



- THE JOURNAL OF -  
**HAPPINESS**

A DIARY TO EXPLORE  
YOUR OWN WAY TO BE HAPPY

FOR *LINERS*



monoblock®

# Index

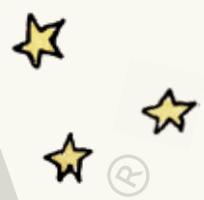
10 beings that make my life happier	10
The happiest moment of the week	12
Nature makes me happy	14
My list of happy to-do's	16
10 cliches that make me happy	18
What makes me happy about myself	20
Brighten up a friend's day	22
What makes me laugh out loud	24
My happiness superhero	26
My favorite activities	28
The best decisions I've ever made	30
6 Activities that make me feel totally alive	32
10 everyday things that don't make me happy	34
The present moment	36
10 happy things that are absolutely free	38
The happiest spot at home	40
A magical adventure	42
My priorities for happiness	44
10 delicious smells	46
The funniest thing about my childhood	48
Fears that prevent me from happiness	50
Crying of happiness	52
A full-consciousness moment	54
Total relaxation	56
Happy smells from my childhood	58

My tiny concerns	60
Laughing at myself	62
The funniest book	64
10 things to be grateful for today	66
My luxuries	68
Disconnecting	70
Enjoying the little things	72
We're rich!	74
A big hug	76
Desconecting, again	78
10 small things to be happy tomorrow	80
An amazing landscape	82
Today I'm resting	84
10 series and movies to be happy	86
10 songs to dance and be happy	88
10 small guilty pleasures	90
10 exercises to have fun	92
A fun prank	94
Smiling in front of the mirror	96
My dream vacations	98
Things no longer amuse me	100
10 ridiculous activities I'd like to be paid for	102
I suck at it, so what?	104
10 things to let go	106
Plan a celebration	108



My unique and personal activities	110
A place to be happy	112
My last inspiring creation	114
A life full of life	116
My 3 wishes	118
10 happy things to do on a Fall day	120
A perfect monday	122
10 books that make me happy just by looking at the cover	124
	128
	129
	130
	131
	132
	133
	134
	135
	136
	137
	138
	139
	140
	141
	142
	143

	144
	145
	146
	147
	148
	149
	150
	151
	152
	153
	154
	155
	156
	157
	158



Make a list of 10 happy things you'd like to do this week. Cross them out as you do them. If you end up completing the list, choose one to repeat as an extra reward!

1.

2.

3.

4.

5.



6.

7.

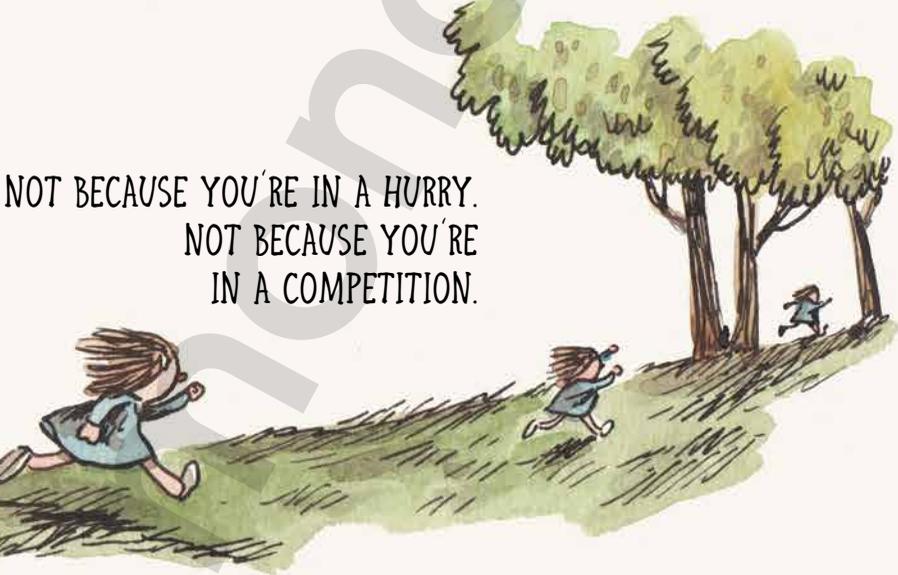
8.

9.

10.



RUN FOR THE SAKE OF RUNNING,  
NOT BECAUSE IT'S HEALTHY.



NOT BECAUSE YOU'RE IN A HURRY.  
NOT BECAUSE YOU'RE  
IN A COMPETITION.

RUN FOR THE SAKE OF RUNNING, AT FULL SPEED...

Happiness is here and now.  
Savor the present moment.



Make a list of 10 things that are absolutely free.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



Where was your last adventure and who were you with?  
What was the most magical moment?



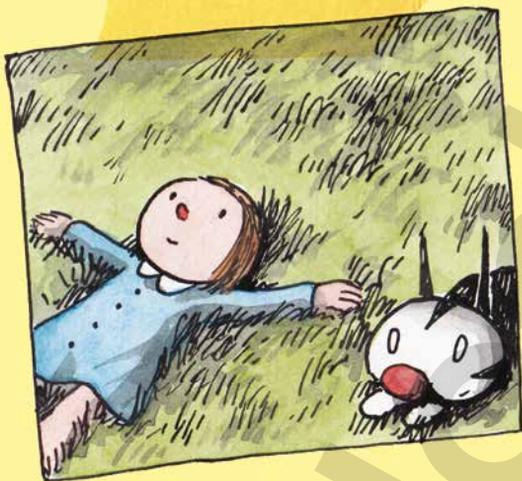
Look back on a situation in which you've felt so happy and present  
you didn't even pause to take a photo.  
Since there's no picture of it, how about you draw it?

monoblock®



What makes you feel rich?





**A book to recognise and celebrate the exciting things, and help you explore new ways of bringing more happiness into your life.**



Being happy is not just the result of our daily experiences: it's an ability. Like any other ability, it needs to be trained on a daily basis. Recognizing the things that make you happy, writing them down, drawing and talking about them -will make you happy twice!



Enriqueta and Fellini share with you their ability to find joy in the little things, through more than 30 comics, fun activities and quotes that will help you focus on the silver linings.

ISBN 978-987-46554-7-9



[www.monoblock.tv](http://www.monoblock.tv)  
#libresparacrear

**monoblock.**