



Campsite One—Enjoy Today

You can make your personal journey more enjoyable and productive by taking time to think about, write about and act on the following ideas. Pick the ideas that are most meaningful to you and write your thoughts down. You may choose to write in your own journal or you may print off the custom Personal Journey pages and write on them.



Key Learning Points

- Notice and savor the good parts of your life. Appreciate the things you usually take for granted.
- Focus on the good things that happen during each day.
- Manage your attitude. Choose to look for positive aspects in all parts of your day. Don't allow yourself to frame your day in terms of frustration or disappointment.



Application Exercises

1. What can you do today to better appreciate aspects of life you might take for granted?
 - For example: take a walk with a focus on enjoying nature and your surroundings, tour your home and appreciate items that are meaningful to you, think of good people who are gifts to you, etc.
2. Make notes in a journal about the parts of your day that you want to savor.
 - What did you experience today as a blessing in your life?
 - What neutral or painful things did you experience that might be reframed as blessings?
3. Did something happen today that was frustrating, difficult or disappointing? How can you manage your attitude towards that experience?
 - “Rewrite” the experience, looking for positives.
 - What did you learn that was useful or may help you grow?
 - Focus on what there was to appreciate about the day.
4. What joys have you seen in the lives of those who surround you? How can you help people celebrate their joys?



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Campsite Two—Find the Gems in Your Past

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Key Learning Points

- Remember the good aspects of your life history instead of focusing on the negative or disappointing aspects
- Mine the history of your family to find “gems” that can help you on your journey.



Application Exercises

1. What are a handful of the best memories that you have? How can you string those together to create a positive story of your life?
 - Consider your life history with a theme, such as growth, joy, courage, purpose or service.
2. Do you have memories that create problems in your life today? What can you do to move forward beyond those memories?
 - “Re-script” difficult memories with positive themes. For example, think about them with a theme of forgiveness (for others or for yourself).
 - Sensitive people often review their life histories and see themselves as failures. Instead of considering yourself a failure, view your history in terms of how it helped you grow. What have you learned through your experiences that will help you be the kind of person you want to be in the future?
 - Bring understanding to heal a relationship in order to move forward.
3. Write gratitude letters. Write letters expressing gratitude to people who have positively impacted you. You can send them or keep them for yourself. You can even include people who are no longer alive or in your life.
4. What strengths can you see in your family history that are a part of who you are today?
5. Interview a family member you admire. Ask that person what experiences helped him/her develop the strengths and characteristics you respect. What can you learn from those experiences?
6. Talk to older members of your family and gather up old pictures and documents. Study the lives of your ancestors. Cultivate the feelings of connection and gratitude by coming to know your ancestors and their stories.



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Campsite Three—Look Forward to Tomorrow

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Key Learning Points

- Notice when anxiety or fear is limiting you or causing you unhappiness. Eliminate or manage those anxieties and fears.
- Look towards the future with hope and positive anticipation.



Application Exercises

1. What are some things that you worry about that drain your resources or cause you to limit yourself?
 - Is there something you should be doing to address situations you worry about? If so, what action steps should you take? (For example, if you are burdened by worry over debt, you could meet with a financial advisor to discuss action steps to get out of debt.)
 - If there is nothing you should do to manage those situations, how can you manage your fears and anxieties? Some people use reasoning or faith to deal with anxiety. What resources can you use?
 - What are the realistic chances that the things you are worrying about will actually occur? If the likelihood is low, recognize you may be investing too much energy in worrying about those particular fears.
 - Consider reading *The Science of Fear* by Daniel Gardner. Most of our fears are exaggerated by the media.
 - You may be thinking only about worst case scenarios. Bring balance to your thought process. What would the best case scenarios be? What is the likely-case scenario?
2. Is there something you should be courageous enough to try to do or be to improve your life? How can you move forward on that project with a hopeful spirit?
3. Think of a time when you used resources in your life to create a better tomorrow for yourself.
 - What types of resources were you using at that time? What types of people did you surround yourself with? What strengths did you use?
 - How can you use those resources today to head towards a better tomorrow?
4. Hope is energizing. What in your life gives you hope for the future?





Campsite Four—Use Your Strengths

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Key Learning Points

- Identify your greatest strengths.
- Identify how you can use your strengths to achieve the experience of flow.
- Identify how to manage your weaknesses.



Application Exercises

1. What are your greatest strengths?
 - What are 20 things you love to do? Do those things give you any insight into your strengths?
 - Interview people who appreciate you. Ask them what strengths they see in you.
 - Go to www.authentic happiness.org and take the VIA Signature Strength Survey to see which are your top or “signature” strengths. Or talk with a counselor or professional who can link you with strength assessment tools.
2. When have you been immersed in a challenging task that you enjoyed so much that you lost track of time? That is the state of flow. How can you spend more time in a state of flow?
3. Consider ideas for using your strengths more on your job. Focus on ideas that will accomplish organizational purposes as well as increase your job satisfaction. Plan how you will discuss those ideas with your manager.
4. In order to achieve happiness we need to use our strengths. We also need to manage our weaknesses. What is your plan for managing your weaknesses? For example, do you have friends or family members who can help you in areas where you are weak?





Campsite Five—Choose to Serve

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Key Learning Points

- The highest level of well-being is achieved by serving others.
- Use your strengths to serve and make the world a better place.



Application Exercises

1. Considering the strengths you identified in Campsite Four, how might you serve or help others? Keep in mind that service doesn't have to be limited to formal roles through organizations. Service can also be done informally as we reach out to neighbors, people at our church or family members. It can also include a few minutes per week or hours every day.
2. Consider asking others in your community about opportunities for service. Match your strengths to opportunities that fit you.
3. Consider creating a personal schedule for service. How can you build time into your life to help others? Keep in mind that, when you choose the right service opportunities, they will be energizing, not draining.
4. Take time during the week to connect with others. Are there neighbors, co-workers, people at church or others in your life who are struggling or lonely and would benefit from your unique personality and capabilities? You could call them, send a note or make a visit.
5. Would you like to draw other people together to serve as a group?
6. Notice and be glad for the opportunities you have already taken to serve, including the service you have given to family members.



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Campsite Six—Choose to Grow

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Key Learning Points

- Actively choose to keep growing.



Application Exercises

1. How can you challenge yourself to grow this year? Think about the following questions or develop a list of your own. Decide how you will pursue your growth journey this year.
 - What new experiences would you like to have?
 - What learning opportunities would you like to participate in?
 - What projects would you like to pursue?
 - What skill, ability or talent would you like to acquire?
 - What relationships would you like to develop or improve?
 - How would you like to be a better person?
2. Are there resources that would help you grow? For example: taking a class, finding a mentor, joining a group organization, etc.
3. Interview people you respect. Ask them how they developed the talents, skills or characteristics you admire. How can you use that information to grow?
4. Read a book that will challenge you to improve your personal journey. For example, you might read *Authentic Happiness* by Martin Seligman.





Campsite Seven—Don't Forget Your Compass

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Key Learning Points—Don't Forget Your Compass

- Live with integrity.
- Be compassionate with others.
- Make good choices.



Application Exercises—Don't Forget Your Compass

1. We sometimes allow ourselves to act in ways that aren't consistent with our highest values. Is there an area in which you would like to challenge yourself to live more consistently with your values? What behavior changes would that involve?
2. Are there any lingering resentments that you need to let go? How can you forgive and move forward? Are there any relationships in your life that need repairing? How will you do that?
3. Could you be more patient and compassionate with others? Could you be better at responding to the needs of others, including family members? In what ways?
4. Keep a journal in which you make notes of times when you feel uplifted or when "your soul speaks to you"—times when you feel you are on your best path in life. Reflect on what you learn from that journal.
5. Life is a journey of choices.
 - Are you drifting through life and avoiding choices that would allow you to have the life you want? What choices do you need to make?
 - Do you sometimes get carried away by circumstances? Do you view yourself as a victim of circumstances? How can you begin taking charge of your life?
 - Do you plan your life in a way that the most important things get done? What do you need to spend more of your time on? How can you motivate yourself to get the difficult things done?
6. What is your life purpose? What do you want to accomplish with the rest of your life? How do you want people to remember you? Are you making choices that will fulfill your life purpose?



