

Workbook

This document contains the tables used in the following book.

BEING HAPPY IS EASY

*Go Beyond Positive Psychology,
Apply a Simple Technique for
Eternal Happiness*

Thota Ramesh

www.ThotaRamesh.com

Other books by the Author

(Available at www.amazon.com)

“Teamwork & Indian Culture”

A Practical Guide for Working with Indians

“Daily Life in Indian Culture”

An Insightful Guide to Customs & Traditions of India

Copyright © Thota Ramesh, 2020
Imprint: Independently published

Baseline of Your Happiness and Emotions

1. Take time and think about your happy moments. One greatest factor that affects our happiness is our social relationships. Please record how you feel today about your various relationships. Get back to this again as suggested in the table.

<u>Baseline of Happiness</u>			
Today's date:	Table #01		
Your Happiness level with your... On a scale of [1-Very Low; 10-Very High]	Today	After reading this book	After ONE month of practice
• Parents			
• Siblings			
• Friends			
• Studies/Work			
• Study-mates/Colleagues			
• School/Office			
• Community, Society			
• Significant other			
• Kids			
• SELF			

2. Please fill up the following table too. Your happiness is directly linked to your emotions. So, record in the table below how often you experience the emotions listed.

<u>Baseline of Emotions</u>			
Today's date:		Table #02	
How often you have this emotion... On a scale of [1-Never; 10-Most of the time]	Today	After reading this book	After ONE month of practice
1. Hopelessness			
2. Sadness			
3. Fear/worry/anxiety			
4. Frustration			
5. stress			
6. Anger			
Positive Emotions			
7. Calmness			
8. Satisfaction			
9. Excitement			
10. Happiness			

What Makes You Unhappy/Happy

3. Unhappy events:

Again take your time and think. List out top Five events/situations that cause unhappiness to you. Fill up the **Table #03** on next page. Respond to the questions with your current mindset i.e. based on your general attitude and behavior.

4. Happy events:

Just the way you did above, list out the top Five events that give you happiness. Respond to the question with your current mindset i.e. based on your general attitude and behavior. Fill up the **Table #04**.

Events that cause unhappiness

Today's Date:

Table #03

#	Briefly, describe the event/ situation that results in Unhappiness	Can you control this event? Yes/No	Can you control your reaction? Yes/No
1			
2			
3			
4			
5			

Events that cause Happiness

Today's Date:

Table #04

#	Briefly, describe the event/ situation that gives you Happiness	Can you control this event? Yes/No	Importance of this event for your Happiness	
			Need	Good to have
1				
2				
3				
4				
5				

**Think about each step and note down
your agreement level.**

Step #	Date:	Table #05	Your agreement (1 Low - 10 High)	
	Step description		Today	After reading this book
1	All living beings - humans, animals, plants, including insects - are equal.			
2	Nature demands that we live our full-life, and allow our species to continue.			
3	Being happy is the ultimate purpose of life.			
4	Realize that the root cause of your unhappiness is your mind.			
5	No work is inferior. Enjoy every task you do. And do it to the best of your ability.			
6	Be Open. Let others know you.			
7	Realize you are alone.			
