Your Roadmap to Happiness:

A 1-Month Challenge

for a Brighter Life
The key to happiness and life satisfaction lies primarily not in external circumstances but rather within ourselves. Happiness, to a great extent, is an attitude — shaped by our perspective on the world and how we interact with each other.

Even small changes in your daily life can bring more brightness and joy into your life.

Below, you will find a list of 27 challenges. Each challenge has the potential to infuse your life with more positivity and happiness. Select one challenge each day and check it off at night. There is no need to go in order. Pick and choose whatever you need most on any given day.

Can you complete the entire list within one month? Try it and see how you feel afterwards. You may even want to continue!

If you’d like to share with me any experiences or insights from your Challenge for a Brighter Life, please let me know at karin@lovemultiverse.com.

I wish you much happiness and fulfillment in your life.

All my best,

Dr. Karin Sternberg
Encountering Challenges

☐ Use a mantra today as you go about your day: “I believe in myself,” “I am worthy of being loved,” “I can get through anything,” or whatever you need most on that day.

☐ When you encounter a challenge, consciously use positive self-talk to coach yourself through.

☐ Are you worried about your performance in front of others? Make a conscious effort not to be so worried. They’re just as occupied with themselves as you are occupied with yourself.

☐ Do you have something in your life that’s hard? Try to embrace the challenge and see whether you can learn something from what you’re going through.

☐ Are you experiencing failure? Don’t get too upset; that’s part of life. Make the best of it — what is a takeaway from your experience that can make your life better in the future?

☐ Are there things in your life that you feel you just can’t do? Work on cultivating a growth mindset - there are very few things you can’t do if you set your mind to doing them!

☐ Stressed? Make an effort to seek support today!
Growing as a Person

☐ Make an effort today to step out of your comfort zone and try something new.

☐ What is a dream you’ve always had? How can you pursue it?

☐ Don’t be afraid to try new things! What can you try today that’s new?

☐ Feel observed by others? Keep going anyway!

☐ Maintain a lifelong love of learning. Make a list of topics and activities you’re curious about.

Being Present in Your Life

☐ Make an effort to be present today when you have lunch or dinner with a loved one.

☐ Start a gratitude journal and write down 3 things you’re grateful for every morning or night. Keep going for a month and see what happens!

☐ Take a walk and make an effort to listen/see/smell/hear and feel the environment. If you don’t have time for a dedicated walk, make this a habit as you walk across campus or to class.

☐ Today, make a conscious effort to put away your phone when you’re with others.
Making an Impact in the World

☐ Embrace transparency and authenticity. Choose one specific way to be authentic and/or transparent today.

☐ Learn by example. What is an example you want to set for others?

☐ What values do you stand for? In which specific way can you live your values today?

Changing Your Relationship with Others

☐ Today, make a conscious effort to approach others with an open heart and mind. How does this effort change your reaction to the people who surround you?

☐ Today, listen before you judge. When we do not understand others, we often lack background information. Ask questions and listen to people’s stories.

☐ Make others your teachers. Pay attention to what you can learn from those around you.
Staying Healthy

☐ How is your posture? Your posture as you walk, stand, or sit tells a lot about you. Make an effort to stand and sit up straight today.

☐ Be physically active today.

☐ Make it a habit to integrate physical exercise into every day. Find an activity you like and commit to it. Start small — it’s hard to stick with big changes!

☐ Say no today to a food or habit that is not good for you.

☐ Take care of your body and mind today. What can you do for yourself today that you have not done in a long time, or that you’ve neglected doing?