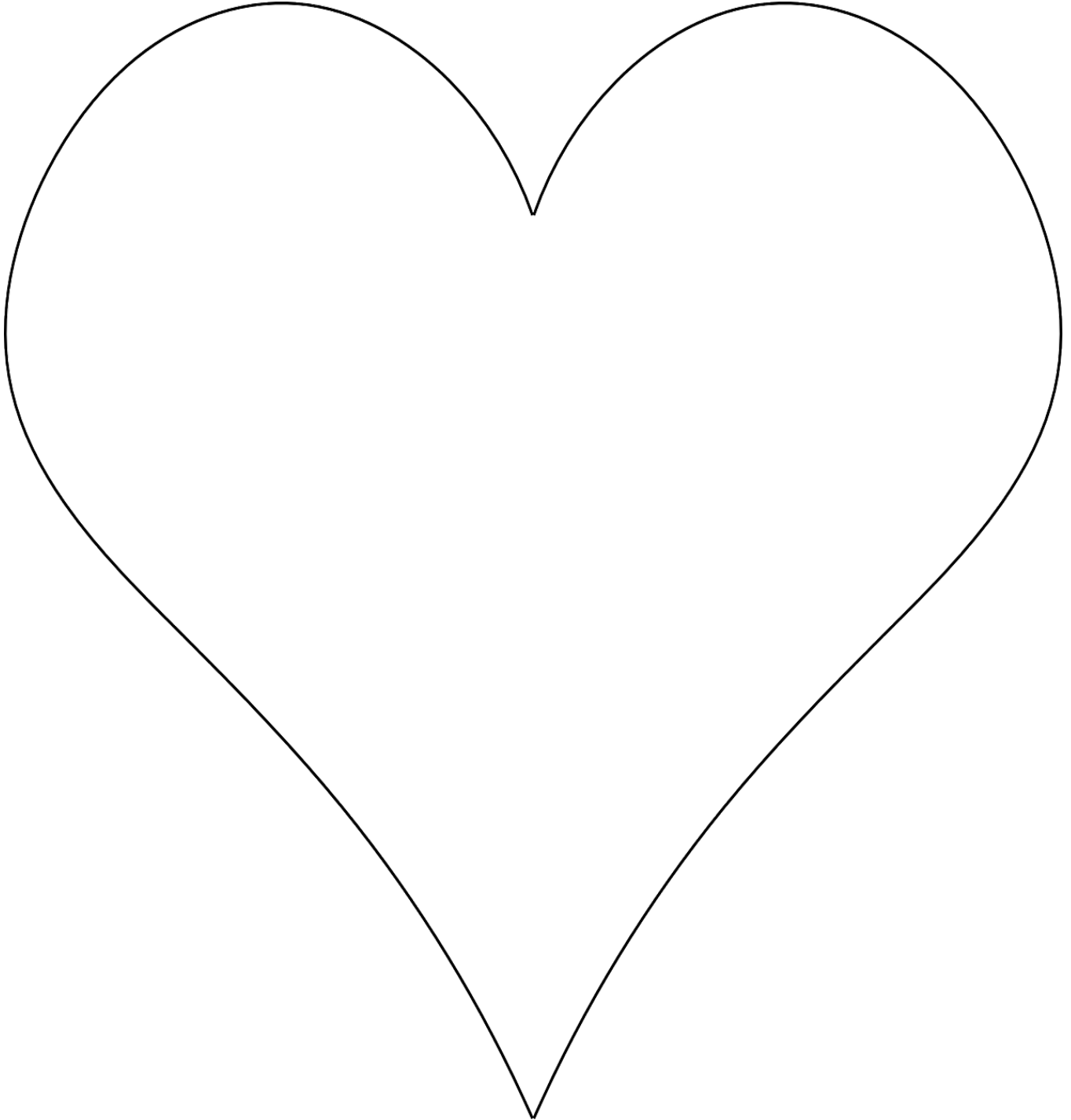
Quick Fix #6 – Hugs!

Trial	Sensations Before	Sensations/Changes After
1 st Try		

What are 3 things you do to self-soothe? _____

Benefits of Hugging:

List the benefits of hugging inside the heart. Don't worry if your heart overflows.
That's a good thing!



Quick Fix #7 – Deep Breathing

Trial	Sensations Before	Sensations/Changes After
1 st Try		

Quick Fix #8 – Guided Meditation

Directions to a simple Guided Meditation:

1. Picture a setting or a place where you feel safe and warm.
2. Imagine yourself there.
3. What do you see? Feel? Hear? Smell? Taste? Energy?
4. Let the sensations all wash over you, leaving you calm, satisfied, and fulfilled.

Trial	Sensations Before	Sensations/Changes After
1 st Try		

Quick Fix #9 – Loving the Inconvenient Life

List the **Small Changes** you can make so that your daily activities will require you to stretch, reach, bend and walk more in your life. It's time to insert those little inconveniences into your routine.

How do you already sneak movement into your daily routine?

Quick Fix #10 – Boost Your Immune System

Here is a video that demonstrates how to Move Your Lymph:

(Clavicle. Neck. Armpits. Stomach. Groin. Knees. Shake and Shimmy.)

<https://vimeo.com/472341428>

Trial	Sensations Before	Sensations/Changes After
1 st Try		

Quick Fix #11 – Master Your Mouth

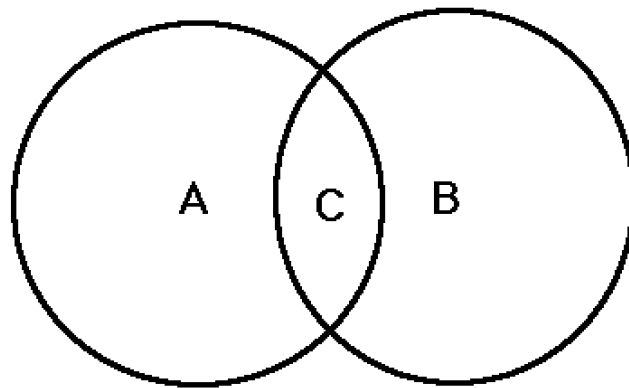
Amplify the good eating habits you already do. Find the foods that you need to add to your nutrition. Eat 4 servings of veggies a day, and...

If you have to change your nutritional intake (a.k.a. diet) for health or personal reasons, **Reframe Your Perspective** using the ***Fabulous Venn Diagram***.

Circle A contains all the foods that you're allowed to eat.

Circle B has all the foods you *love* to eat.

Section C is where the magic happens. That's where the two realms overlap. ***Those*** foods that you love to eat which *are good for you*.



When I had to clean up my diet to combat Lyme disease, I was only allowed to eat...

Fish (no shellfish)

Fowl (chicken, turkey, etc.)

Eggs

Green veggies

Olive oil

Filtered water (never from a plastic bottle)

Whenever I could, the food had to be organic.

Garlic

Onions

Carrots

Herb seasonings

Brown Rice

If you have a health issue, consider this lifestyle change. There's a lot of fun yummy ways to eat these ingredients. ;-)

Plus, your body can get back to the business of healing you, instead of working 24/7 to get rid of the chemicals you consume (a.k.a. junk food and processed food)

Did you know...

The Environmental Working Group (EWG.org) publishes 2 lists of non-organic, conventionally-grown foods: The Dirty Dozen and the Clean 15.

The Dirty Dozen are foods so contaminated with chemicals that even rigorous washing does not get rid of them all. Therefore, you should only get these foods if they are organic.

The Clean 15 are non-organic, conventionally-grown foods whose chemical levels are very low, in fact, low enough that with rigorous washing, these foods are safe to eat. (Note that some foods, like papaya, are typically GMOs.)

DIRTY DOZEN

These foods have dangerous pesticides residues, even with triple washing. Only buy organic versions of these foods!

1. Strawberries
2. Spinach
3. Kale/Collard/Mustard Greens
4. Nectarines
5. Apples
6. Grapes/Raisins
7. Bell & Hot Peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

CLEAN FIFTEEN

The growing practices of these foods make them safer to eat when you can't go 100% organic. Wash thoroughly!

1. Avocado
2. Sweet Corn (Only Non-GMO)
3. Pineapple
4. Onion
5. Papayas (Only Non-GMO)
6. Frozen Sweet Peas
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangos
14. Watermelon
15. Sweet Potatoes

Make your own Fantastic Food Venn Diagram here:

Quick Fix #12 – Track Your Progress

People make New Year’s resolutions, fall back into their old habits, and give up. The trick to forming a new habit is to pick up and keep going, even after you slide back into your old ways.

The objective is to create a seamless lifestyle change. This is NOT about one-and-done, like New Year’s resolutions. When you track the consistency of your progress, you can see your habit— and your lifestyle— building right before your eyes.

To stack the deck in your favor, post reminders on your calendar, on your bathroom and bedroom mirrors, the fridge, your vehicle dashboard, etc.

Talk to your ***Get Your Happy On*** Facebook group members because they are going through the same process. You’ll both provide and receive mutual support, and gain accountability partners.

Choose a downloadable progress tracker for your new habits. Then, post reminders on your calendar, mirror, fridge, dashboard, etc.

Check one of the boxes:

☐

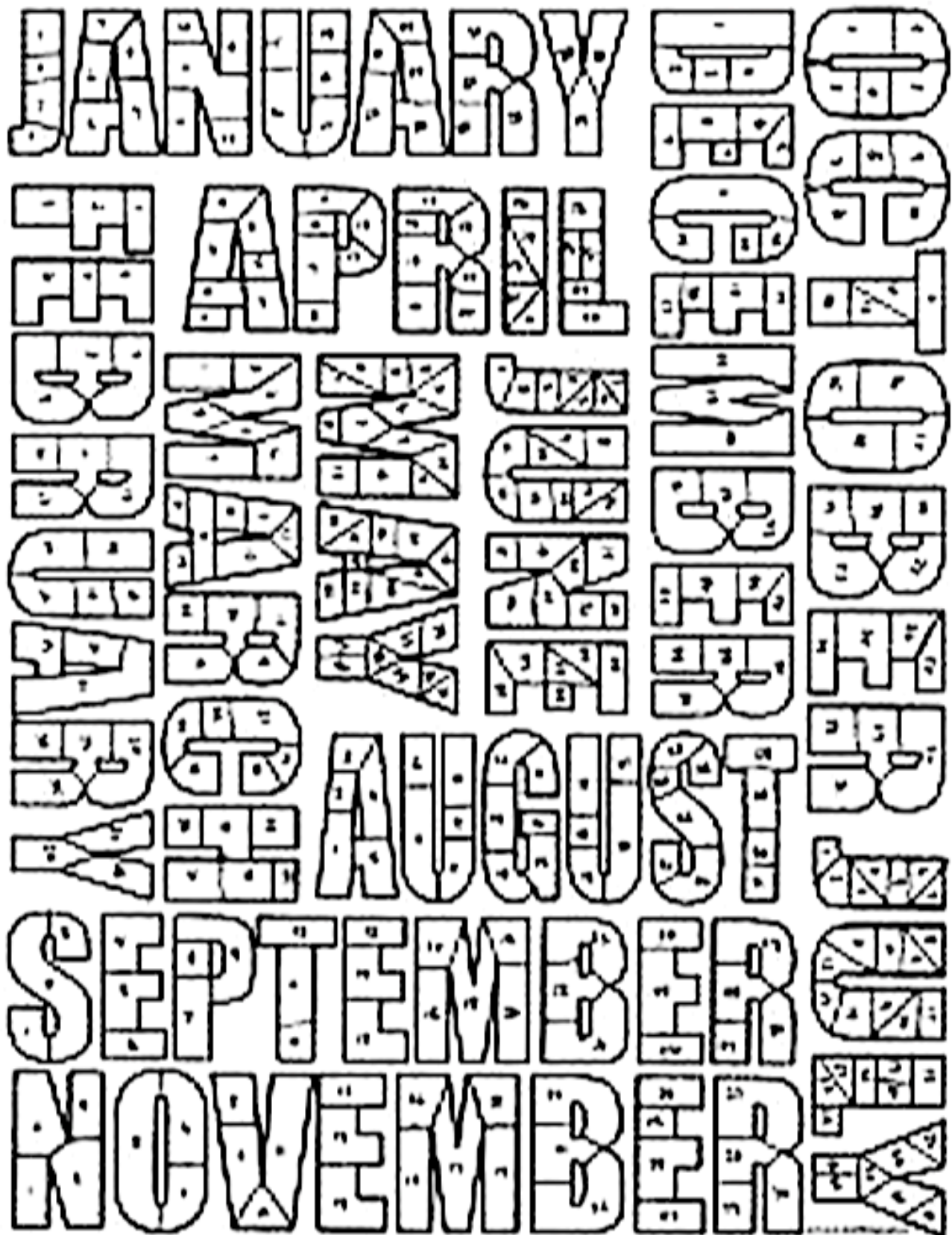
It’s On My Calendar!

☐

It’s not on my calendar yet...

Quick Fixes Recap

#1	Smiles and Fake Smiles	#7	Deep Breathing
#2	Rising Eyes	#8	Guided Meditation
#3	Sigh Of Release	#9	Loving the Inconvenient Life
#4	Jostle Yourself	#10	Boost Your Immune System
#5	Thump Your Thymus	#11	Master Your Mouth
#6	Hugs!	#12	Track Your Progress





Habit Tracker

A circular habit tracker chart designed for tracking 30 different habits or tasks. The chart is divided into 30 numbered segments, arranged in a circle. Each segment is further divided into concentric rings, allowing for detailed tracking of progress. The segments are numbered 1 through 30, starting from the top and moving clockwise. The chart is currently blank, with no data entered.

Segment	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7	Ring 8	Ring 9	Ring 10	Ring 11	Ring 12	Ring 13	Ring 14	Ring 15	Ring 16	Ring 17	Ring 18	Ring 19	Ring 20	Ring 21	Ring 22	Ring 23	Ring 24	Ring 25	Ring 26	Ring 27	Ring 28	Ring 29	Ring 30
1																														
2																														
3																														
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27																														
28																														
29																														
30																														

NUMBER OF DAYS I WAS PROACTIVE IN THOUGHT (T), WORD (W) OR DEED (D)

MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
February																															
March																															
April																															
May																															
June																															
July																															
August																															
September																															
October																															
November																															
December																															
January																															

Goal: Deeds Dominate by APRIL!

10 Ways To Get Your Happy On

#10 Explore Your Inner Self

Taking the time to explore your inner self is high quality Me Time in its purest form. You can do this on your own, or with a guide, like some sort of coach, counselor or therapist. If you don't know where to start, here are a few questions you can use until your momentum takes over.

What makes you happy? What interferes with your happiness? What guilt are you (inappropriately) hanging on to? (Any guilt you hold on to for longer than an hour is completely worthless, and interferes with getting your happy on.)

Which of your relationships are sources of pleasure and comfort for you?

Do you need to reorganize your life?

Make a list of 7 things you admire about your inner-self (who you are, how you think and react, your character, etc.).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Now make a list of 7 things you admire about your outer-self (your physical characteristics).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Which attribute will you explore first, and how are you going to approach it?

#9 Be Part Of Something Bigger

Make a list of organizations, teams, clubs and groups you belonged to when you were younger.

Make a second list of organizations you've belonged to more recently.

What did belonging feel like to you as a child, compared to how it feels as an adult?

What kind of group would get your happy on now? And why would that warm your heart?

Join something—a club, a cause, the PTA or PTO (or whatever your town calls it), an Earth Day movement, a political campaign, an organization for female executives or entrepreneurs, Weight Watchers, the neighborhood watch, the scouts, professional organizations (the Lions, the Elks, the Polar Bears or the Shriners), service clubs, community gardens, a sports team, the local Chamber of Commerce (the list is endless). Go to a meet-up near you (MeetUp.com).

#8 Have A Goal Or Treat To Look Forward To

Sure, a reward is nice. You achieve something, and you reward yourself for it. But, let's not underestimate the power of a good, solid *treat*. Plan a TREAT for yourself. Be specific!

What is your TREAT going to be?

When is it going to be (date and time)? _____

Where is it going to be? _____

Who are you going to share it with? Why? _____

How are you going to build anticipation? _____

How are you going to do it (do you need to obtain or buy something)?

Put it on your calendar right now! Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

#7 Contact Someone

Reaching out releases Happy Hormones. Even planning it does because you remember good times and anticipate catching up.

Pick anybody. Reconnect with an old friend. Call a relative. Make popcorn and snuggle up in front of the fireplace with your kids and an uplifting movie.

Compliment a colleague. Joke with the bank teller. Make a date with your best friend. Get a drink with a new acquaintance.

Who are the four people you would enjoy contacting and (re)connecting with the most? Carve out time on your calendar.

Decide how, when, and where, and what you will say.

Put it on your calendar right now! Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

#6 Learn Something New

Number six is **covered** for today because you're here. *Congrats!*

That positive vibe you had when you decided to take this workshop was courtesy of your Happy Hormones that your body generated, just from the anticipation of learning something new.

Next week, take a class, online or in person, free or paid. They have classes on computers, knitting, languages, ballroom dance, sports, crafts, Zumba, healing skills, juggling, and almost anything else you can think of. Visit the library. Go to a seminar. Join Toastmasters.

Get out your calendar. Then, make a quick list of five things you would like to learn.

_____	_____
_____	_____

Circle the one you'd like to investigate next week. Put a reminder on your calendar.

Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

#5 Stay In The Moment

Instead of worrying about the future, or obsessing over something in the past, focus on what you can do today, what you can enjoy today, or what you can listen to today. Being in the moment generates Happy Hormones. So does the act of **deciding** to be in the moment. It empowers you, which taps into your dopamine reward system.

So, Take Back Control Of Your Life, beginning with individual moments. Live intentionally. Meditate. Decide to do a hobby (knitting, reading, painting) or a puzzle. Decide to play a game with your kids or parents. Decide to put away cell phones during conversations. All of these techniques generate your on-demand Happy Hormones, and they create moments of quality time.

Make a list of 6 things you already do that you are going to approach intentionally.

_____	_____
_____	_____
_____	_____
_____	_____

Make a list of 6 new things that you are going to approach intentionally.

_____	_____
_____	_____
_____	_____
_____	_____

Which method do you want to try this week? When and where will you do it? Then, pick another one to do the following week. Put them on the calendar.

Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

#4 Volunteer and/or Donate

Every organization of do-gooders needs volunteers, whether skilled or merely enthusiastic. If you find something related to a hobby or personal passion that you can do for someone else, you'll get double the happiness benefits. For example, if you like to read, go read to patients at your local hospital, or at a senior housing complex, or a kindergarten. If you have kids, be a scout leader. If you like gardening, do some weeding for an elderly neighbor. Need to de-clutter? Box up gently used clothes and donate them to shelters where the recipients don't have to pay for them.

Make a list of 5 ways you can volunteer or provide a donation. Include an activity that gives you joy, one which you would consider sharing with someone else.

_____	_____
_____	_____
_____	_____
_____	_____

"No act of kindness, no matter how small, is ever wasted."

– Aesop

This includes kindness toward yourself!

By the way, how are you coming with the ***Say Something Kind to Yourself 14-Day Challenge*** in our Facebook group?

#3 Do Something For Someone Else

Everything you do matters, especially random acts of kindness. Yes, holding a door for someone actually generates happy hormones. Every kindness is important, even something as seemingly insignificant as smiling at a person. Whether you feel it or not, it generates happy hormones for you.

List 5 helpful things you can do for someone else in your life. **Pick things that are easy for you to do based on your lifestyle.**

EXAMPLES: Putting down your cell phone when someone wants to talk. Making somebody's favorite meal. Helping with someone else's chore. Holding a door open for someone. Sharing your smile with a stranger. Shoveling a neighbor's snow.

_____	_____
_____	_____
_____	_____
_____	_____

#2 Count Your Blessings

Feeling grateful increases your happiness. Like I mentioned before, visualizing and remembering **nice** things generate Happy Hormones.

Give thanks for 3 good things— about your life, your day, your surroundings, your family, your job...

If you have a Gratitude Journal, supersize it by re-reading it every time you write a new entry, and drumming up an actual feeling of gratitude again.

If you don't have a journal, put a pad of paper and a pen next to your bed to remind you to write down some blessing you're grateful for before bed.

List at least 3 things you are thankful for about ***yourself***. Let the feeling wash over you for a minute.

Silver Linings

Choose a difficult incident in your life to revisit. This is not something I will ask you to share with the group. This is between you and yourself only.

What happened as a result of that incident that turned into something positive for you? List the good things that it led to.

All your trials and tribulations good/bad history led you HERE, to this workshop... and to the NEXT stage of your life. So be grateful for ***all*** of it!

Why not create a ***Silver Linings*** section in your gratitude journal? Record difficult situations, and list the good things that they led to. It will re-orient your thinking.

#1 Take Care Of Your Body

Believe it or not, the thing we tend to leave for last should be our first priority. Here are some *really* good ideas to lower your blood pressure, hold off or combat chronic diseases, and decrease the overproduction of stress hormones:

- Buy fish, fowl, veggies and fruits, and combine them yourself. (Avoid any prepared foods with more than three ingredients in them).
- Stick with *cane* sugar, maple syrup and honey. (Stop using *all* artificial sweeteners).
- Drink filtered or tap water in a re-usable container. (Never drink out of a plastic water bottle, and never heat things in plastic.).
- Add movement into your day by going to the gym, or playing a sport.
- Or, add movement into your day for 5-minutes ten times a day. It is VERY healthy for your bodily functions, even better than 1 hour at the gym, and sitting for 8 hours. That's a 50-minute workout over 1 day. Set a timer so you get up and move every hour. Run around the block, or walk to the bathroom. *All* movement makes you healthier, including laughing.
- Carve some quiet time into your schedule, including intentional Me Moments.
- Take time to appreciate yourself every chance you get.

Even the most minor of pro-choices we make for our body has an automatic mini power boost associated with it, because that seemingly insignificant decision is a **proactive choice**, not a passive option. That contributes to your happiness level.

More Ideas:

Pick 3 easy things to start you off:

A little **Proactive Choice** you can make today:

A **Small Change** you can make tomorrow:

A little **Me Boost** you can do next week:

Put them on the calendar. Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

You deserve a healthier you. So do your loved ones.

Recap10 Ways To Get Your Happy On

- | | |
|----------------------------------|---------------------------------|
| #1 Take Care of Your Body | #6 Learn something new |
| #2 Count Your Blessings | #7 Contact someone |
| #3 Do something for someone else | #8 Look forward to a goal/treat |
| #4 Volunteer and/or donate | #9 Be part of something bigger |
| #5 Stay in the moment | #10 Explore your inner self |

The short version: Live well. Have fun. Help other people.

Defining Goals

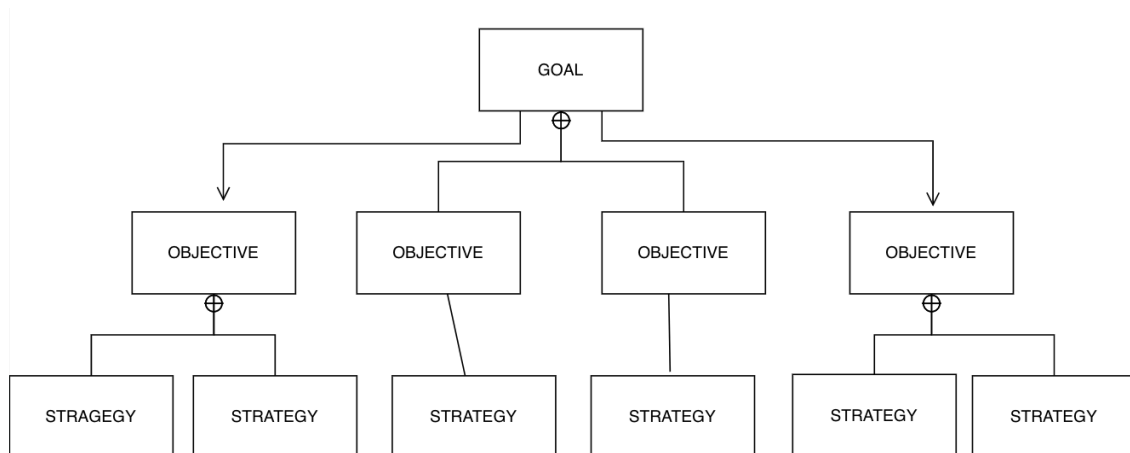
- “I want to get better grades.”
- “I’m going to be healthier, get in shape, change my weight, etc.”
- “I want to grow my business.”
- “I’m going to be happier, have more energy, etc.”
- “I want to stop consuming [alcohol, sweets, news, fast food, etc.]
- “I’m going to figure out what to do with my life.”

Definitions:

Goals:

Objectives:

Strategies:



S.M.A.R.T. Goals

Typical S.M.A.R.T. Goals:

S = Specific M = Measurable A = Achievable R = Realistic T = Time-based
--

Deborah's Version Of S.M.A.R.T. Goals

What We Agree On...

S = Specific

Make it SPECIFIC _____

M = Measurable

Make it MEASURABLE – How are you going to recognize the change?

New and Improved S.M.A.R.T. Goals

A = Accountable

Set up accountability with a partner. _____

R = Reminders

Post reminders on calendar, mirror, fridge, dashboard _____

T = Trackers

Track your progress.

Recap *Improved S.M.A.R.T. GOALS*

S = Specific
M = Measurable
A = Achievable
R = Reminders
T = Trackers

Convert a Typical Goal To a S.M.A.R.T. GOAL

Example:

Typical GOAL – the Promise to Yourself (Intention): Improve grades

Improve with OBJECTIVES – the Steps (What): Do better in school. Focus more.

Expand with Specific STRATEGIES – the Techniques (How): Get missing work from the teacher. Get a tutor. Do homework every night.

Conversion To Being Specific, Measurable, And Accountable, With Reminders And Trackers!

Goal: Get a B or better in science class on the next report card.

Objective 1: Get help for the confusing content.

Strategy: Schedule the teacher's After School Help hours (from school website) into my calendar/planner. Discuss transportation home with parents.

Strategy: Tomorrow, ask the teacher and the guidance counselor if they know a tutor.

Objective 2: Make up my missing homework.

Strategy: Meet with the teacher Monday to figure out what work needs to be made up.

Strategy: Discuss with the teacher how to integrate completing the missing obligations with the current work.

Objective 3: Turn in current homework on time.

Strategy: Monday night, set up a schedule to complete missing work and current work.

Strategy: On school nights, show completed homework to parents before packing up my books for school.

Strategy: Every Monday, email the teacher noting the missing work that's been submitted, and a recap list of what's still outstanding.

Objective 4: Turn these changes into habits going forward

Strategy: Add Reminders to get homework done (Popups on phone. Schedule in calendar. Post-its on bathroom mirror, fridge, and next to bed.)

Strategy: Put a PROGRESS TRACKER in my notebook and on my bedroom door.

Objective 5: Raise grade to a B in science class.

Strategy: Verify grades with teacher once a week for the rest of the term.

Strategy: Share grades with parents weekly for accountability.

Voila! Now, that's one *very* smart "**S.M.A.R.T.** Goal"!

Analyze the Example

1. Underline or highlight everything in the example that makes it specific.
2. Circle anything that is measurable, including dates.
3. Put a square around the people to whom the student is accountable.
4. Draw a star near reminders that will help the student stay on task.
5. Point an arrow at everything that can be used to track the student's progress.

Create Your Own S.M.A.R.T. Goal

Pick a **Goal** you want to achieve. Add **Objectives** for achieving your goal. Pick one Objective, and add **Strategies** to it for completing that Objective. Make it **S.M.A.R.T.** by adding **Reminders** to your process, and a way to **Track** your progress.

Don't worry about the wording. As we go through the process together, it will become specific. Refine and Re-word it later.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

MTO Goals

You've created your target goal. But, what if you don't reach your exact goal, but you still make great progress? How close can you get to your goal— without reaching it— and still feel proud? How high would you reach if fear was not a factor?

Why not expand your goal into 3 goals, your **MTO Goals**?

Minimum Goal – How close you can get to your goal, and *still feel proud*

Target Goal – The S.M.A.R.T. Goal you're aiming for

Outlandish Goal – The scary goal you'd aim for if fear were not a factor

S.M.A.R.T.E.R. Goals

How do you make **S.M.A.R.T. Goals** even **S.M.A.R.T.E.R.**? Simple!
Create a weekly **Reminder** that you are to pause and **Evaluate** your progress.
Post it on your calendar, and on your bathroom mirror.

Evaluate your progress based on your original plan. Tweak any changes you need to make based on what you see. And then **Resume** changing your life.

Reminders to **Evaluate** PROGRESS and CHANGES will help maintain your momentum when things are going good.

When life interferes with your strategies to reach your goal, **Evaluating** where you're at will help you **Resume** your process. That's how you maintain momentum!

Voila! You have a “**S.M.A.R.T.E.R. Goal**”

Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

Recap S.M.A.R.T.E.R. Goals

<p>S = Specific M = Measurable A = Achievable R = Reminders T = Trackers E = Evaluate R = Resume</p>

Change S.M.A.R.T.E.R. Goals To Affirmations

Positive affirmations have a lot of power if you do them diligently.

1. Start with the words *I am*.
2. Use the present tense
3. State it in the positive. Affirm what you want, not what you don't want.
4. Keep it brief.
5. Make it specific.
6. Include an action word ending in with *-ing*.
7. Include at least one dynamic emotion or feeling word.
8. Make affirmations for yourself, not others.
9. Add the words *or something better*.

I am _____

_____, or something better.

Reminder: Post it on your bathroom mirror and say it aloud minimally twice a day, but ideally, every time you see it.

What's Next?

You made a goal, some objectives (what has to be done to reach your goal), and some strategies (how you're going to accomplish the objectives so you can reach your goal).

Next, you're going to put the pieces into a bonafide plan. Roll up your sleeves, and pick a direction to plan out. Go back through your notes and choose the 5 best ideas that you'd like to pursue for reaching your goal. What can you do immediately for them? Put them into the chart on the next page.

Stuck? Here are a few ideas:

finish your plan
put up reminders
figure out strategies

figure out costs
get personnel
map it onto your calendar

My Goal:	
Best Ideas I'd Like To Pursue For Reaching My Goal	Where to Start

Decide which one you'd like to develop first and put a HUGE star next to it.

7-Day Action Plan

Now that you've figured out what you can do immediately, look at what you can accomplish this week.

Open the **7-DAY ACTION PLAN** template for reaching your goal, and fill it out. You can plan for 7 consecutive days, or 7 days spread out over a couple of weeks, or a month. Figure out what you'll need. Materials? Personnel? Help? Money? Time?

Then schedule what you're going to do. Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

30-Day Action Plan

What do your goals, objectives and strategies look like over a 30-DAY ACTION PLAN? Will the goals/objectives/strategies remain the same, will they evolve, or will you develop completely new ones?

Open the **30-DAY ACTION PLAN** template for reaching your goals, and fill it out. Take into account that the further you project into the future, the more tweaking will be required. Decide if you want to plan for 30 consecutive days, or 30 days spread out over a couple of months. Then, select the Progress Tracker you want to use, and the criteria it will measure.

HINT: Double or triple your estimated time to accomplish things, especially if you haven't done them before.

The date I'll begin my 30-Day plan: _____

The date of the end of the 30 days: _____

The type of Progress Tracker I'll use: _____

The criteria the Progress Tracker will measure: _____

Schedule Evaluation Days!

Get out your calendar, and “pencil in” your 30-DAY ACTION PLAN. Then schedule periodic **Evaluations** of your process.

Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

100-Day Action Plan

A 100-day plan is more than two more 30-day plans.

The workshop finishes on _____

100 days from the workshop's conclusion is _____

Where will you be on your journey at that time?

The further out you plan, the less specific your objectives and strategies will be. So, how do you want to approach it? Do you want to plan for the entire 100 days, or plan out increments?

FYI, 50 days from the end of the workshop: _____

Now that you've given it some thought, open the **100-DAY ACTION PLAN** template for reaching your goals, and fill it out.

Grab your Calendar. “Pencil it in.” Also, in two months, add a reminder to “tweak the rest of the 100-Days Plan” to allow for adjustments. Then, check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

200-Day Action Plan

You just created a plan for 1/3 of the year with your **100-Day Action Plan!!!** Let's keep going! What if you doubled it and made a **200-DAY ACTION PLAN?** That's over half a year of planning (including how to handle any holidays).

The further out you plan, the less specific your plan will be. More tweaking will be needed later on.

100 days from the end of this workshop is _____,
and 100 days from that is _____

Download a second copy of the **100-DAY ACTION PLAN** template for reaching your goals, and fill it out, starting where the last 100-days left off.

Fetch your Calendar. "Pencil in" your extended plan. In two months add a **Reminder** to "tweak the rest of 100-Days Plan."

A month later, add a **Reminder** to "tweak the next 100-Days Plan." DO IT NOW.
Check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

12-Month Action Plan

If you follow your plan, where will you be a year from today? Before you consider that, kick your Deep-Down-Doubter to the curb. ACTIVELY Silence your inner critic. Now, Fearlessly picture what “**successful**” looks like one year from now.

What will you feel like? Look like? Be like? How proud will you be looking back on today? What will your life be like? Envision the setting. Apply all five senses to the visualization. Sit quietly for five minutes and write it down. Be as detailed as possible.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Put it out to the universe that this is what you want to have happen.

Okay, so, HOW are you going to get there from here in 12 months?

Open the **12-MONTH ACTION PLAN** template for reaching your goals, and get started. You've already laid the groundwork for most of the year, so transfer that info into a monthly format, and just keep on going!

"Pencil in" your plan on your calendar. Then, check one of the boxes:

☐

It's On My Calendar!

☐

It's not on my calendar yet...

Timeline of Key Events: My Future Story

Now that you have looked at how you'd like an aspect of your life to change, let's make it visual.

There is a timeline on the next page. The LEFT side is today. The right side is the foreseeable future...5 years? 20 years? You decide. Mark it in a way that makes sense to you. Also, mark the midpoint for reference.

Review the plans you've created, and on your timeline, write in the milestones, big and small, you want to reach. Again, when I did mine, I put the personal ones above the line, and the business ones below the line.

Timeline of Key Events: My Future Story...

Career

Personal



Shameless Plug

You've looked at the next 12 Months. It's a lot, isn't it? How would you like a boost in the middle? The next GYHOAKIO workshop is in 6 months— January 13-15, 2023. You'll be able to immerse yourself in this process again, and revitalize your journey.

As a special offer, you can register this month for GYHOAKIO 2023 for **75% off!**

There will also be a **Free Alumni Session** Wednesday January 11, 2023 where you'll get a chance to brag about your progress, and cheer on the others.

Challenges To Overcome

Did I mention that there will be issues to solve before you reach your goal? ;-)
If you know what's coming, you **can** prepare for it. (That's the beauty of having a plan.)

What specific obstacles are associated with achieving your goals?

I have to take care of, or solve ...	before I can ...

Get Your Ask In Gear

Everyone in this workshop is on a journey forward. And, they know that you are, too. Since nobody should have to do it alone, perhaps we can be each other's resources. That means, if you need something, you'll have to ask for it.

Take a moment to review your budding plan, and note things that you're going to need in order to move it forward and keep it on track.

Support? Accountability? Ideas? Connections? What else do you need?

Fight For Your Dreams!

If you want to achieve your dreams, and turn your goals into reality, you have to intentionally stack the deck in your favor. Here are a few essentials:

- Schedule fun first!
- Do important tasks in the morning while you are fresh.
- Get rid of distractions. Technology keeps us from reaching our goals.
- Pick a specific time to do daily tasks, like answering emails (3-5:00pm?).
- Add movement into your day.
- Go outside when you feel tired and let nature energize you.

Celebrate Your Progress

It's time to reminisce.

Finish this sentence the way it makes you happiest:

I now am capable of _____

Something I'm good at now that I wasn't able to do 10 years ago:

I now am capable of _____

Something I'm good at now that I wasn't able to do 5 years ago:

I now am capable of _____

Something I'm good at now that I wasn't so good at 2 years ago:

I now am capable of _____

Something I'm good at now that I wasn't compared to last year:

I now am capable of _____

THE END (of the old adventure, but the beginning of your new one!)

May you look back on this year and say,
"This was the best year ever!" (so far...)

Resources

**AMERICAN SCHOOL COUNSELOR ASSOCIATION (ASCA)
STUDENT-TO-SCHOOL-COUNSELOR RATIO 2020–2021**

<https://www.schoolcounselor.org/getmedia/238f136e-ec52-4bf2-94b6-f24c39447022/Ratios-20-21-Alpha.pdf>

MOVE YOUR LYMPH – BIG 6 LYMPH MOJO

<https://vimeo.com/472341428>

THE CLEAN 15 – ENVIRONMENTAL WORKING GROUP

<https://www.ewg.org/foodnews/clean-fifteen.php>

THE DIRTY DOZEN – ENVIRONMENTAL WORKING GROUP

<https://www.ewg.org/foodnews/dirty-dozen.php>

THE 5 LOVE LANGUAGES

<https://www.5lovelanguages.com/5-love-languages/#>

***THE STORY OF STUFF* WITH ANNIE LEONARD**

<https://www.storyofstuff.org/>

THYMUS GLAND OVERVIEW:

<https://www.verywellhealth.com/thymus-gland-overview-4582270>

VIDEOS TO CRY BY:

Military Surprise 1: <https://bit.ly/3drvFGD>

Military Surprise 2: <https://bit.ly/3dv4oDi>