Returning to play & Happiness™

A program to increase the fun and enjoyment in your life-at any age!





 $\textbf{personal} \textbf{H} \textbf{armony}^{\text{\tiny{M}}}$



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info@personalHarmony.org

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Part 1

Introduction



To get the most benefit from your Returning to play & Happiness playBook, we recommend either:

A) printing the playBook, if you enjoy using a physical copy

or

B) downloading a digital copy to your phone or computer, and typing your answers into the fields provided in the PDF.

If you choose option **B**), please be sure to use an app that allows you to open the PDF and save the changes you make inside the playBook.

If you don't already have an app in your phone or computer for this, we recommend this free Adobe Acrobat Reader app for your device: https://acrobat.adobe.com/us/en/acrobat/mobile-app/android.html

If you have any questions, please email us anytime at support@personalharmony.org

Here's to your fun and happiness!

- The personalHarmony Team

Happiness

is when what you think, what you say, and what you do are in *Harmony*.

Mahatma Gandhi



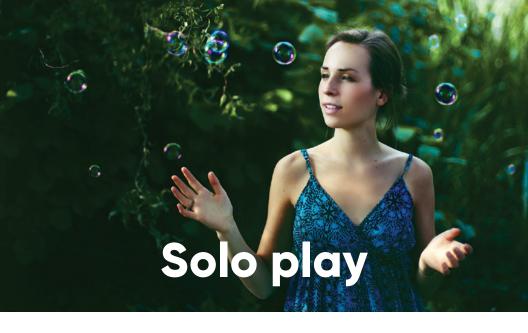


After you've finished listening to Part 1, we want you to write about a most treasured childhood memory that comes to mind, when you were lost in the pure joy of play. The key here is to reconnect to the small details that make this memory so special to you. When you're finished, read what you just wrote and then think about this memory for a few minutes. When you're done, continue to Part 2 of the Program.



Part 2

Returning to play



| Name of solo activity | Time spent playing |
|-------------------------------|------------------------------|
| | |
| How did you feel before yoເ | ı played this solo activity? |
| | |
| How did you feel after? Did p | ositive memories come up? |
| | |
| | |

Happiness is a state of activity





Top 10 playList™

Enter favorite activities that come to mind in each category:

| Childhood favorite | Current favorites | My wishList™ |
|--------------------|-------------------------|--------------|
| 1 | 4 | 7 |
| 2 | 5 | 8 |
| 3 | 6 | 9 |
| 10_ | activity of your choice | |
| | 3 | |
| 2 | 4 | 6 |

If you are too busy to **laugh**, you are too busy

Proverb





Try your best to list up to 10 favorite "happy places" that bring up great memories from the past or present, then estimate the last time you visited any of these happy places.

| Name of Happy places | Estimated last time there |
|----------------------|---------------------------|
| 1 | |
| | |
| 3 | _ |
| 4 | |
| 5 | _ |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |



Part 3

Returning to Happiness



List anything in your life that you're grateful for. A key to cultivating an attitude of optimism is recognizing there is always something to appreciate in your life!

List any 3 things you're grateful for from the past week

1

| 2 |
|---|
| 3 |
| |
| List any 3 things you're grateful for from the current week |
| |
| 1 |
| 2 |
| 7 |

Gratitude list

Make gratitude a constant in your life by using this simple template to continue adding 3 things you're grateful for each week.

| Week # | Dates from | to |
|--------|------------|----|
| 1 | | |
| 2 | | |
| 3 | | |
| Week # | Dates from | to |
| 1 | | |
| | | |
| | | |
| Week # | Dates from | to |
| 1 | | |
| | | |
| 3 | | |
| Week # | Dates from | to |
| 1 | | |
| | | |
| | | |
| Week # | Dates from | to |
| 1 | | |
| | | |
| | | |

Gratitude list

| 1 | |
|----------------------|--|
| <u> </u> | |
| 3 | |
| Week # Dates from to | |
| 1 | |
| 2 | |
| 3 | |
| Week # Dates from to | |
| 1 | |
| 2 | |
| 3 | |
| Week # bates from to | |
| 1 | |
| 2 | |
| 3 | |
| Week # bates from to | |
| 1 | |
| 2 | |
| 3 | |

Learn to let go That is the key to happiness

Buddha





Make a list of the people, things, events and experiences for which you are most appreciative and grateful.

10 people you've decided are the most important to you

List 1-2 memorable events you are most thankful for. Who were you with?

| | with? |
|----|-------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |

Since you get more joy out

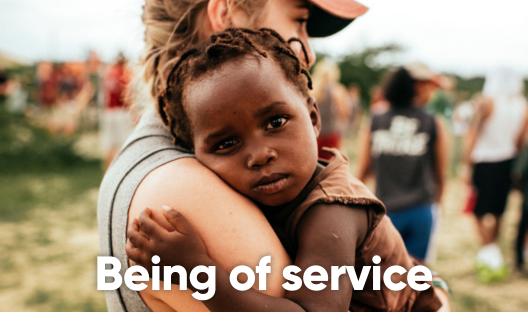
of giving joy to others,

you should put a good deal of thought

into the happiness that you are able to give

Eleanor Roosevelt





All of us need a little support now and then from someone else. Take a moment now and think about an experience you had in your life when you were able to be of service to someone else and connect to how you felt in that moment.

Who did you support and why?

How did you feel afterwards?

Continue to the next page



For your final exercise of the Program, we want you to list 3 people you will try your best to lend a helping hand in any way you can over the next 3 months. It doesn't matter what you do for them as long as it's thoughtful and from your heart. Serving others this way not only helps them, but is scientifically proven to boost your own happiness, too!

| Name | Why you want to help | How you can help |
|------|----------------------|------------------|
| 1 | | |
| 2 | | |

Life is really simple

but we insist on making it complicated

Confucius



Notes





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