

Happiness

Find the middle space — where real joy is sustainable.

A balance worksheet based on Chapter 39

FROM CHAPTER 39 • PAGE 135

“External occurrences don’t bring us happiness. It’s much more of an inside job.”

— Chris Masiello

How to use this worksheet:

1. Read your level: mark where your bubble sits today.
2. Track your highs, lows, and middle all week.
3. Run the fifteen-minute rule on one temptation.

Where's your bubble right now?

"I often visualize my own energy as a construction level. It's a great place for me if the bubble is in the middle of that level. If I'm tilted one way or the other, the bubble will go to either side, out of alignment." (p. 136) Highs overcommit. Lows say "never." "The space in between those highs and lows is where we experience real joy." (p. 135)



LOW

THE MIDDLE

HIGH

Circle where your bubble sits today.

What reliably tilts me HIGH (exuberance, overcommitment, lost objectivity)

What reliably tilts me LOW (the "never" voice, nothing-is-working)

What brings my bubble back to center

My own visual for balance — Chris uses a construction level; what image works for you?

Track the bubble for a week.

"It's an art to stay in the center space all the time and keep your energy balanced... We can energetically sustain this space because we're not going to tire ourselves out." (p. 136)

MONDAY	My bubble today — high / middle / low:	CENTERED?
	What tilted it — and one realigning act:	☐
TUESDAY	My bubble today — high / middle / low:	CENTERED?
	What tilted it — and one realigning act:	☐
WEDNESDAY	My bubble today — high / middle / low:	CENTERED?
	What tilted it — and one realigning act:	☐
THURSDAY	My bubble today — high / middle / low:	CENTERED?
	What tilted it — and one realigning act:	☐
FRIDAY	My bubble today — high / middle / low:	CENTERED?
	What tilted it — and one realigning act:	☐
SATURDAY	My bubble today — high / middle / low:	CENTERED?
	What tilted it — and one realigning act:	☐
SUNDAY	My bubble today — high / middle / low:	CENTERED?
	What tilted it — and one realigning act:	☐

Measure the happiness before you buy it.

“Measure the amount of time something will bring me happiness... You’ll likely find that those temptations don’t bring sustainable happiness in most cases, which is what we want to aim for — not just momentary happiness.” (p. 137)

The temptation I measured this week

Honest math: how long would it actually make me happy?

The sustainable choice I made instead

01 From the middle space, “with every event, there is an opportunity.” (p. 136) What opportunity did balance let you see this week?

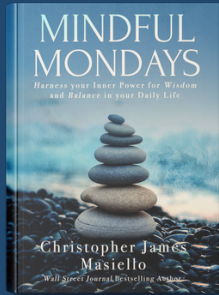
FROM THE CHAPTER • KEY POINTS (P. 137)

1. If we want to be in a joyful state, then we have to moderate our highs and lows.
2. Rather than feeling our energy in extremes, we should aim to find a middle space, which leads to a balanced joyfulness.
3. We can be more objective in this middle space, and we might even see opportunities in places we wouldn’t typically see them.

KEEP GROWING

This is Chapter 39. There are 13 more.

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



GET THE FULL BOOK

Mindful Mondays

Harness Your Inner Power for Wisdom and Balance in Your Daily Life

→ amzn.to/47mUtMv

Available on Amazon

WSJ Bestselling Author • Chris Masiello