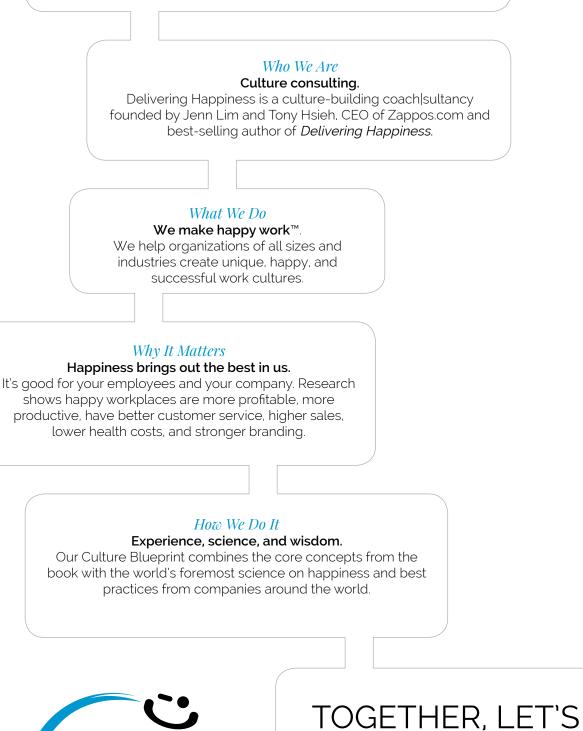
Delivering Happiness

Happiness Heartbeats Exercise



Play Participant **Work**book

Happiness at work is a journey.



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It's less about the WHAT your values are, it's about HOW you live them. 109

-Jenn Lim

CEO & Co-Founder of DH

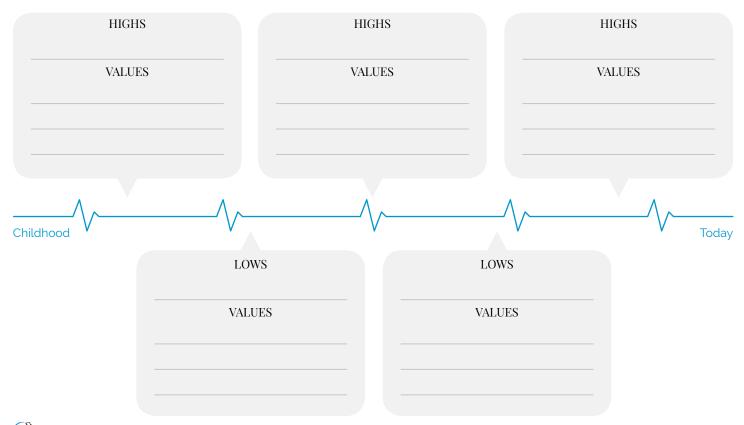


ME Values Happiness Heartbeats

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HIGHS 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.	LOWS 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.



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 mindness	responsibility	wisdom	
cooperation	fairness	intellectuality	perseverance	sharing	work - effort	
commitment	generosity	influence	personal growth	security		
contribution	gratitude	јоу	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:



- 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	N	IY TOP FIVE		MY CORE VALUES
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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!

- Stwitter.com/DHmovement
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