

A dramatic landscape featuring a dark, stormy sky with heavy, dark grey clouds. Below the clouds, a hazy, mountainous horizon is visible, with a range of brown and tan hills. The foreground is a flat, sandy or dusty plain, also appearing hazy. The overall mood is somber and atmospheric.

Destination Happiness:

Your
Diary

One conscious conquest week of Happiness

For one week, take this diary out before bed and let it do its magic.

Fill in your insights and let them work for you. Take your conquest of happiness into your sleep. You will see, it can work true wonders.

No matter where we stand now, let's start breeding the future culture, a happier culture.

First set your intention: *what kind of happiness do you want to bloom?*

Choose one of these aspects or create your own.

The Joy: Your Colorfulness

The Desire: Your Sacred heart

The Grandeur: Your Wow

The Chill: Your Expansion

The Intensity: YOUR Essence

The Power: Your Energy

The Genius: Your Brilliance

Your
Intention :

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Love, twinkle!

Your Diary

Day one

Date

Your Intention :

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How did the happiness you are conquering/finding show up today?

How did you make yourself happy today?

What kind of happiness do you want to conquer/find tomorrow?

What can you do tomorrow to surrender yourself into the river of bliss?

Day two

Date

Your Intention :

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Whom did you make happy today?

What past unhappiness have you not digested yet?

What kind of happiness would you like to have more of in your life?

What can you do tomorrow to mend a lost opportunity of happiness?

Day three

Date

Your Intention :

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What would be a sign for you that your absolute happiness is meeting you?

What happiness are you missing in your daily life?

What kind of happiness do you want to shower upon people and life every day?

What magic happiness do you want to experience tomorrow ?

Day four

Date

Your Intention :

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What happiness passed unnoticed today?

How did you make yourself happy today?

What kind of happiness would you like to conquer tomorrow?

What can you do tomorrow to surrender into the river of bliss?

Day five

Date

Your Intention :

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Whom did you make happy today?

When were you most happy in your childhood?

What kind of happiness would you like to have more of in your life?

What can you do tomorrow to be happy all day long?

Day six

Date

Your Intention :

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How did the happiness you conquered show up today?

How could you be fully happy for 10 minutes?

How will you know that a secret happiness had found you?

What can you enjoy of your own happiness tomorrow?

Day seven

Date

Your Intention :

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How did the happiness you have conquered show up this week?

Which were your happiest moments this week?

Which were the happiest moments in your life?

How can you use your soul vision to increase happiness on this planet?