

Returning to play & Happiness™

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





personalHarmony™



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Part 1

Introduction



How to use the playBook

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



A close-up photograph of a child's hand, wearing a red long-sleeved shirt, drawing a hopscotch grid on a sandy surface using colorful chalk. The grid is partially completed with blue and pink lines. The title "One favorite play memory" is overlaid in large white text.

One favorite play memory

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 you played this solo activity?

How did you feel after? Did positive memories come up?

Happiness

is a state of activity

Aristotle





My playList™

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 _____

Bonus activity of your choice

10 _____

Any activities you'd really love to play again soon?

1 _____ 3 _____ 5 _____

2 _____ 4 _____ 6 _____

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

Proverb





Happy places

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	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
9	_____	_____
10	_____	_____



Part 3

Returning to Happiness



Gratitude list

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 _____
- 3 _____

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 _____

2 _____

3 _____

Week # _____ Dates from _____ to _____

1 _____

2 _____

3 _____

Week # _____ Dates from _____ to _____

1 _____

2 _____

3 _____

Week # _____ Dates from _____ to _____

1 _____

2 _____

3 _____

Gratitude list

Week # _____ Dates from _____ to _____

1 _____

2 _____

3 _____

Week # _____ Dates from _____ to _____

1 _____

2 _____

3 _____

Week # _____ Dates from _____ to _____

1 _____

2 _____

3 _____

Week # _____ Dates from _____ to _____

1 _____

2 _____

3 _____

Week # _____ Dates from _____ to _____

1 _____

2 _____

3 _____

Learn to let go
That is the key to *happiness*

Buddha





People & events

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

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

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

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





Being of service

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



Being of service

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 _____

3 _____

Life is really simple

but we insist on making it complicated

Confucius



Notes

A blank sheet of lined paper with horizontal blue lines and alternating light gray and white background bands. The lines are evenly spaced and extend across the width of the page.

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