



## THE HAPPINESS DIET

This is a revolution in the way we think about weight loss!  
And it works!

The Happiness Diet is all about putting positivity first; creating the motivation and energy to do what you need to do and achieve your goals.

So how do you get happier for a brighter, slimmer, less stressed life?

Here at the Happiness Institute we know there's nothing mystical about increasing your happiness levels. It's simply about learning new, more helpful behavioural and thinking habits. Mastering these habits will help you to own your positivity; which will help you to lead a healthier, happier and more fulfilling life.

**Try it for yourself! Here our top ten tips to harness the power of positivity for inspiration and change. . .**

- 1 Imagine a positive vision of the future – one in which you're living a great, fulfilling, active and flourishing life
- 2 Imagine your best possible self – a "you" that's firing on all cylinders, a living and breathing version of you at your absolute best
- 3 Start living as though you're at your best and you're life is great – schedule positive and inspiring activities into your life right now
- 4 Plan, also, activities that require a degree of effort and mastery – although pleasure is important, so too is the satisfaction we get from working hard to achieve meaningful goals
- 5 Be mindful about what you say to yourself – watch out for and "stomp" on ANTs (automatic negative thoughts) whilst also developing and cultivating realistic, optimistic thoughts
- 6 Build confidence and self-efficacy – try new and exciting activities to build your confidence and believe that you can achieve what you want to achieve
- 7 Focus more on strengths and stop trying to fix weaknesses – start to think more about what you have, your positive attributes and qualities
- 8 Positively redefine your relationship with food and activity – find a way, any way, to think positively and helpfully about healthy eating and exercise; where possible, for example, make what you want to do fun!
- 9 Build positive and supportive relationships – enlist the support of family and friends; find a "Happiness Diet Buddy" or someone to walk with you along the way
- 10 Build positivity by practising appreciation and gratitude – spend time each and every day thinking about all the good things in you, in your life and in the world around you

We wish you all the best of luck to live a healthier and happier life.

**If you're really serious about losing weight, register for our "Happiness Diet" coaching program to get real results!**

Whereas  
most diets  
propose that  
if you lose  
weight then  
you'll be happy;  
The Happiness  
Diet proposes  
that if you get  
happy first  
then you'll lose  
weight!

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