

TransZen Your Life Course

GETTING READY FOR THE COURSE
CREATING YOUR HAPPY BOARD

Creating a Happy Board is a powerful exercise to prep your mind and create a positive atmosphere. It serves as a daily reminder of your goals and helps you focus on the many positive things that bring you happiness in your life. Here are some tips to help you create your own Happy Board.

MATERIALS NEEDED

- ☺ A poster board, pin board, corkboard, or large sheet of paper
- ☺ Magazines, printed images, or personal photos
- ☺ Scissors
- ☺ Glue, pins, or tape
- ☺ Markers, pens, or stickers (optional)

*"Find your inner happiness
and go there daily..."*



STEP-BY-STEP INSTRUCTIONS:

1. Set Your Intentions

Take a moment to reflect on what brings you happiness. Consider the people, places, and things that make you feel joyful, fulfilled, and at peace. These could be memories or even places you dream of visiting. Your Happy Board will be a visual reflection of these positive feelings.

live
every
day
with
intention.

2. Gather Images

Collect inspirational images for your vision board that represent happiness, love, success, and positivity. These can be pictures, quotes, or photos from magazines, or even personal images that resonate with you. Choose anything that brings a smile to your face and inspires joy and motivation, such as:

- ☺ Beautiful landscapes or places you want to visit
- ☺ Pictures of loved ones or pets
- ☺ Inspirational quotes or words that motivate you
- ☺ Hobbies or activities that make you feel fulfilled
- ☺ Symbolic items that represent joy, peace, or accomplishments

3. Arrange and Paste

Once you have a collection of images, lay them out on your board without gluing them down. Take your time arranging them in a way that feels good to you. When you find a layout that resonates, begin gluing or taping everything in place.

4. Personalize Your Board

Add personal touches with markers or stickers. Write words, affirmations, or phrases that remind you of the positive emotions you want to amplify. Leave a little space to include the specific goal you would like to achieve during this course.

"Happiness is a state of mind..."

5. Place Your Happy Board in a Visible Spot

Once your board is complete, place it somewhere you can see it daily, like near your desk, bedroom, or living room. The goal is for you to see it regularly, so it reinforces the positive feelings and brings a smile to your face each time you see it.

6. Meditate 5 minutes a Day

Take a few moments each day to sit quietly in front of your Happy Board. As you gaze at the images and words, allow yourself to fully absorb the positive energy they bring. Spend at least five minutes meditating, focusing on the feelings of happiness, love, and success that arise. Let this daily practice center your mind, align your intentions, and reinforce the vision you are working to create. This simple ritual can help manifest your dreams and bring clarity and peace to your journey.

Remember, your Happy Board is a visual tool designed to remind you of the many wonderful and joyful moments already present within and around you. May it evolve as you grow, expand as you dream, and serve as a constant source of motivation and a reminder of all the good that is yet to come.

If you have any questions or need any support, please feel free to reach out to our team at hello@transzen.com.