



WHEN LIFE WORKS LIST – HOW TO ROCK IT

Think about a time when your life was working really well. Maybe you were even waking up excited in the morning. What actions did you take **regularly** at that point in your life which may have contributed to your happiness? Write those down in the column to the left.

Now that we know which actions contribute to our happiness, we wanna make a commitment to rock them on a daily basis. Every morning, review this sheet and make a note of which actions you'll rock. Aim for at least 5.

Before bed, review the sheet and make a note of each action you rocked that day. Also, rate the day on a scale of 1-10 (with 10 meaning super awesome).

As we continue to rock the items on this list, our life starts to work! Rinse and repeat daily, and adjust as needed. You got this!