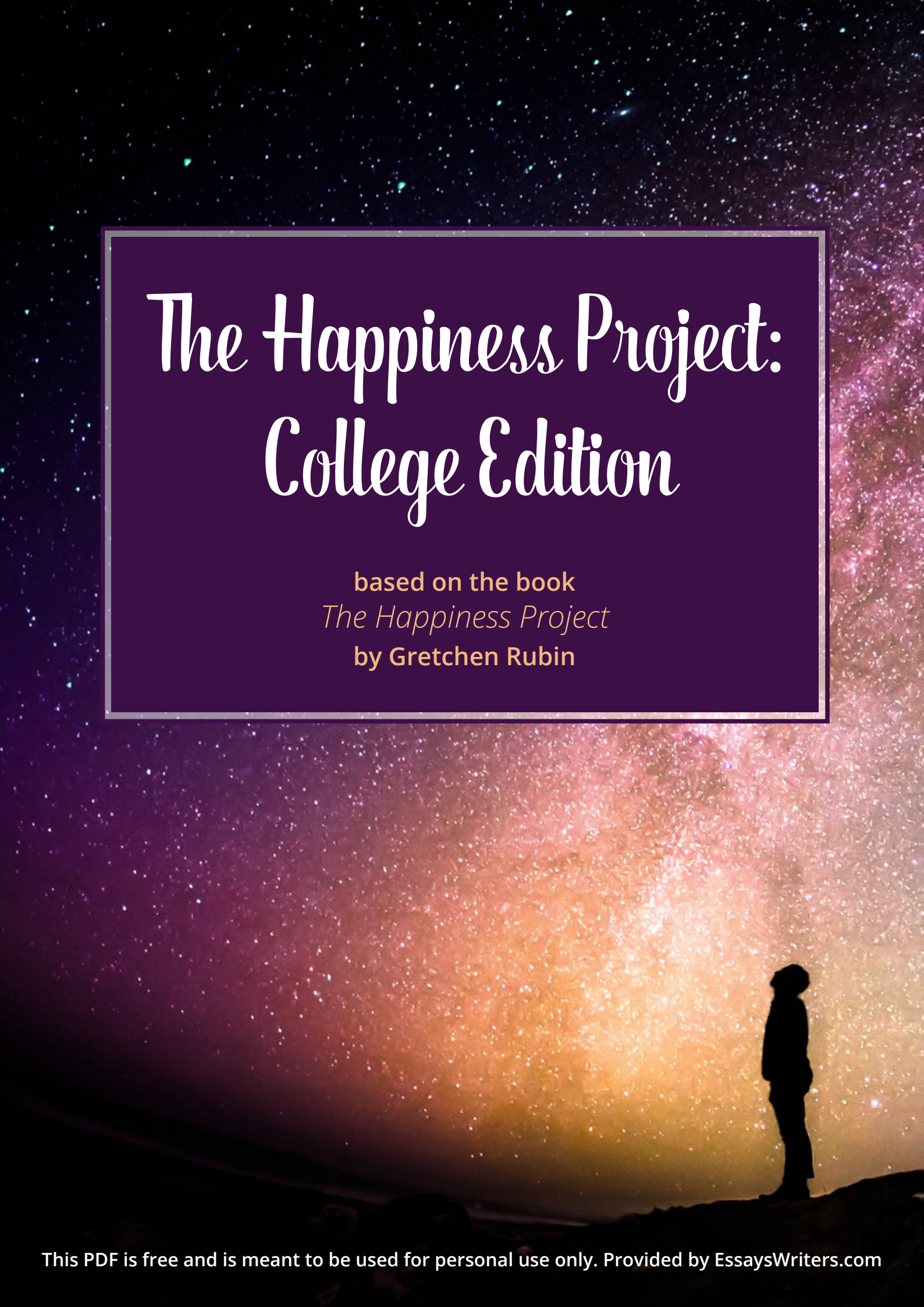

The Happiness Project: College Edition

based on the book

The Happiness Project

by Gretchen Rubin

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12 commandments of happiness for every student:

1. **Be yourself.** No matter what happens along the way, stay true to who you are. Find a place where you can feel good about your beliefs and views.

2. **Let it go.** Learn to forgive yourself and let your past go. As long as you let your past define your future, you will have to deal with a mediocre life.

3. **Act the way you want to feel.** Imagine the best case scenario and learn to live up to it, trying to create that perfect picture. Believe that you can achieve it.

4. **Do it. Now!** If you have time and you have a task, just do it! I know it sounds like a motto from a popular commercial, but dealing with a nagging task will help you feel better and won't drag you down the alley of self-pity and shame.

5. **Polite and fair.** Let this two words define your behavior in college and the way you treat people in your life. Be polite no matter what and treat people fairly, even if they fail to treat you the same way.

6. **Enjoy the process.** Have you ever tried to turn a boring thing into an adventurous task? Try it, just look for the proper motivation and try to make any task as joyful as possible.

7. **Spend out.** Let yourself have those small presents and pampering gifts. Or celebrate your victories with things from your wish-list (but be reasonable about it).

8. **Identify the problem.** Learn to point out the real reason for the way you feel. Point out the problem and get to the 4th commandment.

9. **Lighten up.** Learn how to have an easier approach to life, focusing on positive moments more than problems.

10. **Do what ought to be done.** Let yourself be both spontaneous and responsible, finding a balance between those two. If deep inside your heart you feel this is what should be done, just do it without looking for numerous logical reasons.

11. **No calculation.** Do not try to figure out every single aspect of your life for next 5 to 10 years. Live here and know!

12. **There is only love.** And it doesn't matter whether we are talking about loving life, your pet, or having a significant other. As John Lennon once said, *all you need is love.*

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1

focus of the month

Do a Research.

Take your time and dig a little deeper inside of yourself. Use our free planning pdf to guide your research.

Things I will do:

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2 focus of the month

Level Up Your Energy.

Let the next month help you focus on your health and energy level. Establish a sleeping routine, hydrate and take vitamins, force yourself outside, and do your best to take care of your body.

Things I will do:

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3

focus of the month

Remember Love.

If you have a beloved one, take your time and show your appreciation. If you are still looking for your second half, devote this month to understanding both your needs and expectations.

Things I will do:

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4

focus of the month

Aim Higher

(Academic Career). Spend time and set goals, plan ahead and understand where you would like to be. Create a study plan, think of any complementary courses or additional projects you could do.

Things I will do:

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5

focus of the month

Know Your Field.

What's your major? What field can you work in? Take this month to get a clear picture of how you can get your foot in the industry.

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6 focus of the month

Be Serious About Play.

When was the last time you did something fun and joyful? Water balloon fight? Movie marathon and popcorn with your friends? A night of board games or twister? Plan your fun and step up your game.

Things I will do:

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7 focus of the month

Make Time for Friends.

Can you say you are a good friend? Do you show up, remember birthdays, and spend time regularly? Devote soe precious time to your friends and spread your channel of communication.

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8 focus of the month

Buy Some Happiness.

How do you feel about spending money? Do you feel guilty buying yourself something? If so, take this month to find out what would make you extremely happy and get it! Look for that childhood kind of happiness when you knew what you asked for and yet were really happy.

Things I will do:

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9 focus of the month

Broaden Your Horizons.

Spend this month looking for a new hobby, mastering a new habit you thought about for a long time, or apply for that internship even if you don't think you'll get accepted.

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10 focus of the month

Pursue a Passion.

Find something you feel great about and focus on it. Do you love painting? Great, spend your month working on a new masterpiece. Do you like reading? Plan your time so you can spend at least an hour and a half every day reading books that make you happy (we are not talking about studying!).

Things I will do:

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11

focus of the month

Pay Attention.

This month can be a great time of paying close attention to both yourself and people around you. Start a mood journal to find out any correlation between your mood swings and events in your life.

Things I will do:

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12

focus of the month

Keep a Grateful Heart.

Try to devote this month to the way you feel about everything in your life: family, studying, friends, and events. Spend each day writing at least 3 things to be grateful for and go 30 days without repetition.

Things I will do:

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