



Cheer Up: it's
the Best Idea
Around

Action steps
for
Cheerfulness

What is coming up for you right now about your situation in life?

What do you want to celebrate?

What is taking your attention the most?

Who is your energy serving?

In ten words or less, what challenges are you seeing as most important? List five. Circle one word from each challenge that has the most power in your mind.

1. _____

2. _____

3. _____

4. _____

5. _____

How do these words affect your feelings about the challenges?

Which challenge holds the most power in your mind (urgency, importance, emotional impact, etc.)

What is it that makes this challenge important?

What is the closest point it holds to your life as it is, now?

Where do you feel this challenge within your body?

What color do you see when you think about it?

Place the word you chose within the color, and visualize it interacting with the challenge.

How does the word you chose light up your perception of this challenge?

What action can you take to bring this word forward in your



perception
of the
situation?

What is it that makes you happy about this challenge?

Or what makes you sad about it?

Is this authentic to your vision of who you want to become?

Are these your most authentic feelings, or are they a reflection of how you "think you should feel"?

What would you rather feel about this?

Is there an action you can take today to create incremental change?
(For example, change a daily habit a little at a time)

What is it?

Who can help you with this?



What is this challenge telling you about yourself?

How are you in a place of leverage to affect the way it affects your life? What's your place of power in the situation?

How is it the doorway to a new place in your life?

Draw a quick sketch of yourself interacting with this challenge.

In ten words or less, what are the things that take up your time and are not important or interesting for you, or that drain your energy or cause you to feel unhappy?

List five.

1. _____

2. _____

3. _____

4. _____

5. _____

What one word is most descriptive of each of them?

How is each one connected to you?

Who is involved in this connection?

Which one is the most draining of all?

List the two most important difficulties.

1. _____

2. _____

List the two most important hidden benefits.

1. _____

2. _____

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If you are sad about this, is there something in the situation to be glad about?

What makes that, the happy part of the sad part, a happy thing?

How can you expand on this feeling? Can you pass it along to someone else?

What would you need to change about your perception of yourself in order to be cheerful about the part of this that makes you sad?



How do you make the best use of your happy moments?

How do you deal with unhappy times or situations?

What do you think you do well in difficult situations?



Affirmations to create a cheerful energy field

Choose three of these and say them aloud at least five times daily.

I am worthy of success, admiration, and victory.

Life is a friendly and pleasant place, and precious.

Good people are all around me and want to help me.

My inner worth is defined by my own standards, not those of others.

People who have hurt me are not my responsibility.

The inner light of my spirit is always there for me.

I cannot be made less by any circumstance.

As you say each one, make a conscious effort to connect it to something good that is going on right now.

Find a way to give a person a kind thought or moment without them expecting it, and know that you are expressing love for yourself, as

well. You are giving value to the world! Send a message, or call someone.

Greet someone you meet with open hand and heart.



Write down the feelings
you have about what is

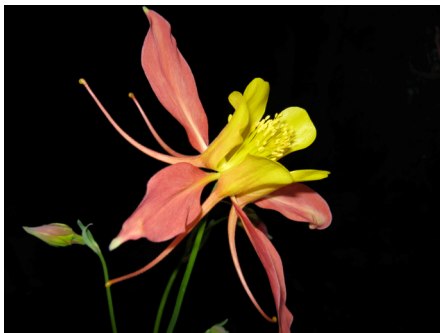
good that happens today, and tell someone about it, even if in a small way.

Complete this sentence:

“I am really ready to let go of feeling_____ and to feel_____ instead.”

Allow yourself to notice what this does to your perception of the power you have in the situation. Now make a decision.

Now complete this sentence: “I wish I could stop feeling sad about_____.”



Now cross out “I wish”. Then cross out “could”. What’s left?

Find a clown doll or a picture of a clown. When you feel discouraged, create a conversation with the clown asking it why it's doing this to you. Thank the clown for being ready to listen, and for being so understanding. Start an argument with the clown. After you have said your piece, make a real effort to listen to the reply.

Journaling: Fill a page with words of cheerfulness, happiness, and connection.

Get in touch with me about working further together at info@bettyofbigsur.com.

Or call me at (831) 667-2314. I'd love to support your growth.