



Seven Ways

to kick start your

HAPPINES

"QUICK & EASY ACTIONS TOWARDS A HAPPY LIFE!"



WRITTEN BY:
JONES LIEW

Founder of Jubilation International Pte Ltd,
Creator Emotions Run Wild Card Game



INTRODUCTION

Hello there, my Dearest Happy People!,

Welcome to this quick guide on how to kickstart your Happiness in life!
I am Jones Liew, Chief Emotions Officer and the founder and creator of Emotions Run Wild.

The great Greek philosopher Aristotle once said that *"Happiness is the meaning and the purpose of life, the whole aim and end of human existence."* and that is something I truly believe in too.

However, despite many people knowing that Happiness is essential, many don't define what Happiness truly is. Many such people are unhappy because they don't know how to achieve Happiness!

And this is one of the main reasons I decided to do up a quick guide and introduce Seven quick and easy ways to kickstart your pursuit of Happiness journey. It is designed to be easy to understand and quickly applied so that people can instantly read and use it and experience Happiness immediately.

By reading this guide, I hope that you may also find a way to kickstart your journey of Happiness and Joy! Remember to have Fun too!



JONES LIEW

Chief Emotions Officer,
Founder & Creator of
Emotions Run Wild



For more information, visit
www.emotionsrunwild.com

CONTENT PAGE

Introduction	01
Way Number One	03
Way Number Two	05
Way Number Three	07
Way Number Four	09
Way Number Five	11
Way Number Six	12
Way Number Seven	13
Conclusion	14

WAY NUMBER ONE

Have A "GOAL"
In Everything
You Do!!

& have fun doing it!

To be happy, we need goals to motivate us.
These goals need to be exciting & challenging, but
they must also be obtainable.

Having a positive outlook on the future is vital for
our happiness.

So, what are some goals that you can set for
yourself?

**List Down 1 -3 Goals that you want to achieve in the following
"Time Frame" & set up an "Action Plan" to achieve it!
Remember to have fun!!**

In the next 07 days, I will ...

In the next 30 days, I will ...

In the next 90 days, I will ...

WAY NUMBER TWO

05

Start Doing Things
That Gives You
"JOY" & "Happiness"!!

Things like your hobbies &
favorite leisure activities

It is important to have a hobby that enhances your life. Hobbies provide you with an opportunity to destress yourself while remaining mentally productive.

Taking a short break from work and doing something you love can rejuvenate your mind and make you feel happier too!!

So, when is the last time you have spent time on your hobbies??

Did you know that engaging in your hobbies helps to release the happy chemicals - Dopamine & Endorphins?

Dopamine helps you to feel more motivated & happy, while Endorphins helps you to relieve pain & stress!!

List down the hobbies and favourite leisure activities that you will like to start doing now...

WAY NUMBER THREE

07

Reward Yourself For
ANY Work Well Done!

& it can be a simple thing like an
ice-cream treat for yourself when
you have completed a task at hand!

Do carrots and sticks still work in the modern world?

The short answer is yes.

You can leverage rewards and punishments to build
good habits and help you become more productive.

This is why it is important to celebrate your hard
work and to reward yourself for it.

Oh yes, ice cream might not be a good reward if your
task is to lose weight, just saying!

What kind of rewards can you put in place to reward for your hard work done? It can be both an intrinsic or an extrinsic reward!! An example of an intrinsic reward can be an undisturbed personal me time and an example of an extrinsic reward can be a good meal or buy an item to celebrate!

Below are some of my intrinsic rewards...

Below are some of my extrinsic rewards...

WAY NUMBER FOUR

09

Spend Time with Your
Family & Friends!!

or be with anyone, just don't
spend too much time being alone!!!

Kinship & Friendship are good for your health.
They help you celebrate the good times as well as
sustain you during the bad. They prevent loneliness
and allow you to offer companionship when needed.
Investing time in making strengthening important
relationship can pay off in the long run a brighter
outlook for years to come.
So, is there anyone that you will like to spend some
time with this week?

Happiness is a collection of joyful experiences shared with our loved ones, family and friends! it is not the quantity but the quality that counts! Get together now & create more happiness together!!

List down the name of the people that you will like to spend some quality time with...

WAY NUMBER FIVE

11

Get Your Physical
Body Moving! Exercise
or Play Some Sports!
...you got to move it,
move it, MOVE IT!

Over the years, scientific research has discovered that exercise can also boost your emotional wellbeing, in addition to its physical benefits. After just 10–30 minutes of aerobic exercise, your body releases chemicals called endorphins, which has the abilities to reduce the perception of pain - meaning you're more likely to feel upbeat and positive while working out!!

Exercises don't have to be hard work, it can be fun too, choose a physical activities that will get your body moving, it can be Yoga, taichi or even Mixed Martial Arts!! The main point is start moving!!

List down some of the physical activities that you will start doing or even try out! Just 10 - 30mins per day will do the trick!

WAY NUMBER SIX

13

Contribute To Others
& Make Another
Person Smiles! :)

give "Happiness" to others
so that others can give it back to you

Giving to others could very well be the key to leading
a more fulfilling, productive, and happy life.

But we must not forget that giving is not always fun,
sometimes giving too much will make one feel
depressed.

So the trick is, learn to both give & receive, be
willing to give more than you receive, but still
keeping your own interests in sight.

**In what areas of your life do you think you can contribute?
It is at work, back at home, to a friend or even a stranger?
List down at least 3 ways that you can contribute to others
& bring a smile to them and yourselves! :)**

I want to contribute to...

I want to contribute to...

I want to contribute to...

WAY NUMBER SEVEN

15

Practise Gratitude &
Be Grateful For
Everything In Life!

saying "Thank you" &
appreciate for all the things in life

Happiness is built on gratitude, or appreciation for
the good things that happen in life.

Being grateful has many benefits for you.

It improves your psychological well-being, boosts
your relationships, & may even improve your physical
well-being.

Happiness is built on gratitude, or appreciation for the good things that happen in life and the easy way to start to practise Gratefulness is to start listing down the things that you are grateful for! You may consider using and keeping a Gratitude Journal to start your gratitude journey

Spend 5 mins and list down the things that you are grateful for today and repeat it daily if you can!

CONCLUSION

That you go, the seven quick and easy ways to kickstart your journey towards Happiness!!

Now that you know, I will strongly suggest that you to just choose one of the seven ways to start. Once you are comfortable with one of the ways, you can kickstart another one whenever you are ready!

In fact, in the real world, there are many more ways for you to achieve the happiness that you want!

The most important is to get started!!

So that's all folks, I hope this guidebook will bring you much joy and happiness in your life, and it is all because every one of us in this world deserves a chance to live a joyful life and may this gives you the "know-how" to achieve so.

Thank you for reading and I will see you soon somewhere sometime in the future!

- Jones Liew -

Founder & Creator of Emotions Run Wild

