



# PLAN FOR Happiness



Lisa Lopez

[www.livehappycoaching.com](http://www.livehappycoaching.com)

[lisa@livehappycoaching.com](mailto:lisa@livehappycoaching.com)

 [livehappylifecoaching](https://www.instagram.com/livehappylifecoaching)



# LET'S CELEBRATE!!!

**Before we look ahead, let's take a look at everything you have already done...**

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- What did you learn from the challenges you encountered last year?
- What accomplishments or achievements (no matter how dismissably small the ego might try to tell you they were) felt good to you?
- Where did you show up with bravery or courage?
- How did you let your true self shine in some new, and maybe scary, way?
- How did you nudge out the edges of your comfort zone toward some larger purpose?
- What did you do that worked really well?
- What brought you the most joy or accomplishment?
- What are you proud of?

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**It can be tempting to the perfectionist in us to skip this step. Please give yourself the gift of pausing to reflect on the growth and achievements you felt good about last year. Give yourself a chance to start this process with your Inner Critic in the backseat rather than in the driver's seat.**



# WHAT ARE YOU GRATEFUL FOR?

**Before setting your vision for the future into motion, lather yourself up in gratitude for all that has been gifted you, no matter how challenging those gifts may have felt or how much resistance those circumstances may have stirred up at the time.**

**This will get you in a great head and heart space to step into the your new vision tuned into an abundance frequency.**

**My favorite way to do this is as a “Highlight Reel.”**

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Create a nice long list of all the moments and events, both the big and small memories that bring a smile to your face, and a sense of calm or positive energy to your body as you reflect on them.

It's amazing how easily the mind will forget about all of our growth and accomplishments. We lean toward regret or self-criticism for things that didn't feel like enough. So again, I really encourage you to linger with these first two steps before diving into the next.





**WHAT ARE YOU GRATEFUL FOR?**





# WHAT DO YOU NEED TO LET GO OF?

## Out with the old!

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What are you willing to say goodbye to, literally or energetically, in the name of freeing up energy to put toward what you really want in the future?

What beliefs have been limiting your greatest good or highest self that you're ready to ditch and upgrade moving forward?

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In order to create space and welcome that next-level vision for, consider what has reached expiration and **clear those channels.**





# WHAT'S YOUR INTENTION?

**Capture your intention with a theme word or phrase.**

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Any time you find your focus or motivation wandering from your intention, just glance at your Post-It notes, your calendar reminders, screensavers, or painted signs with this theme word to bring you back.

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**Once you land on a word or phrase that feels right, let it become your anchor, your North Star moving forward.**





# HOW DO YOU WANT TO FEEL?

## Identifying Inner Goals

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Which adjectives capture the essence of how you want to feel regularly?

Would you like to feel: *Grounded? Joyful? Open? Loving? Spacious? Expansive? Connected? Present? Successful? Inspired? Fulfilled? Energized? Kind? Accomplished? At ease? Confident? Trusting? Accepting? Strong? Abundant?*

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**Write these core desired feelings down. Getting your desires and commitments on paper starts to *bring them to life*.**





# WHAT HABITS DO YOU WANT TO PRACTICE?

## Outer Goals

Brainstorm onto paper all the possible ideas you can imagine on how you could **feel more of what you want.**

Bring to life the ideas and contributions that **you want** to bring to life.

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What actions can you proactively create designed to help nurture those feelings?

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**This is the start of your action blueprint.  
This is another step we often want to try to skim over,  
but it's vital to the conscious creation process.**





# WHAT'S YOUR VISION?

**In with the new!**

**Armed with your new growth and wisdom from the past year,  
clarify your vision for your future.**

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**If fear (often disguised as self-doubt) weren't telling you it's  
not possible, what would you declare **out loud** that you're ready  
to create, ask for, or welcome?**





# **ELEMENTS OF YOUR HAPPINESS PLAN**

## **THEME**

**WORD OR SHORT PHRASE  
THAT SUMS UP YOUR FOCUS FOR THE YEAR.**

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## **BIG WIN**

**A PROJECT OR GOAL YOU WANT TO COMPLETE  
THIS YEAR THAT WILL BRING YOU CLOSER  
TO YOUR VISION.**

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## **INTENTIONS**

**ADDITIONAL AREAS OF FOCUS  
YOU WANT TO USE TO CREATE MORE WINS.**

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## **NURTURE**

**AREAS OF YOUR LIFE THAT NEED TO BE  
ATTENDED TO AND EVOLVED AS NEEDED.**

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**Monthly/Quarterly planning to dedicate space for your top 3  
priorities, listed in order and with a space to take additional notes.**

**Monthly Review is a scheduled time to review those priorities with  
a space to celebrate your wins along with any other events that  
actually happened and why they did. Take this time to revise plans  
for the coming month.**



**WHAT DOES YOUR FUTURE LOOK LIKE?**

**THEME**

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**BIG WIN**

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**INTENTIONS**

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**NURTURE**

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1ST QUARTER:

PRIORITIES	ACTUAL	WHY/WHAT NOW
1.	January	
2.		
3.		
1.	February	
2.		
3.		
1.	March	
2.		
3.		

Notes:



2ND QUARTER:

PRIORITIES	ACTUAL	WHY/WHAT NOW
1.	April	
2.		
3.		
1.	May	
2.		
3.		
1.	June	
2.		
3.		

Notes:



3RD QUARTER:

PRIORITIES	ACTUAL	WHY/WHAT NOW
1.	July	
2.		
3.		
1.	August	
2.		
3.		
1.	September	
2.		
3.		

Notes:



4TH QUARTER:

PRIORITIES	ACTUAL	WHY/WHAT NOW
1.	October	
2.		
3.		
1.	November	
2.		
3.		
1.	December	
2.		
3.		

Notes:





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## BRAINSTORM NOTES

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# HOW DO YOU WANT TO START?

No “perfect” requirement here, just ideas on  
**how to get the ball rolling:**

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Change all your passwords to intention-aligned mantras.

Invest and surround yourself with supportive and positive people by joining a book club, mastermind group or cooking class you’ve been saying you “should” get to.

Write a list of all the things that bring you joy or energize you. Commit to picking one thing off this list to bring front and center in each of your days this year.

Start a meditation practice to jumpstart greater focus, deeper connection to intuition, clearer intention, more energy and ease, and more heart-connected presence.

Plan the first three steps for “getting out there” with your new business venture or creative project.

Write exactly what you plan to say when you ask for a raise, when you’re due to tell clients about raising your rates.

Ask a supportive and like-minded friend to be your accountability partner for the year.





**Take some chunk of relatively uninterrupted time you can find that's realistic for your life right now and just do a little reflecting by capturing it on paper.**

**You will experience whatever you regularly focus on.**

**So bring some kind, consistent attention to what you want to experience this year, starting right now...**

**Start by pausing to write what you most want to create or experience down.**

**Translating the intentions in your head onto paper is like sending a flare into the universe that says,  
"Bring it on, I'm ready for real!"**

**Raising a brim-filled glass to whatever you'd most like to experience and contribute.**

**Love,  
Coach Lisa**