

# Feel-Good February

Virtual Handbook:  
Keys to Well-being



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Purpose, Gratitude, Happiness, Awe

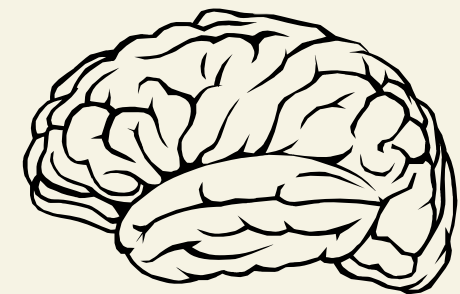
Be well by doing.  
Be well by feeling.  
Be well by serving.





# Purpose

## Week One



### Definition:

- the feeling of being determined to do or achieve something
- the aim or goal of a person: what a person is trying to do, become, etc.

(Purpose Definition & Meaning - Merriam-Webster, n.d.)

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### Synonyms

Aim, ambition, aspiration, dream

(Purpose Definition & Meaning - Merriam-Webster, n.d.)

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### What does it mean for me?

Review and engage in a four prompts on the next page to facilitate self-reflection regarding your purpose. Then engage in daily activities and prompts for the first week of February!



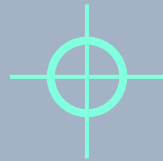
# Purpose

*Let's live it out.*

You may be a friend, a sibling, a student, an athlete, or a combination of those and others; how does this inform the activities I do on a daily basis and why?



**Who are you?  
What are your roles?  
(athlete, student, friend, etc)**



**When in my life have I felt  
like I was living with  
purpose?**



**What are some activities  
that enable me to fulfill my  
purpose?**



**Write a goal for the week.  
What is one activity I am going  
to engage in, to enable a sense  
of purpose in my heart & mind?**

Purpose

Gratitude

Happiness

Awe

*Reflection*

MONTH: <u>February</u>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 All About <u>Goals</u>	2 <u>Mindfulness</u> & <u>Spirituality</u>	3 <u>My</u> <u>activities</u>	4 Goal <u>Reflection</u>	5 <i>Day to</i> <i>Rejuvenate</i>
6 <u>Prepare</u> for the week	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

# Gratitude

## Week Two

### Definition:

- a feeling of appreciation or thanks
- the state of being grateful: Thankfulness

("Gratitude Definition & Meaning - Merriam-Webster")

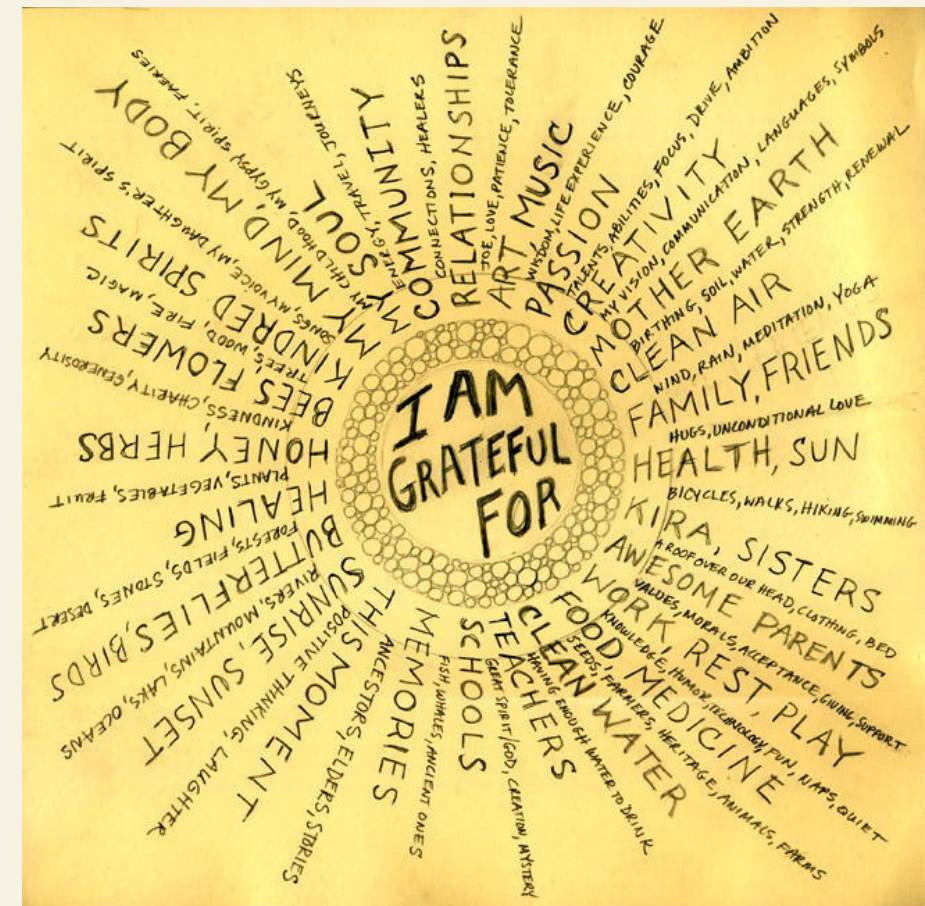
### Synonyms

Appreciation, gratefulness, thankfulness

("Gratitude Definition & Meaning - Merriam-Webster")

### What does it mean for me?

Review and engage in a four prompts on the next page to facilitate thinking regarding gratitude.  
Engage in daily activities and prompts for the second week of February!



# Gratitude

*Let's live it out.*

Gratitude can be described as two parts.

- an acknowledgment that there are good gifts, items, deeds, etc. on this earth
- that these items of goodness have a foundation outside of our personal being

(Gratitude Definition, 2022)

**How** does **being** grateful *help me*?

"People who kept track of their gratitude once a week were more upbeat and had fewer physical complaints than others,"  
(Lyubomirsky, 2022)



What are some things I am grateful for this past week?



During what circumstances or activities in my life have I felt grateful?



Who in my life am I grateful for most?



Write a goal for the week.  
What is one activity I am going to engage in, to experience gratitude?

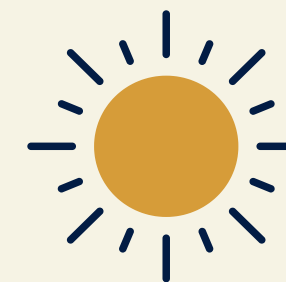
Purpose  
Gratitude  
Happiness  
Awe  
*Reflection*

MONTH: <u>February</u>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 All About <u>Goals</u>	8 What <u>good</u> happened today	9 <u>Talk</u> <u>it</u> <u>out</u>	10 Activity on <u>selflessness</u>	11 Gratitude <u>Journaling</u>	12 <i>Day to Rejuvenate</i>
13 <u>Prepare</u> for the week	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					



# Happiness

## Week Three



### Definition:

- a state of well-being and contentment: joy
- a pleasurable or satisfying experience

(Happiness Definition & Meaning, 2022)

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### Synonyms

Blessedness, bliss, gladness, warm fuzzies

(Happiness Definition & Meaning, 2022)

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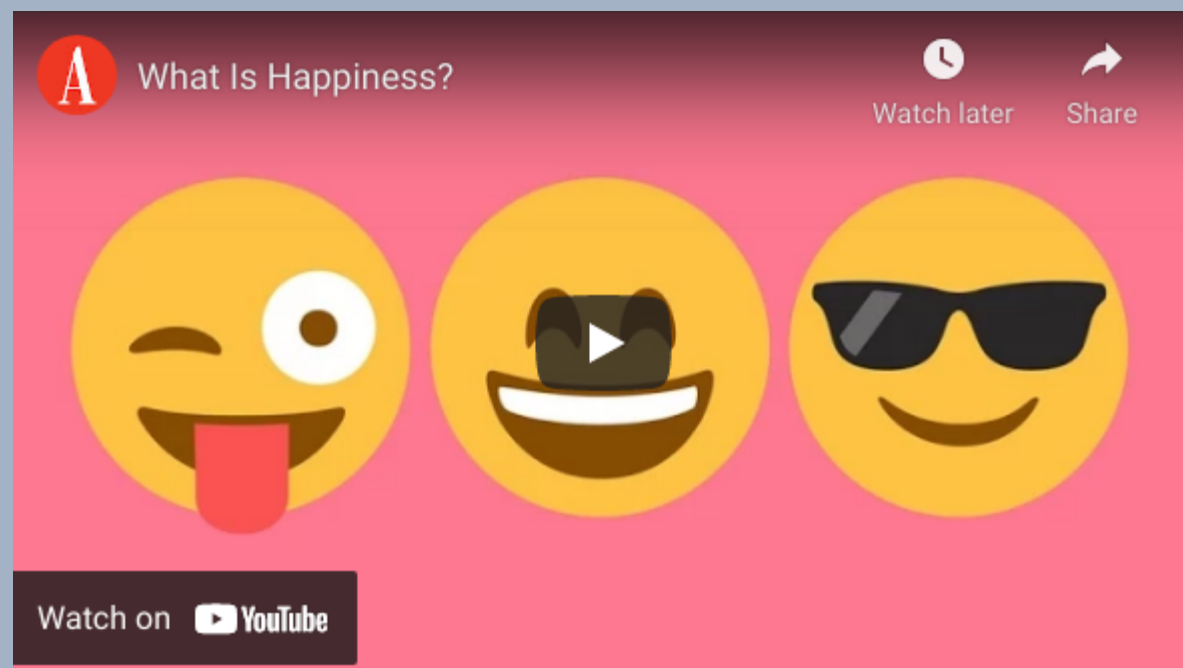
### What does it mean for me?

Watch the video on the next page, to discover more! Then engage in daily activities and prompts for the third week of February, to enable old and new experiences of happiness.



# Happiness

*Let's live it out.*



click [HERE](#) to watch the video

## ***Food for Thought***

" Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible-and it gets easier with practice," (Lyubomirsky, 2022)

Purpose

Gratitude

Happiness

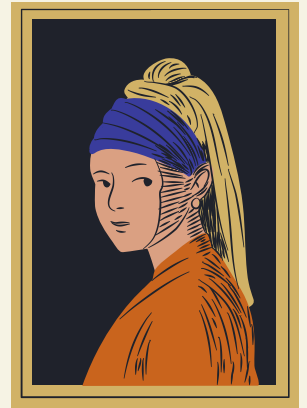
Awe

*Reflection*

MONTH: <u>February</u>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 One minute <u>activity</u>	15 Get <u>active</u>	16 <u>Move...</u> with a friend!	17 Blast <u>from the</u> <u>past</u>	18 <u>Belly</u> <u>laugh</u> time	19 <i>Day to Rejuvenate</i>
20 <u>Prepare</u> for the week	21	22	23	24	25	26
27	28					



# Awe Week Four



## Definition:

- an emotion variously combining dread, veneration, and wonder that is inspired by authority or by the sacred or sublime

(Awe Definition & Meaning, 2022)

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## Synonyms

- admiration, amazement, astonishment, wonder

(Awe Definition & Meaning, 2022)

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## What does it mean for me?

Get creative on the next page!  
Later, engage in daily activities to be awe-filled and inspired. This is the last week of February, so let's keep it going strong!



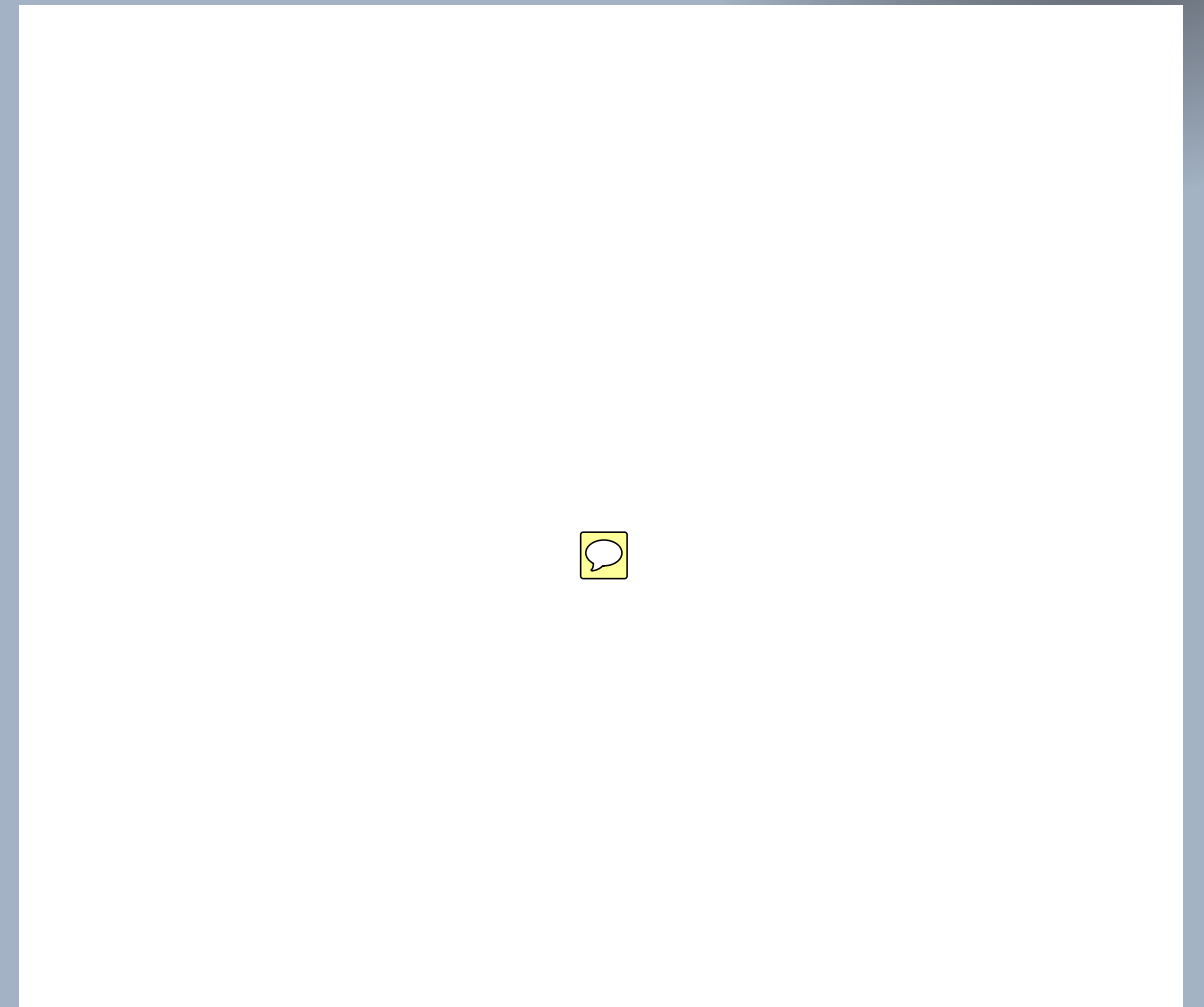
# Awe

*Let's live it out.*

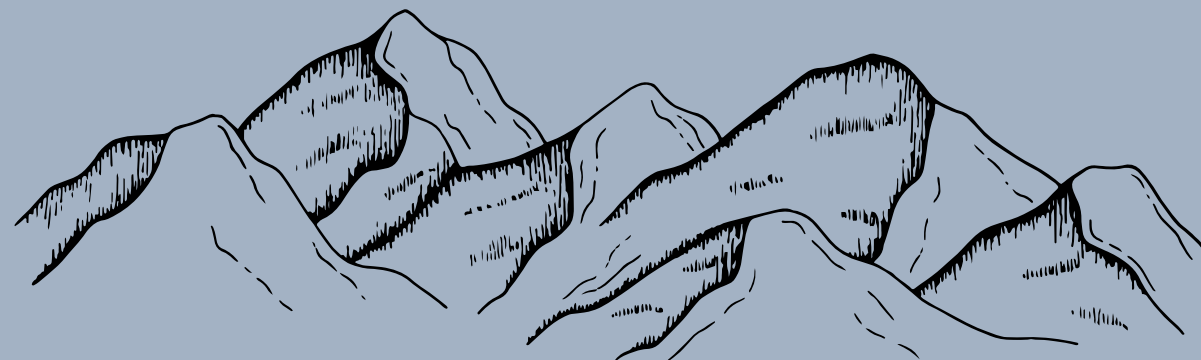
Why should I care about feeling awe?

"Research suggests that experiencing awe improves people's satisfaction with life, makes them feel like they have more time, makes them feel less self-conscious, and reduces their focus on trivial concerns,"

(Awe Video 2022)



Draw something that inspires you



Purpose

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*Reflection*

MONTH: <u>February</u>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 <u>Awe</u> <u>Video</u>	22 <u>Get</u> <u>outside</u>	23 <u>Mindful</u> <u>Activity.</u>	24 <u>Visualize</u> <u>or Write</u>	25 Free <u>Choice</u>	26 <i>Day to</i> <i>Rejuvenate</i>
27 <u>Prepare</u> for the week	28					

# Day 28

## Reflection



If you wish, after completing the 28 day challenge of activities designed to foster purpose, gratitude, happiness, and awe within you, please complete [the google form HERE](#).

Purpose, Gratitude, Happiness, Awe

Be well by doing.  
Be well by feeling.  
Be well by serving.



# References

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