



Module 1: Introduction to

Wholebeing Happiness

“To me the only satisfactory definition of happiness is wholeness.” — Helen Keller

Check a box every day and make notes so you can follow your progress.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	Lesson 1: <i>Start With Yes</i> <input type="checkbox"/>	<input type="checkbox"/>	Lesson 2: <i>Compose a Masterpiece</i> <input type="checkbox"/>	Live Webinar <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Lesson 3: <i>Focus on Strengths</i> <input type="checkbox"/>	<input type="checkbox"/>	Lesson 4: <i>Reach Towards Positivity</i> <input type="checkbox"/>	Live Webinar <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Lesson 5: <i>Pay Attention</i> <input type="checkbox"/>	<input type="checkbox"/>	Lesson 6: <i>Connect With Appreciation</i> <input type="checkbox"/>	Live Webinar <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Lesson 7: <i>Act Out Your Ideal Self</i> <input type="checkbox"/>	<input type="checkbox"/>	Lesson 8: <i>Take Care of Yourself</i> <input type="checkbox"/>	Live Webinar <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Lesson 9: <i>Deepen Curiosity</i> <input type="checkbox"/>	<input type="checkbox"/>	Lesson 10: <i>Move the Whole Forward</i> <input type="checkbox"/>	Live Webinar <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>