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# Take the Live Your Joy: 30 Day Happiness Challenge

## *30 Day Happiness Challenge Free Report*

written by Sheri Kaye  
Hoff, PhD.



**FREE from Sheri Kaye Hoff, Phd.**

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Hi there, are you ready for more happiness? I have been thinking a lot lately about what it means to thrive instead of survive. This also made me think about a quote that I saw that said, "You weren't meant to pay bills and die." But sometimes it can feel like that. You are going through life, being responsible, paying your bills, paying off debt, and saving for retirement, always looking at some magical date in the future when you can relax and enjoy life.

**How about deciding right now, that you are going to live the heck out of life; that you are going to thrive; and that you are going to find something magical in each day?**

**Take my 30 day happiness challenge.** It's simple, nothing to sign up or register. Just make a commitment, starting today to have one happiness ritual that you do each morning for 30 days (Could be a gratitude list, a run, a walk, a journaling session- you pick). Then your job is, simply, to notice what happens. Simple. I would also love to hear from you. So go ahead and post on the Facebook page and say, "Yes, Sheri, I am doing the happiness challenge." And keep me updated on how it goes.

Here are some helpful thoughts and ideas to get you started:

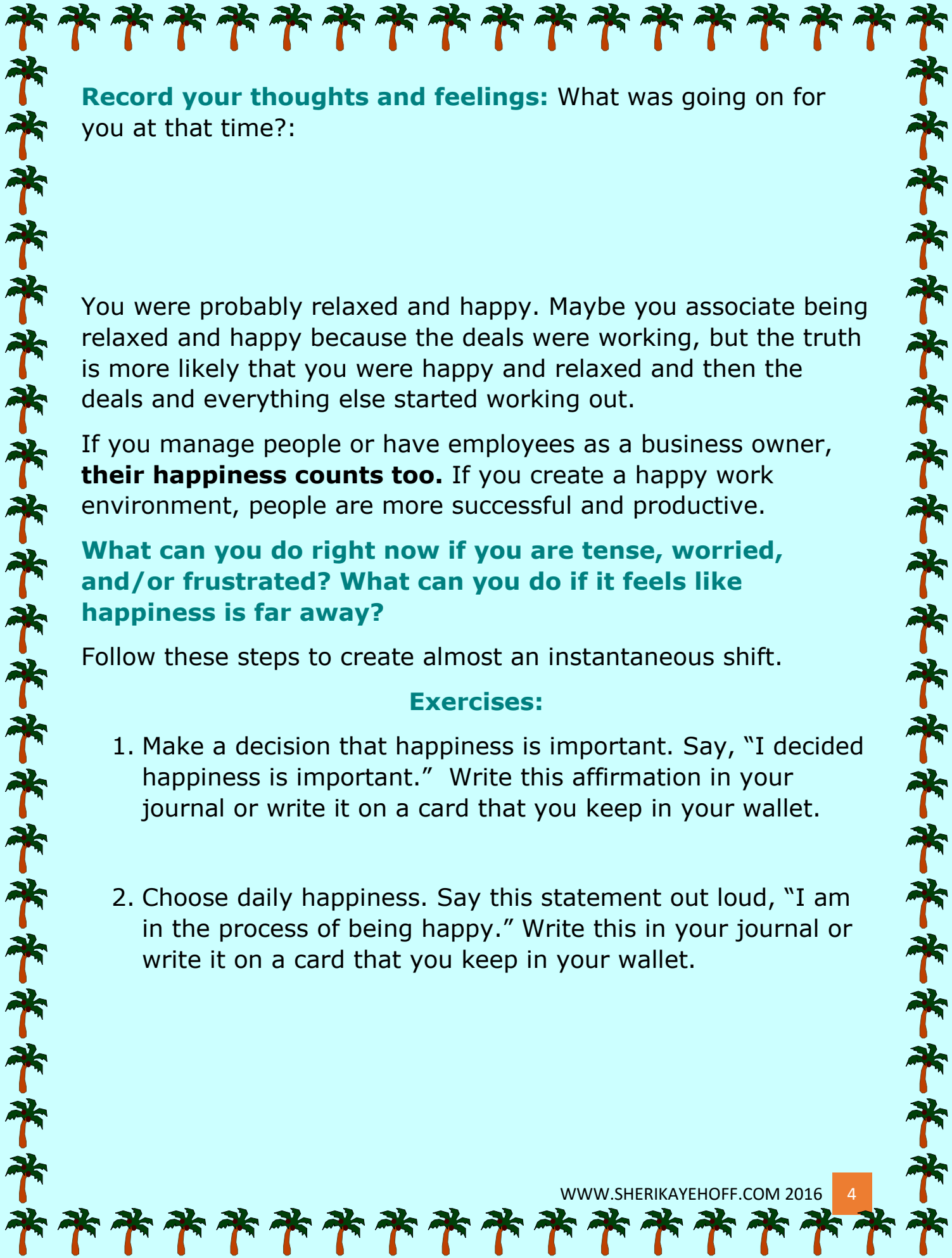
**Consider how many times you have said:**

"I'll be so happy when...." (fill in the blank).

You probably filled in the blank with things like: "I finish school. My home is sold. When I buy my home. When I buy my next car. When I pay off all of my debt. When my business takes off. When I lose weight. When I get healthy" And you may have a few others to add here.

**Often, people think happiness is cause and effect**, that the circumstances create happiness or take happiness away. In reality, happiness is the beginning. Happiness is right now, not someday. Be happy right now and your goals will come to you. You will have joy in your life and in the moment while your goals are coming to you. There is no waiting for joy or waiting for happiness to happen to you. You can choose to be happy right now.

**Think about the last time everything seemed to be working smoothly?** You may have felt like you had a golden touch. Every business deal worked out. Money seemed to come from everywhere. Your personal life felt like it was working well.



**Record your thoughts and feelings:** What was going on for you at that time?:

You were probably relaxed and happy. Maybe you associate being relaxed and happy because the deals were working, but the truth is more likely that you were happy and relaxed and then the deals and everything else started working out.

If you manage people or have employees as a business owner, **their happiness counts too.** If you create a happy work environment, people are more successful and productive.

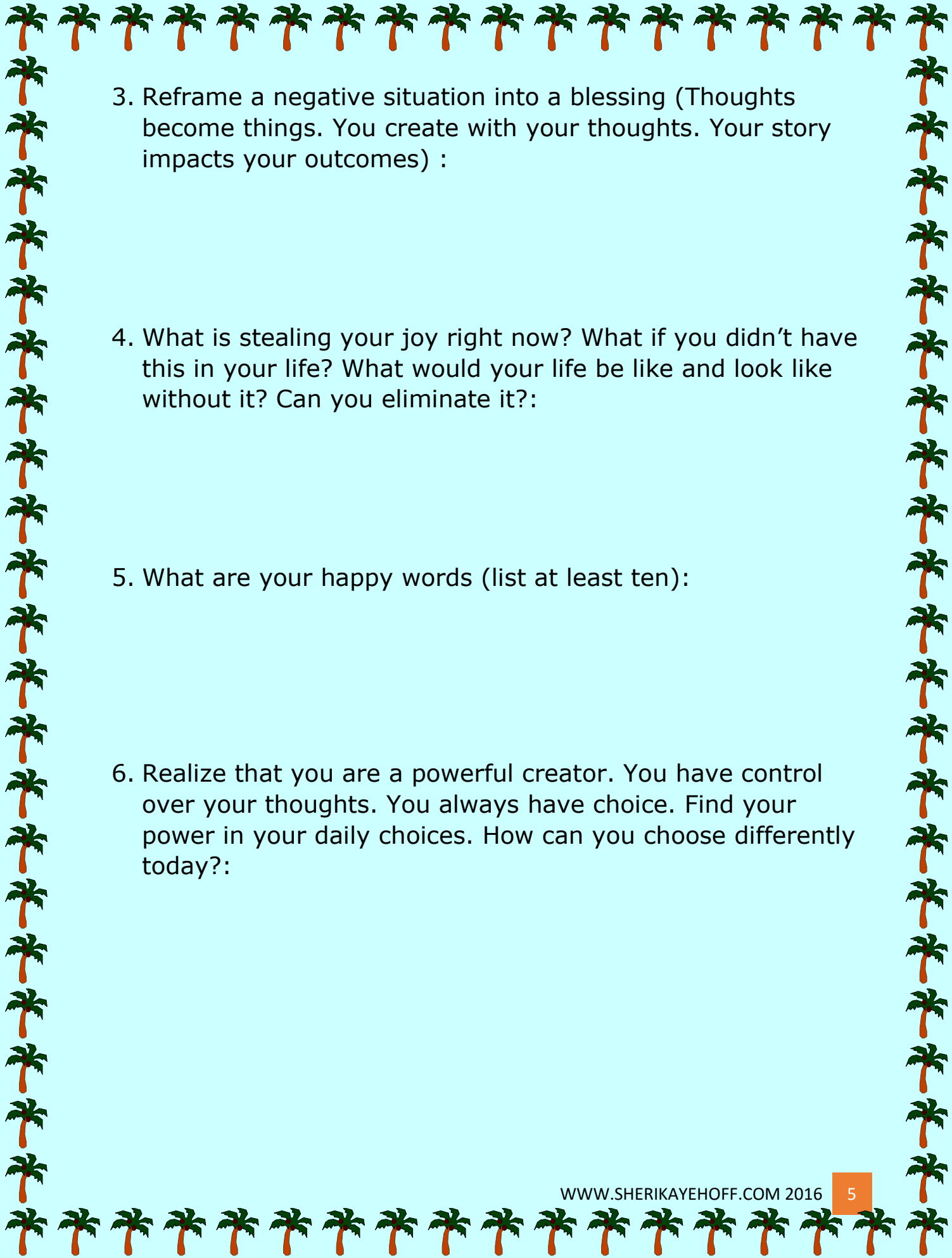
**What can you do right now if you are tense, worried, and/or frustrated? What can you do if it feels like happiness is far away?**

Follow these steps to create almost an instantaneous shift.

### **Exercises:**

1. Make a decision that happiness is important. Say, "I decided happiness is important." Write this affirmation in your journal or write it on a card that you keep in your wallet.
2. Choose daily happiness. Say this statement out loud, "I am in the process of being happy." Write this in your journal or write it on a card that you keep in your wallet.



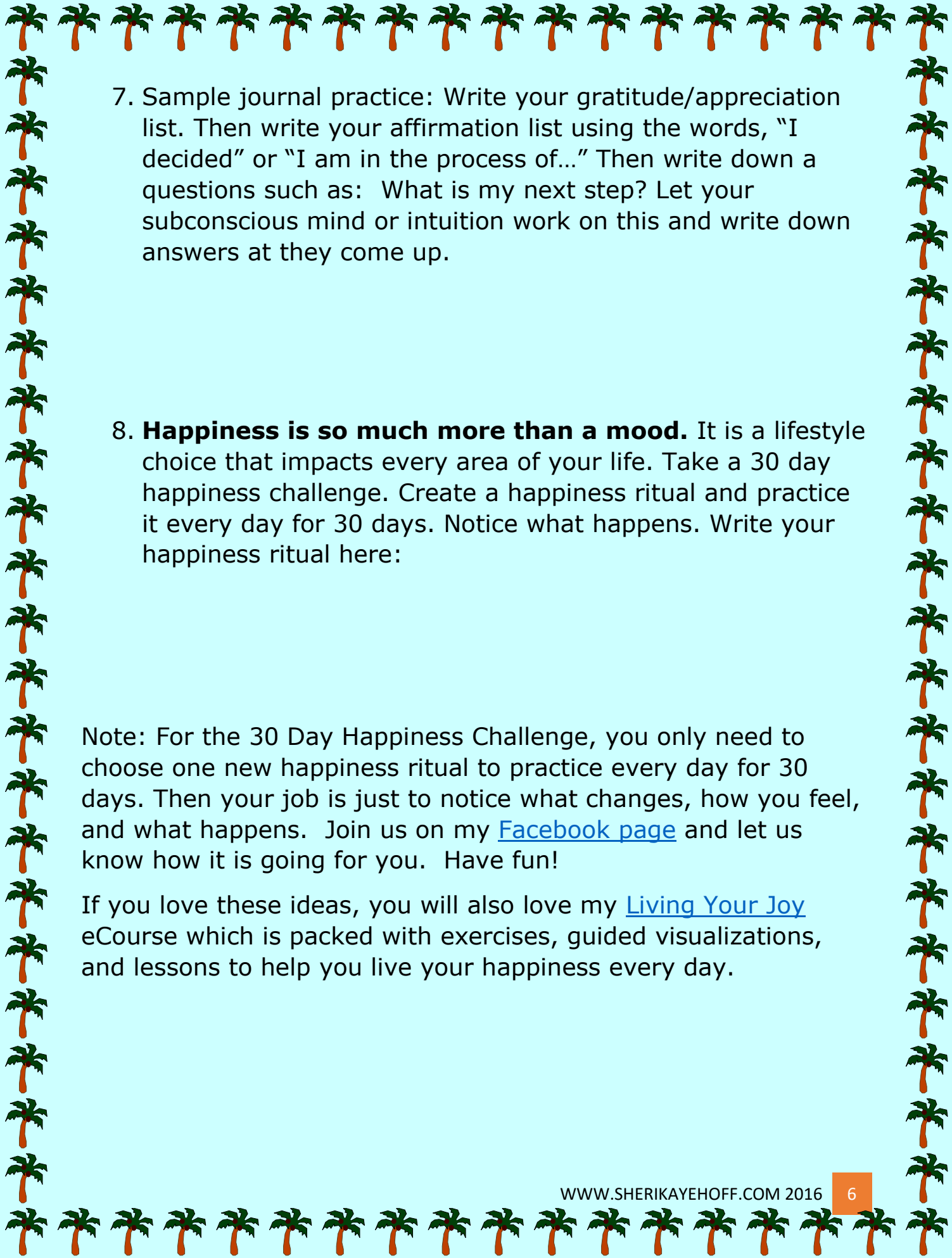
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3. Reframe a negative situation into a blessing (Thoughts become things. You create with your thoughts. Your story impacts your outcomes) :

4. What is stealing your joy right now? What if you didn't have this in your life? What would your life be like and look like without it? Can you eliminate it?:

5. What are your happy words (list at least ten):

6. Realize that you are a powerful creator. You have control over your thoughts. You always have choice. Find your power in your daily choices. How can you choose differently today?:

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7. Sample journal practice: Write your gratitude/appreciation list. Then write your affirmation list using the words, "I decided" or "I am in the process of..." Then write down a questions such as: What is my next step? Let your subconscious mind or intuition work on this and write down answers at they come up.

8. **Happiness is so much more than a mood.** It is a lifestyle choice that impacts every area of your life. Take a 30 day happiness challenge. Create a happiness ritual and practice it every day for 30 days. Notice what happens. Write your happiness ritual here:

Note: For the 30 Day Happiness Challenge, you only need to choose one new happiness ritual to practice every day for 30 days. Then your job is just to notice what changes, how you feel, and what happens. Join us on my [Facebook page](#) and let us know how it is going for you. Have fun!

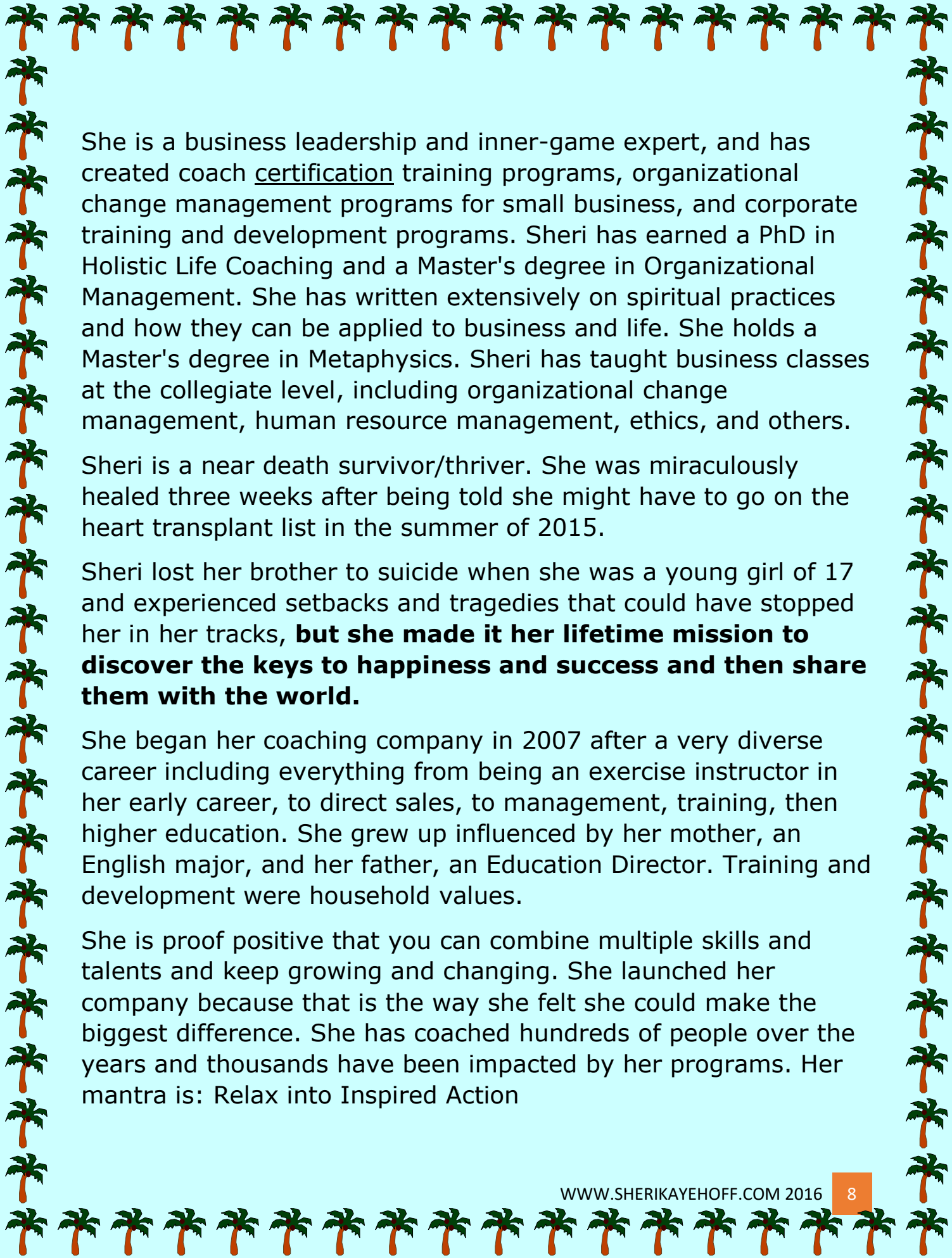
If you love these ideas, you will also love my [Living Your Joy](#) eCourse which is packed with exercises, guided visualizations, and lessons to help you live your happiness every day.

## About Sheri



### The Inspired Action Success Coach.

Business and Life Strategist/Coach known for **inspiring massive action** and being a catalyst for business growth and profits in a way that is fun, relaxing, and fulfilling, **Sheri inspires people to the do work they love and make money.** Her clients have a passion for making a difference and making a profit. She is a best-selling author of multiple [books](#) including: Relax Into Inspired Action, Keys to Living Joyfully, Be the Inspiration: 7 Ways to Inspire Your World, and Top 11 Ways to Relax Into Making Money in Your Biz. Her books are available internationally and her podcast is global. **Sheri helps business owners and professionals to relax into attracting more income and to relax into success.** She uses both spiritual and practical techniques to obliterate blocks and create dramatic change, and she offers customized one on one coaching, group programs, and Optimize- her signature membership program.

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She is a business leadership and inner-game expert, and has created coach certification training programs, organizational change management programs for small business, and corporate training and development programs. Sheri has earned a PhD in Holistic Life Coaching and a Master's degree in Organizational Management. She has written extensively on spiritual practices and how they can be applied to business and life. She holds a Master's degree in Metaphysics. Sheri has taught business classes at the collegiate level, including organizational change management, human resource management, ethics, and others.


Sheri is a near death survivor/thriver. She was miraculously healed three weeks after being told she might have to go on the heart transplant list in the summer of 2015.

Sheri lost her brother to suicide when she was a young girl of 17 and experienced setbacks and tragedies that could have stopped her in her tracks, **but she made it her lifetime mission to discover the keys to happiness and success and then share them with the world.**

She began her coaching company in 2007 after a very diverse career including everything from being an exercise instructor in her early career, to direct sales, to management, training, then higher education. She grew up influenced by her mother, an English major, and her father, an Education Director. Training and development were household values.

She is proof positive that you can combine multiple skills and talents and keep growing and changing. She launched her company because that is the way she felt she could make the biggest difference. She has coached hundreds of people over the years and thousands have been impacted by her programs. Her mantra is: Relax into Inspired Action



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Random, little known facts: Sheri was a figure skater as a pre-teen and teen. At one time she thought she wanted to join the Ice Capades. During her first year of college, she wanted to be an archeologist.

Reading a book a day has been a life-long habit. Family Sunday dinners are a cherished tradition and regular evenings out with her gal pals are her inner circle support network. She has over 30 poems published and a fiction short story.

Married to her best friend for over 20 years, she has three kiddos- and three step kiddos ages 15 to 27 and lives in beautiful Colorado.

Sheri loves traveling (remote island beaches are her favorite- among her many adventures, she has encountered a shark while kayaking and snorkeled in a 660 foot deep blue hole). She loves golfing with family, friends, and clients. Reading a book a day has been a life-long habit. Family Sunday dinners are a cherished tradition and regular evenings out with her gal pals are her inner circle support network. [www.sherikayehoff.com](http://www.sherikayehoff.com)

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