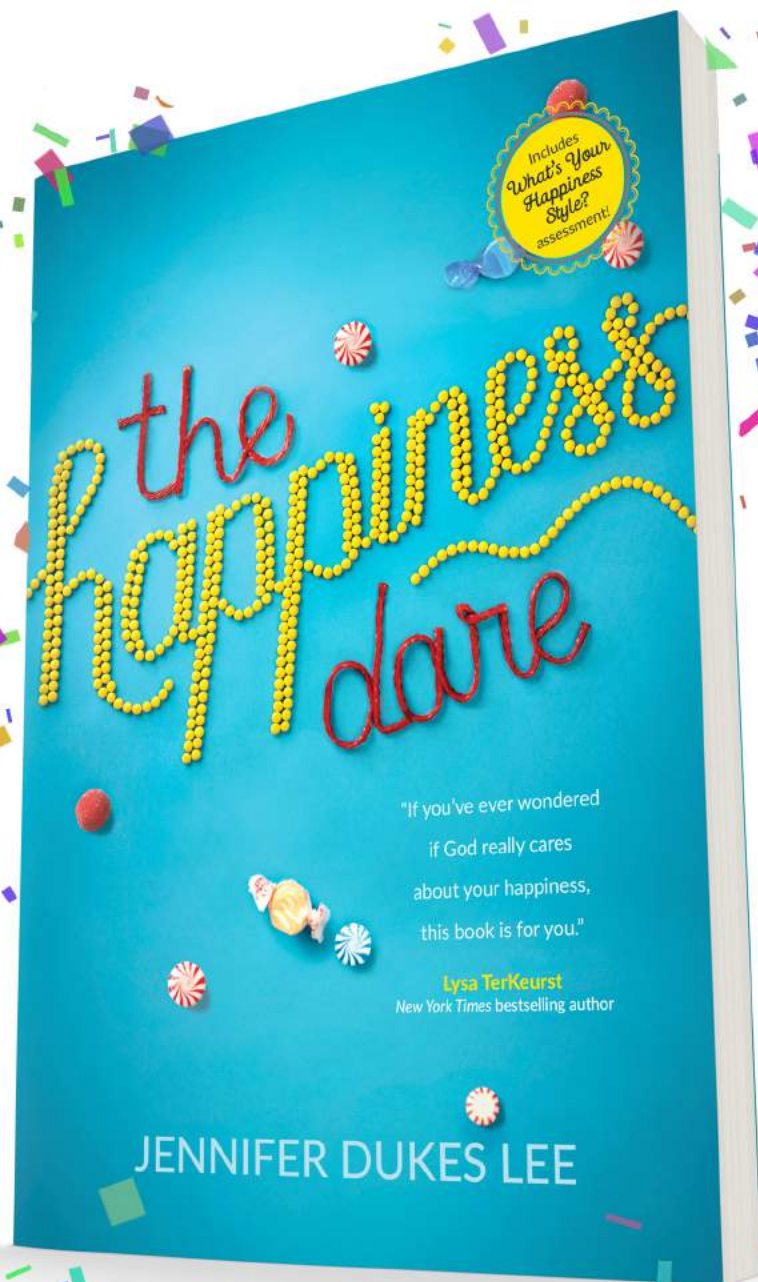


# A Happier New Year

Journal & Discussion Guide



#TheHappinessDare



# Make 2017 the Happiest Year Yet.

Two years ago, I never would have spoken this sentence aloud:

"I want to be happy."

I would have thought it, and secretly, I would have wanted happiness. But I would have been scared to admit it.

I would have told you that I wanted joy instead. I would have told you that God cared more about my holiness than my happiness. And I would have believed that happiness was selfish.

But one day, I prayed a prayer that felt like a confession:

"I want to be happy, God. But I don't even know if I should want that! Do you care about our happiness? Is it okay for a woman who loves Jesus to desire happiness? Should I only want joy? Is happiness the reverse of holiness? Do I dare ask for happiness when I have a thousand reasons to be happy already?"

I sensed God nudging me to find out the answers. It felt like a dare.

I took that dare—a dare that made me feel warm and bright on the inside, like I swallowed a star.

And now I'm extending that dare to you.

Friend, as the New Year begins, maybe you're wondering where to find happiness. Maybe you're wondering if God cares about happiness, and if He does, where do you go to find it in this busted-up world? Maybe you've made all sorts of New Year's resolutions before, but they just don't seem to work – leaving you the opposite of happy.

This year, I am inviting you into a dare that is less about resolutions, and more about real-life solutions. I'm inviting you into a journey that could make 2017 the happiest year yet.

Welcome to The Happiness Dare. I am so excited to be on this journey with you!

You are free to make this Interactive Journal Experience your own – to go at your own pace. All you'll need is this journal and the book, *The Happiness Dare* – available everywhere books are sold including Amazon and Barnes & Noble.

Consider inviting a few people you love to join you. And then, invite them over to your house for a weekly chat about *The Happiness Dare*. Or simply go through the book and Interactive Journal Experience by yourself. Whatever suits you!

I am so excited that you are taking this dare, to enter into a sacred adventure, where we'll discover what it means to find true happiness in God-honoring ways.

I'm all in! Let's make 2017 a #HappierNewYear.

love,  
Jennifer

The page is framed by a border of colorful confetti in shades of blue, green, yellow, pink, and purple. The confetti consists of small, irregular shapes scattered across the top and bottom edges.

# The Happiness Dare

We've all adopted New Year's Resolutions. But by the middle of January, most of us have blown our resolutions. And we just end up feeling guilty – instead of happy! This dare is less about resolutions, and more about real-life solutions.

Let's begin here, with a declaration for a #HappierNewYear.

"I'm going to make 2017 a #HappierNewYear. One area of my life where I want to improve my happiness is \_\_\_\_\_."

I will help make that happen by (list practical ways you can cultivate more happiness in that area of your life):

## Ideas to Make Your Workplace Happier

- Bake cookies once a month for co-workers
- Affirm someone else's work every day
- Make a "done" list to remind you of the things you accomplished

## Ideas to Make Your Home Happier

- Reduce clutter by tackling one drawer/closet per week
- Pray blessings over your family while you fold their laundry
- Set aside one night each week for movie and popcorn

## Ideas to Make Your Marriage Happier

- Leave weekly love notes under the pillow
- Keep a running list of what you love about your spouse
- Wrap up that list & give it your spouse at the end of the year



A decorative border of colorful confetti in various shapes and colors (red, blue, green, yellow, pink, purple) surrounds the text.

## The Happiness Dare

Many people adopt a "word of the year" as a theme that will guide their coming year. Those words are aimed at giving people a focal point to lead happier, wholesome lives.

My word of the year is \_\_\_\_\_.

I will make this word a guiding principle in my life by:

# 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 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. Does that image square up to the image you've held of God in the past?



- 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

We're learning in The Happiness Dare that God is a happy God, and He designed us to experience delight.

Keep a running list here of verses and Bible stories that remind you of the happiness of Jesus, or evidence of a God who delights.

"Come and share your master's happiness." - Matthew 25:21



# The Happiness Dare

## The Happiness Dare

### Chapter 3

Take the dare by writing a prayer to God, accepting his invitation into happiness. (Refer to The Happiness Dare Manifesto on page 48 for inspiration.)



"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 Happiness Style 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

A decorative border of colorful confetti in various shapes and colors (red, blue, green, yellow, pink, purple) surrounds the text.

# The Happiness Dare

My Primary Happiness Style is \_\_\_\_\_

My Secondary Happiness Style is \_\_\_\_\_

Everyone can nurture their own Happiness Style by investing a few minutes every day in activities that target their style. A Doer, for instance, can add short tasks to her to-do list that can easily be completed in a few minutes. A Relater can send short text messages to encourage friends. A Thinker can spend a few minutes every day reading a bit of poetry.

In five minutes every day, I can nurture my happiness style by:



# 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?

---

---

---

---

---

---

---

---

---

---



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

Think of specific people whom you could bless with a particular gift, note, or act of kindness. Jot down their names and commit to follow up with each of them in the coming week.

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

KEEP A RUNNING LIST of Random Acts of Kindness that you can commit through the year!  
We've added a few ideas to get you started:

tape quarters to candy machines

\_\_\_\_\_

organize a fun activity for the residents of your local nursing home

\_\_\_\_\_

\_\_\_\_\_

donate fun food like cookies and tortilla chips to the food pantry

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

participate in Operation Christmas Child

\_\_\_\_\_

collect loose change as a family all year and give to your favorite charity

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

"Giving away your own light will never, ever subtract from your supply—even if you feel like you've only got a sliver of flame to give. Instead, it will multiply the light, like candles around a sanctuary on Christmas Eve."

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare

# The Happiness Dare The Thinkers

## Chapter 9

Read Philippians 4:8.

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

Now, make a list of things in your life that are excellent, praiseworthy, true, honorable, right, pure, lovely, and admirable.



... 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

When we recall old memories that made us smile, we experience “residual happiness.”

Pause for a few moments to think about old memories that make you happy. Start a list and add to it every once in a while.

(Tip: Keep a memory jar. Jot down happy moments every day on slips of paper. Put them in a jar. Review them all at the end of the year for a bit of “residual happiness.”)

# 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

We give away so much happiness, wishing we were more beautiful, more intelligent, more talented, more \_\_\_\_\_

Let's begin to appreciate who we ALREADY are.

Keep a running list on this page of the parts of you that you can be thankful for – your talents, your blessings, your gifts, your unique personality.

"If you want to be happier, you can stop wishing for someone else's life and discover happiness in the one you have."

-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 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 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



# The Happiness Dare

Set a timer for five minutes. Write down everything you're grateful for right now. Go!

(Add more to the list every day!)



# The Happiness Dare

## The Happiness Cycle

Chapter 15

Now that you've taken the Happiness Dare, discovered your Happiness Style, and begun the practice of happiness, you're ready to be a Happiness Ambassador!

To whom will you bring #TheHappinessDare?



The more you enjoy God, the happier you'll be.  
The happier you are, the more you'll pour out your happiness into the lives of others. The more you pour out your happiness into the lives of others, the happier they'll be. And the more we all experience and share that happiness, the more we bring delight to the Giver.

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare





# The Happiness Dare

People who make me happy

---

---

---

---

---

---

---

---

---

---

Books that make me happy

---

---

---

---

---

---

---

---

---

---

Songs that make me happy

---

---

---

---

---

---

---

---

---

---

Tasks that make me happy

---

---

---

---

---

---

---

---

---

---

Fun activities that make me happy

---

---

---

---

---

---

---

---

---

---

Places that make me happy

---

---

---

---

---

---

---

---

---

---

"Fighting for happiness is the way toward happiness. Happiness doesn't just happen. It is a choice we have to make each day."

-Jennifer Dukes Lee, The Happiness Dare  
#TheHappinessDare

A decorative border of colorful confetti in various shapes and colors (red, blue, green, yellow, pink) surrounds the text.

# The Happiness Dare

Take a few minutes to set a goal for each month this year. How will you intentionally practice happiness?

January happiness goal:

February happiness goal:

March happiness goal:

April happiness goal:

May happiness goal:

June happiness goal:



A decorative border of colorful confetti in shades of blue, green, yellow, pink, and purple surrounds the page.

# The Happiness Dare

Take a few minutes to set a goal for each month this year. How will you intentionally practice happiness?

July happiness goal:

August happiness goal:

September happiness goal:

October happiness goal:

November happiness goal:

December happiness goal: