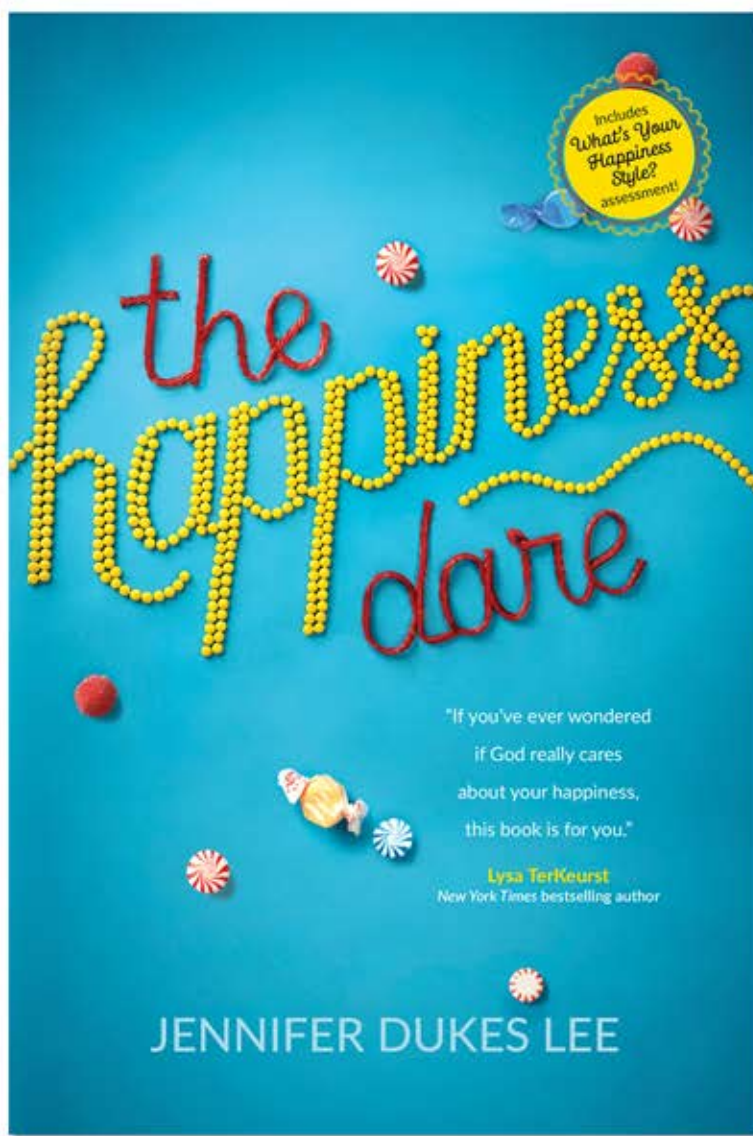


# The Happiness Dare

## Journal



#TheHappinessDare

# The Happiness Dare

## Stalking Happiness

### Chapter 1

Happiness might be the bravest decision you'll ever make.

Take a self-inventory of your happiness.

How happy have you been in the key seasons of your life, how happy are you now?

Make a list of  
what makes you happy:

---

---

---

---

---

---

---

---

---

---

#### Happiness Hacks:

Make a Happy Moments Jar.

Write down happy  
memories on slips of paper.

Fill your jar with happiness.

Happiness is an outward expression of an inward joy that is found in Jesus...  
a gift from a happy God.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare



# The Happiness Dare

## The Holy Pursuit of Happiness

### Chapter 2

Pause today to ponder a happy God who desires happy children.

How does this change the way you see God?



-Happiness isn't the opposite of holy. It's a part of what makes you holy.  
Happiness isn't the opposite of joy. It's a part of Christ-inspired joy, expressed within you.

-Jennifer Dukes Lee, *The Happiness Dare*  
#TheHappinessDare

# The Happiness Dare

## Chapter 3

Take the dare by writing a prayer to God, accepting his invitation into happiness.



"Pay attention. Savor the life God has given to you.  
Thank God for the good when life is beautiful  
And fight hard to find the happy when life is brutal."

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare



The Happiness Dare

# The Importance of Finding Your Happiness Style

Chapter 4

Take the assessment at [TheHappinessDare.com](http://TheHappinessDare.com).

Does your happiness style resonate with you? Inspire you?

Write your thoughts.



Happiness really is an inside job.

You don't find happiness by being the best version of someone else. You find happiness by being the best version of you.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare

# The Happiness Dare The Doers

## Chapter 5

Think of ways to arrange your day to make more room for the activities that bring you joy.  
Prioritize one of those activities on your to-do list.

What small tasks bring  
you daily happiness?

---

---

---

---

---

---

---

---

---

### Happiness Hacks:

Pick one task that makes  
you happy and add it to  
your daily routine. Make a  
note in your calendar or on  
your fridge - be intentional!

Anywhere we work with God, we can experience his divine happiness.  
In God, happiness and purposeful work are a package deal.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare

# The Happiness Dare The Relaters

## Chapter 6

Take action by giving at least one person the gift of your time this week with a phone call or an invitation.

Think of new friends, long-time friends, acquaintances, colleagues, family...who might you bless with the gift of time and presence this week?

Make a list of ways you can intentionally connect with people this week.

---

---

---

---

---

---

---

---

---

---



When we make friends with people, we make friends with Jesus.  
And when we make friends with Jesus, we are happier, healthier people.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare

# The Happiness Dare

## The Experiencers

### Chapter 7

Make a list of all the things you can think of that cause you to pause in awe.

How can you maximize those moments this week?



- The best experiences aren't escapes from life, but encounters with Christ.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare



# The Happiness Dare

## The Givers

### Chapter 8

Make a list of random acts of kindness you can put into action in the next few days.

Are there specific people who you could bless with a particular gift?

What are you waiting for?! Commit a random act of kindness today!



Study after study draws the same conclusion: When we give to and serve others, we are on a fast track to happiness. One surefire way to be happy is to make others happy.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare

# The Happiness Dare

## The Thinkers

### Chapter 9

Take a few moments to relish your wandering mind. Consider the extraordinary, ordinary miracles you've encountered.

Think about the things that make you smile, that give you a forever hope, and that remind you that it's going to be okay—that you're going to make it.



... your inquisitive, wandering, wild mind doesn't make you weird; it makes you wonderful. It isn't a flaw. It's a part of what makes you a masterpiece.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare



# The Happiness Dare

## Five Minutes to a Happier You

### Chapter 10

Design a new habit – 5 minutes is a great start – to help you practice the renewing of your mind...



...commit five minutes every day to enlarging your sweet spot of happiness. Nourish your happiness by using what God already gave you.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare

# The Happiness Dare

## The Principle of Small Daily Gains

### Chapter 11

Do you linger? Make a list of times and places you could linger a little longer.



Warning: the renewing of one's mind toward happiness is addictive behavior. The more time we devote to positivity, the more fuel we give our brains to establish new neural pathways. We make our brains stronger and better—and happier.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare





# The Happiness Dare

## The Principle of Good Enough

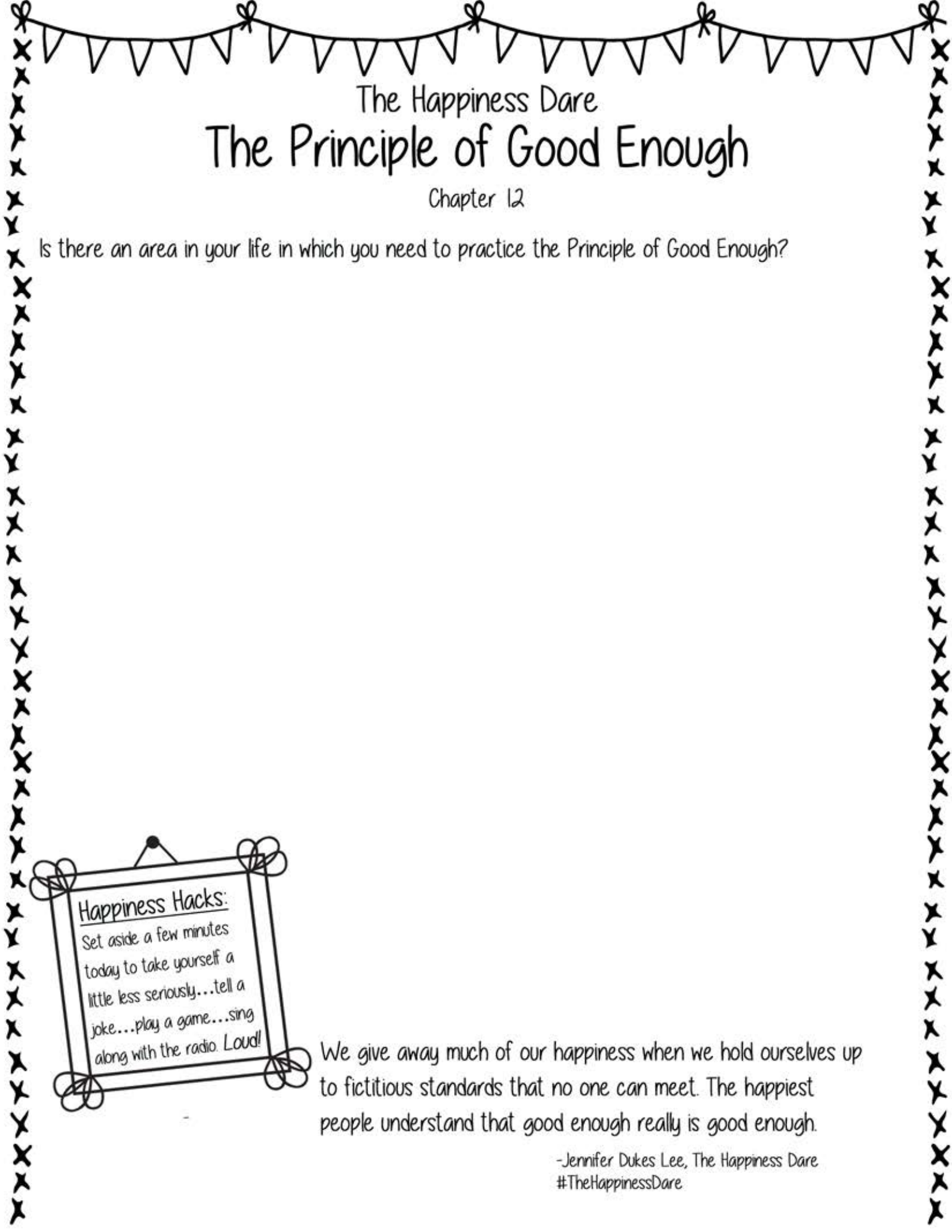
### Chapter 12

Is there an area in your life in which you need to practice the Principle of Good Enough?



We give away much of our happiness when we hold ourselves up to fictitious standards that no one can meet. The happiest people understand that good enough really is good enough.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare



# The Happiness Dare

## The Principle of Putting up Your Dukes

### Chapter 13

Make a list, according to your happiness style, of ways you can "flex your happy."

Keep this list at the ready and use it whenever you find a window of opportunity to practice happiness.



The happiest people I know are the people who have gone through hard times and aren't afraid to sit down with someone else in their chaos. Happy people don't turn away.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare

## The Happiness Dare

# The Principle of the Head-to-Foot to Alleluia

### Chapter 14

Practice the art of gratitude. Here are a few ways to start:

- Start a "Gratitude Journal" and write down three things a day that you're thankful for.
- Send a letter of gratitude to someone who has influenced your life greatly.
- Share on social media a daily snapshot of something you're grateful for. Use the hashtag #TheHappinessDare and see what others are grateful for!



One of the best ways to hold on to your happiness in hard times is simply by saying thanks.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare



Happy thoughts...





Happy thoughts...