

HAPPINESS HACKS:

CLEAR Your

HAPPINESS

ROADBLOCKS





Happiness: the truth you need know

How often have you stated or thought or felt:

“I just want to be happy”?

Happiness remains the most precious yet mysterious of all human wishes.

Happiness is something everyone wants to have!

Let's pause for a moment, think what happiness means to you?

What form, shape or feeling does this happiness have for you?
You must be wondering why?

It important because it's hard to recognise and feel true happiness if you aren't clear about exactly what happiness is for **YOU**.

What is Happiness?

Happiness is not one formulae for all, one size fits all.

Is Happiness feeling good all the time?

Is happiness having all the money in the world?

It's not a final destination

So, what is this elusive HAPPINESS?

Happiness is a combination of how good you feel on a day-to-day basis and your life. **Your happiness is as unique and special as you.**





But in our Pursuit of Happiness sometimes we block our own happiness. Let me explain.....

Most of us think and feel that the blocks to our happiness could be not having enough money or being fat or not having the right job. We often blame our unhappiness on life circumstances and people. This way we stay stuck in our unhappiness. No matter what we try– things just don't shift! We feel stuck. .

Now don't feel hopeless. There is a way.

Whenever we are unhappy it can be attributed to one or more of the reasons below. And these are the real roadblocks to your happiness. But the good news is, because they are within your control to choose & change, your happiness is within your control to improve as well. You can find a different pathway to happiness or you can clear the roadblock to carry on your journey of happiness.

Let's take a look at these real roadblocks to happiness and what you can do about them. **Let me show you how....**

STEP ONE: Identify and tick any of the following ROADBLOCKS that are currently getting in your way of living a HAPPY LIFE



1. Low self-worth and self-acceptance
2. Low confidence; seeking approval
3. Lack of authentic direction;
4. No goals and visions
5. Lack of priorities; misguided and scattered energy
6. Conformity: Fear of being different
7. Needing to be right
8. Not voicing what I believe
9. Putting yourself down (“I’ll be negative about myself before anyone else can.”)
10. Being overly nice all the time
11. Pushing others away (“Leave me alone, that’s just the way I am.”)
12. Blaming and finger-pointing
13. Unrealistic sense of self
14. Criticizing everything and everybody
15. Focusing only on others ignoring the self
16. Denial (“I’m not part of the problem.”).
17. Anger & Aggression towards self and others
18. Being rigid about my beliefs or perceptions
19. Playing dumb (“I didn’t know about this.”)
20. Seeing myself as a victim (“Poor me.”)
21. Retail Therapy: (“I buy things to cheer myself up.”)
22. Disempowerment: (“I don’t have the power to make a difference.”)
23. Immediate gratification:
24. Resentment: (“Why should I give when no one gives to me?”)
25. Doing things to impress others
26. Longing for things that can’t be attained
27. Avoiding conflict at all costs
28. Greed
29. Sense of Entitlement
30. Rebellious for the sake of it





STEP TWO: Now reflect on the items that you identified above and choose your top 3 Happiness RoadBlocks

Block 1 _____
Block 2 _____
Block 3 _____

STEP THREE: How and when do you use these 3 Happiness Blocks?

Block 1

Block 2

Block 3

STEP FOUR: What would happen if you stop using these Happiness Blocks? How would life be different? List 3 things





STEP FIVE: List 3 steps or changes you can make easily and quickly to Unblock or Remove one of your Happiness Roadblock?

1. _____

2. _____

3. _____



MEET ANJANA LALA- THE HAPPY DIVA



Anjana Lala wants to live in a world where books are bundled with extra Swiss chocolate, love letters are hand written and life comes with a magic wand.

A sought-after Get Happy@work and De-stress consultant. As a Happiness & Confidence Coach with over 2 years of experience, she's been featured on various local radio stations and TV shows. Her articles have been published in various local newspapers and on various blogs

When Anjana is not being The Happiness Diva at speaking engagements, implementing The Happiest & De-Stress Programs for companies or inspiring Women Moving on Up in life, you can find her whipping up yummy garlic ice cream, watching obscene amounts of television without a trace of shame or cheering unlikely heroes, dreamers, and doers.

Quenching her curiosity about human healing. Intoxicated by the deep and meaningful possibilities in life. Blending together spiced with eastern wisdom, drops of tribal insight, a dash of western methods, spoonful of ancient knowledge and dollop of Mother Nature's secret.

Exploring and discovering new and ancient wisdom on human healing and lifestyle.

Fun Facts

Anjana has travelled and visited 22 countries
She loves the art of cake decorating
Loves to chat to people

Inspired By

Anjana is inspired by unlikely heroes, dreamers, and doers.

Something Weird That Makes Her Happy

Garlic Ice Cream

Catch Her Online

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