

Delivering Happiness

- Happiness Heartbeats Exercise •



Play
Participant ~~Workbook~~



Happiness at work is a journey.

Who We Are

Culture consulting.

Delivering Happiness is a culture-building coach|sultancy founded by Jenn Lim and Tony Hsieh, CEO of Zappos.com and best-selling author of *Delivering Happiness*.

What We Do

We make happy work™.

We help organizations of all sizes and industries create unique, happy, and successful work cultures.

Why It Matters

Happiness brings out the best in us.

It's good for your employees and your company. Research shows happy workplaces are more profitable, more productive, have better customer service, higher sales, lower health costs, and stronger branding.

How We Do It

Experience, science, and wisdom.

Our Culture Blueprint combines the core concepts from the book with the world's foremost science on happiness and best practices from companies around the world.



TOGETHER, LET'S
MAKE HAPPY
WORK!™

“It’s less about the **WHAT**
your values are, it’s about
HOW you live them.”

-Jenn Lim

CEO & Co-Founder of DH







ME Values

Happiness Heartbeats



HIGHS	LOWS
1. Brainstorm a list of your happiest moments in life. Think back to the most significant positive events from childhood to today, where you felt the most joy, fulfillment, or authentic happiness.	2. Brainstorm a list of your least happy events in life. Think back about the most significant negative events where you felt the most confused, sad, unsatisfied, or authentically unhappy.

3. **Choose 3 highs and 2 lows** that stand out as the most meaningful or significant in your life. Think about the impact they've had on your happiness, on who you are, and on the choices you've made. Write them below.

<p>HIGHS</p> <hr/> <p>VALUES</p> <hr/> <hr/> <hr/>	<p>HIGHS</p> <hr/> <p>VALUES</p> <hr/> <hr/> <hr/>	<p>HIGHS</p> <hr/> <p>VALUES</p> <hr/> <hr/> <hr/>
<p>Childhood      Today</p>		
<p>LOWS</p> <hr/> <p>VALUES</p> <hr/> <hr/> <hr/>	<p>LOWS</p> <hr/> <p>VALUES</p> <hr/> <hr/> <hr/>	

4. Now let's think about values. **What values were present that made the happy events so high? What values were absent or threatened that made the unhappy events so low?** Heart trumps head here – go with your gut!

DH Common Global Values (Use this list for inspiration when filling in your heartbeats)

ambition	exciting life	initiative	love	playfulness	straightforwardness
capability	encouragement	inner peace	loyalty	privacy	self-awareness
courage	family life	harmony	organization - order	pragmatism	trustworthiness
creativity	freedom	innovativeness	optimism	respect	wealth
compassion	friendship	integrity	open mindedness	responsibility	wisdom
cooperation	fairness	intellectuality	perseverance	sharing	work - effort
commitment	generosity	influence	personal growth	security	
contribution	gratitude	joy	pleasure	self - worth	
equality	health - well being	leadership	punctuality	spirituality	
effectiveness	independence	logic	positivity	status	

5. Take a look at your Heartbeats. **What are your first thoughts?** What role did the lows play in reaching the highs? _____

6. **Choose a buddy** you either know well or don't know well at all. Share:

Buddy Up!



- How did these events make you who you are?
- What role did the values play as you navigated the highs and lows?
- What values represent your best self today?

7. **Check mark or circle the values for each event** that were most important.

- Which were the most consistent through the highs and lows?
- Which were most important to the achievement of the highs, and the learning of the lows?
- Are there deeper values underlying or supporting any of these to add?

8. What values are emerging as the most important, consistent, or essential to your happiness?

List your top values. Narrow it down to 5 values, then to your top 3 asking:

- Which can you combine?
- Which could you not live without?
- Which really drove you through the highs and lows?

MY TOP VALUES	MY TOP FIVE	MY CORE VALUES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Congratulations!

You've just identified your three core values.

What was surprising?

What was something you already knew?

What's ONE thing you'll do differently to live more aligned with your values?

SHARE




your values or learnings with us
on social media or via email.



Contact Us

culture@deliveringhappiness.com

Join the Movement!

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