

LIFE

WITHOUT

LIMITS

HAPPINESS · HEALTH · GROWTH · PURPOSE

The Breakthrough Clarity Challenge

Day 3: Happiness

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Welcome to the Breakthrough Clarity Challenge!

Hey, hey, super achiever! I'm Josh Ellis, your guide during this 4-day breakthrough challenge. I'm also the Editor-in-Chief of SUCCESS magazine. Myself, and the entire SUCCESS team, are honored that you have chosen us to be part of your journey.

This challenge was designed to give you the mindset transformation you need to eliminate the negative setbacks from your life. This includes:

- Self-doubt
- Fear
- Procrastination
- Comparison

You see, until you breakaway from self-limiting beliefs, you won't see progress on your goals. During this challenge, you are going to experience 4 breakthrough moments, presented by our SUCCESS advisors, to help you breakdown the self-limiting beliefs and build a true roadmap for achieving all you want to do for the year ahead.

Our team is going through this challenge right alongside you and is here to help! Follow us on [Instagram](#) and use #ClarityChallenge wherever you post. Don't forget to join the private Facebook group, [SUCCESS Breakthrough Challenge](#). Our advisors, team, and me, are going LIVE in there each day.

Join the community, spark the conversation, and start making your breakthrough happen!

To your SUCCESS, *Josh*

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Breakthrough Clarity Challenge

Day 3: Happiness
with Simon T. Bailey & Josh Ellis

Happiness

True happiness is taking control of your life, without letting fear, worry or stress change your direction.

Happiness is when you learn to live from the inside out. You must be intentional in your discovery of happiness. You have the choice, each day, to make today better than yesterday. Creating moments of happiness will create momentum for your life. A person who is truly happy knows that it starts from being grateful and that they, and no one else, has the control over their happiness.

In order to intentionally choose happiness each day, you need to breakdown the self-limiting belief: ***Happiness is the avoidance of pain.***

BREAKTHROUGH MOMENT

Sustainable happiness comes from pushing your limits with consistency and perseverance.



SIMON T. BAILEY
TRANSFORMATION STRATEGIST

Meet Your Happiness Advisor: **Simon T. Bailey**

Best-selling author, keynote speaker and transformation expert

Simon T. Bailey is an international speaker, author, and transformation strategist. He is the author of *Shift Your Brilliance: Harness the Power of You, Inc.*, and *Be the SPARK: Five Platinum Service Principles for Creating Customers for Life*.

Happiness Evaluation

After watching the Day 3 training with Josh Ellis and Simon T. Bailey, complete the self-evaluation below. This is designed to rate your current level of happiness.

**On the clarity scale, how would you rate your happiness?
Circle or mark on the scale below where you are today.**



I mostly feel down. I just go through the motions of the day and don't expect great things.



When I do feel happy, it is because something good happened to me that day.



I consider myself generally happy, but if something negative happens it will shift my mood and generally feelings of happiness.



I feel happy in my environment and I can recognize good things in bad situations, but it takes me some time to overcome the negative.



I am grateful for things in my life today. I feel whole. I can release the negative emotions and choose happiness.

Use the space provided to answer each question below.

How are you doing as it relates to your happiness in the following areas? Give yourself a score between 1 (the lowest) and 10 (the highest) for each.

Faith: _____

Friends: _____

Family: _____

Fun: _____

Fitness: _____

Future: _____

Finances: _____

What was the last thing you acknowledged as being grateful for? Was it a person, a place, an activity, a feeling, etc? Describe what you were grateful for and why.

Happiness Clarity Challenge

After watching the Day 3 training with Josh Ellis and Simon T. Bailey, complete the exercise prompts below. These activities are designed to help you find clarity on where you are today in achieving true happiness and creating your breakthrough of sustainable happiness.

In the space below, describe the vision of your happiest self.

Referring to your Happiness Evaluation on the previous page, **list three words that you would use to define how you feel today.**

Referring to the vision exercise above, **list three words that define how this version of yourself feels.**
