

The Workbook For
Finding Happiness By
Brent R. Homer

Section 1:

Do you want to be happy?

Do you want to be happy? What kind of help might you need to achieve this?

Can you think of any times you remember displaying the following emotions?

Joy:

Fear:

Excitement:

Depression:

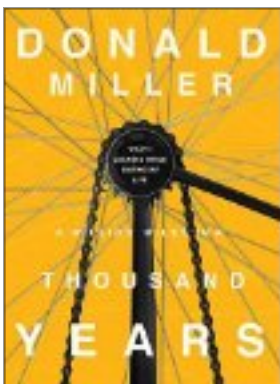
Longing:

Inspired:

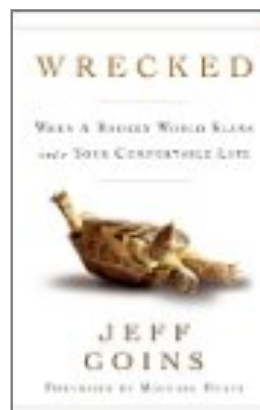
Uneasy:

Fascinated:

Sadness:



Read *A Million Miles in a Thousand Years* by Donald Miller. Miller writes in a style only he can about the importance of living a life that matters.



Read *Wrecked* by Jeff Goins. *Wrecked* is a practical book about finding meaning, purpose, and happiness in life.

Section 2:

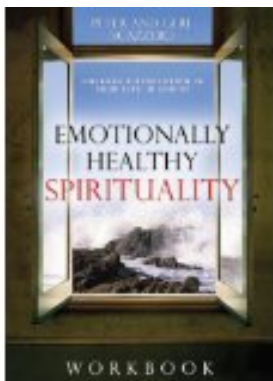
Understanding Yourself

How are you meeting the needs of your Spiritual Health, Emotional Health, and Physical Health?

How I meet My Emotional Needs:

How I meet My Physical Needs (Health, Physical Objects, Home, Food):

How I meet My Spiritual Needs:



Read *Emotionally Healthy Spirituality* by Peter Scazzero for a greater understanding of owning your Spiritual, Emotional, and Physical needs.

Section 3:

Testing Yourself

Testing yourself lets you confirm who you really are. Taking tests isn't about defining yourself. Taking tests is about confirming who you are. Consider some of the following tests. Take them spread out over a few weeks or months so you can really take the time you need to digest the information you discover.

1. Take the Myers-Briggs test. The official test can be found at <https://www.mbticomplete.com>. You can find a free version at <http://psychology-tools.com/myers-briggs-type-indicator/>
2. Take the Strengths Finder test. <https://www.gallupstrengthscenter.com/Purchase>
3. Take the Kendal Life Languages Profile test. <http://www.lifelanguages.com/the-klp>

Read through the results of the tests for a few weeks. It takes a lot of internal thought and focus to gain true understanding of the test results. Use the test answers to help you understand yourself, not to limit who you are.

Section 4: Finding Your Values

Choose 5 Values. Choose from the list included or make your own:

Adventure	Family	Peace of mind
Aesthetics	Fairness	Pleasure
Attractiveness	Fidelity	Power
Balance	Friends	Pursuit of excellence
Belonging	Freedom	Recognition
Beauty	Fulfillment	Respect
Caring	Fun	Responsibility
Challenging problems	Growth	Risk taking
Cleanliness	Happiness	Security
Community	Health	Self-interest
Competition	Honesty	Sensitivity
Confidence	Humility	Service
Connectedness	Independence	Sharing
Conformity	Influence	Spirituality
Control	Knowledge	Status
Corporation	Leadership	Tolerance
Creative expression	Love	Trustworthiness
Discovery	Loyalty	Truth
Diversity	Luxury	Wealth
Education	Making a difference	Variety
Environment	Marriage	
Excitement	Passion	

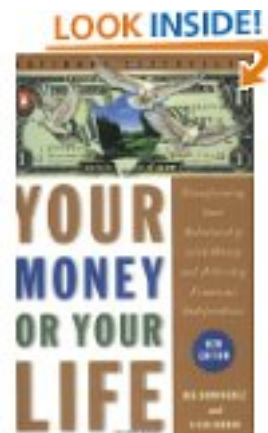
Value 1: _____

Value 2: _____

Value 3: _____

Value 4: _____

Value 5: _____



Your Money or Your Life by Joe Dominguez & Vicki Robin is a book about resetting your finances based on your values. This book is the bases for many of the concepts from Finding Happiness.

Consider adding <http://TheSimpleDollar.com> to your daily reading list. The Simple Dollar Website was a foundational website that I followed to reset my life. Trent blogs daily about leading a value lead life.

Section 5: Finding Your Dreams

Pick your 10 dreams. Think of 2 dreams for each value.

Value 1: _____ [

Value 2: _____ [

Value 3: _____ [

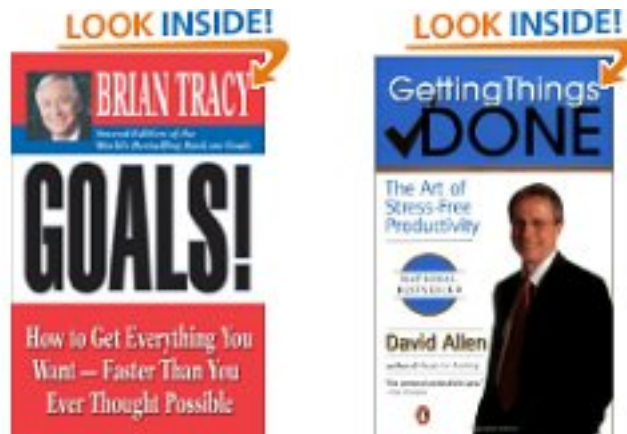
Value 4: _____ [

Value 5: _____ [

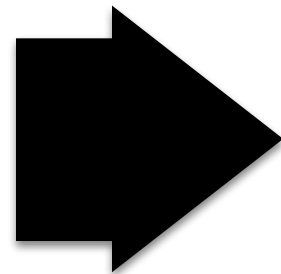
Section 6: **Getting Your Dreams Done**

Choose how you are going to write down your goals and dreams. How will you keep track of the steps and progress? Evernote.com? Buy a Moleskin or notebook? Use a Smartphone App? Place your order and get started!

Read Goals! by Brian Tracy for a greater understanding on how to set great goals for yourself and achieve them. Read Getting Things Done by David Allen to discover a deeper appreciation for the power of an organized life.



Fill out the following info cards. Carry them with you and review them everyday. Every month reprint and refill out the information. This will allow you to always keep your dreams and goals fresh and in front of you.



What Is My One Year Milestone?

What does this look like in 5 years?

What will I accomplish this month?

What will I do this week?

Week 1:

Week 2:

Week 3:

Week 4:

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Section 7:

Hearing From God

Set-up a life journal reading plan. You can find the reading plan for free at www.lifejournal.cc and you can also purchase an official Life Journal journal at the site as well.

You can set up an account at www.youversion.com and start a life journal reading plan on your smartphone or computer.

Put a repeating event in your calendar to Life Journal so that you will have time to daily mediate.

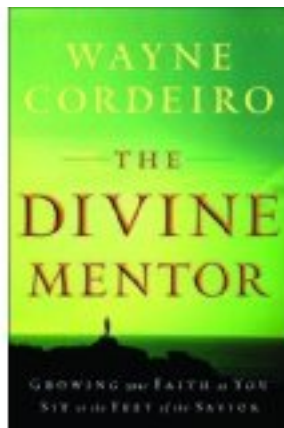
The Life Journal Format:

Scripture: Write out the verse you want to journal.

Observation: Write what the verse means in your own words.

Application: Write down what you are going to do based on your Observation.

Prayer: Write down a prayer. Make your Prayer a two-way conversation.

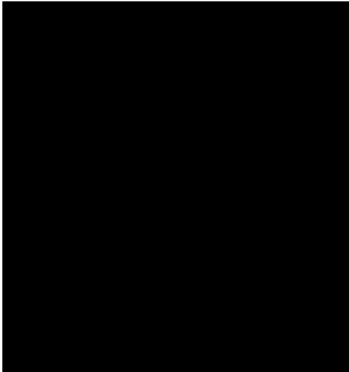


Read *Divine Mentor* by Wayne Cordeiro for a more detailed discussion of life journaling.

Section 8: Trying Something New

Learn how to use a RSS reader. I recommend Feedly.com. Put a time in your calendar where you can daily read your news. Every day find one new site to enter in your feed based on your values and your dreams.

Create a list of books based on your values and dreams.

<hr/> <i>Dream</i>	<hr/> <i>Dream</i>	<hr/> <i>Dream</i>	<hr/> <i>Dream</i>
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<hr/> <i>Value</i>	<hr/> <i>Value</i>	<hr/> <i>Value</i>	<hr/> <i>Value</i>

Section 9:

Don't Fear The Pain

Evaluate yourself. Do you have pain that is too big for you to handle? Be honest and seek out help from a counselor or friend if needed.

Consider adding www.impossibleHQ.com to your RSS feeds. Impossible HQ talks a lot of accepting pain to be better in health.

Consider taking the 30 day cold shower therapy challenge! <http://impossiblehq.com/cold-shower-therapy-guide>

Go thru the Storyline program by Donald Miller. Storyline is a way to holistically look at your life and redeem your past pains into something beautiful.



Section 10: **Review**

Tell others about this book. Drop Brent a note at me@brenthomer.com if this book was helpful!

Read Crazy Love by Francis Chan

Take Action! If you have been thinking about answers instead of writing answers, consider going back throughout the workbook and writing down your thoughts. Writing down your answers makes your thoughts into something real!

