



FünSheet



Happiness Zappers Zap Everyone – Practical Happiness Principle One

Many times, increasing our happiness is about managing our Happiness Zappers. On day two, we identified some of our Happiness Zappers, the type of zapper, and if it's controllable, uncontrollable or a bit of both.

Today's happiness hunt is to list your happiness zappers that you marked as "controllable" or a "bit of both". Then list one or two things you can do to better manage that happiness zapper.

If your Happiness Zapper is 100% uncontrollable, then place it in the God Box and say your prayers. Some zappers, particularly unhappiness, often require time for your heart to heal, and for you to adjust to a new normal. Managing some zappers sometimes means understanding feeling unhappy is normal, and that's how you find your happy again.

Happiness Zapper

ZAP-MAP (Zapper-Management Action Plan)

Examples:

Social Media Bums Me Out

Limit the amount of time I'm on social media

Dig deep to figure out why it pushes my emotional buttons

Rush Hour Traffic

I can't control the actual traffic

I can control the time I leave & what I do when I'm driving like spending the time listening to motivational / inspirational books, music, or enjoying the silence

1. _____

2. _____

3. _____

4. _____

5. _____

Chose one or two of your Happiness Zappers and implement your ZAP-MAP (Zapper-Management Action Plan) this week. Once you are better at managing those Happiness Zappers, then start managing additional ones.