

“You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction” - George Lorimer

HAPPY HILL PROGRAM

10 Day's to a better life

Workbook

STEPHEN HILL

STEPHEN HILL
THE HAPPY COACH

HAPPY
HILL
PROGRAM

10 Day's to a better life

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What lies ahead

The Happy hill program is a structured, proven and life altering program...

The next ten days of your live will be life

“What lies in your power to do, lies in your power not to do”

changing. This is a guarantee - But only if!

The Happy hill program is a structured, proven and life altering program that will deliver incredible individual results. I have completed this program many times and have made additions and adjustments so that I could get a better outcome and also so you could get the most from the program. One thing that I have never changed since I did the first program was one element. Sticking to the program.

If that is all it takes to improve your life, I think 10 days is a small sacrifice to pay.

Working with numerous clients, I quickly identified that those who followed the program gained the most and those that felt it was ok to stray, didn't experience the full benefits of the program.

10 days is not a long time in the scheme of things. If that is all it takes to improve your life, I think 10 days is a small sacrifice to pay.

What do you want from this program?

For you to get the most from the program, you need to know what it is you want. Do you want to lose weight and feel great again? Do you want to feel better about yourself and life in general? Do you want to feel energised, focussed and a mindset full of love and gratitude? etc. I could go on but you get the picture. So, what do you want?

What are the three things you would like to achieve and what will you reward yourself for achieving each of these?

- 1. _____
Reward _____
- 2. _____
Reward _____
- 3. _____
Reward _____

Now you have set yourself a plan of what you want to achieve, you in the following pages the journal that is important you follow to get those results.

“The perfect place to begin is exactly where you are right now”
Dieter F Uchtdork

HAPPY HILL
JOURNAL

The Game Plan

Wake up

- Weigh in and note quality of sleep - in your Happy Hill Journal
- 30 Minutes of Moderate to Vigorous Exercise (important to do in the morning)

Morning

- 10 minutes of mindfulness exercise (Suggest the Calm App)
- Fibre and Vitamins 10 minutes prior to breakfast
- Breakfast - Shake or Smoothie (from the meal planner)
- Mood Check in - This is in the Happy Hill Journal
- Mid Morning snack - 10-12 Raw Almonds (Macadamia, cashews - must be raw)

Lunch & Afternoon

- Go for a 10-15 minute walk - brisk if possible (optional but recommended)
- Fibre and Vitamins 10 minutes prior to meal
- 3-4-5 breathing exercise just before meal
- Meal from the meal planner
- Mid afternoon snack - Dips (Hummus) with carrots
- Mood Check in - Happy Hill Journal

Dinner

- Vitamins and Fibre 10 minutes prior to your meal
- 3-4-5 breathing exercise just before your meal
- Choose a meal from the meal planner
- Take a short 10 minute walk or short Yoga session 15 minutes prior to your meal

Bed time

- Complete the Happy Hill Journal and Gratitude Journal
- Prepare your day ahead by writing it down prior to bed in your notepad
- 5 Minute body scan exercise (Can use the Calm App) with lights out and laying in bed, or a 10 minute mindfulness exercise
- Get 7-8 hours sleep - NB if wanting 8 hours, you must allow 8.5 hours in bed as you will need at least 30 minutes to get to sleep

Must Do's

- Complete the Happy Hill Journal and Gratitude Journal daily
- Drink 10 glasses of water a day
- Take the fibre before all three meals
- Spend 15 minutes a day on something YOU love doing

Morning

Day One

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Waist (cm):

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Two

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Three

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Four

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Five

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Six

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Seven

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Eight

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Nine

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Morning

Day Ten

Hours Sleep:

Quality for Sleep (1-10):

Weight:

Waist(cm):

Difference:

Breakfast:

Mood:

Snacks

item:

Energy Levels:

Lunch

Meal:

Snacks and Mood Check in

item:

Mood:

Evening

Meal:

Energy Levels (1-10)

Exercise

Time of Exercise:

Type of Exercise

Length of Exercise:

Time of Exercise:

Type of Exercise

Length of Exercise:

Extra exercise activities:

Treats

Mindfulness

Activity:

Time of Activity:

Length of Activity:

Activity:

Time of Activity:

Length of Activity:

What did you do for yourself

Activity:

Length of Activity:

Mood for the day

Provide detail for this one:

Results of the program

Weight (Beginning):

Weight (End):

Difference:

Waist (Beginning)

Waist (End)

Difference:

Energy

Beginning:

End:

What have you discovered?

Mood

Beginning:

End:

What did you learn?

Self Observation

How do you see yourself now?

Personal Evolution

How have you and your world changed as a result of the program?

Your 3 outcomes

Did you achieve your 3 goals you set at the beginning of the program?

1. % Achieved:
2. % Achieved:
3. %Achieved:

What will continue to do?

What elements of the program will you continue to do and why?

Pre tests/Post tests

The wheel of life:

Average Prior:

Average Post:

Difference:

Happiness test:

% Prior:

% Post:

Difference:

Diagnostic Test

Score Prior:

Score Post:

Difference:

Congratulations on completing a program which I hope has helped you be more in love with yourself and life. Keep Smiling.

High five, but what now?

What did you enjoy and want to continue doing?

Many people who complete this program discover there are elements of the program that worked so well for them, they don't want to stop doing them. What did you realise whilst doing the program that you want to continue with?

Did you achieve your objectives?

How did you go with the 3 objectives you set yourself at the start? Did you smash them out of the park? Are you still getting there but didn't quite make them? When you complete a program such as this, you need to evaluate your finishing point. Celebrate what you have achieved and also where you have seen the beginning of positive changes. I would also suggest you complete the self assessments again and see if there are any changes you may not have thought about. I guarantee there will be.

What can I do now?

Join the Facebook group 'The Happy Hill Group' and share your stories, successes and what you have done to keep the journey going. It's always good to connect with others that have done the program or are thinking of doing it. A community of like minded people is exactly the recipe you need to continue on the pathway to happiness. You have taken a massive step and there are many more to come, but this one is huge so well done. I would love to see you jump on the group and contribute to this group

*Good Luck and
Keep on Smiling...*



*How did you go
with the 3
objectives you set
yourself?*



*A community of
like minded people
is exactly the
recipe you need*



Work One on One with Stephen

Limited Spots!

If you found the program was of benefit to you but are looking for bigger gains why not work one on one with the creator of the program, so you can have all the benefits and also have someone you are accountable to.

Stephen will work with you one on one to have your 10 day's planned and structured so that you can focus on maximising the most from the 10 days.

If is this something that interests you, shoot Stephen an email and he will get back to you to discuss how he can assist you further with the program.

stephen@thehappycoach.com.au

“Surround yourself with people that force you to do better”