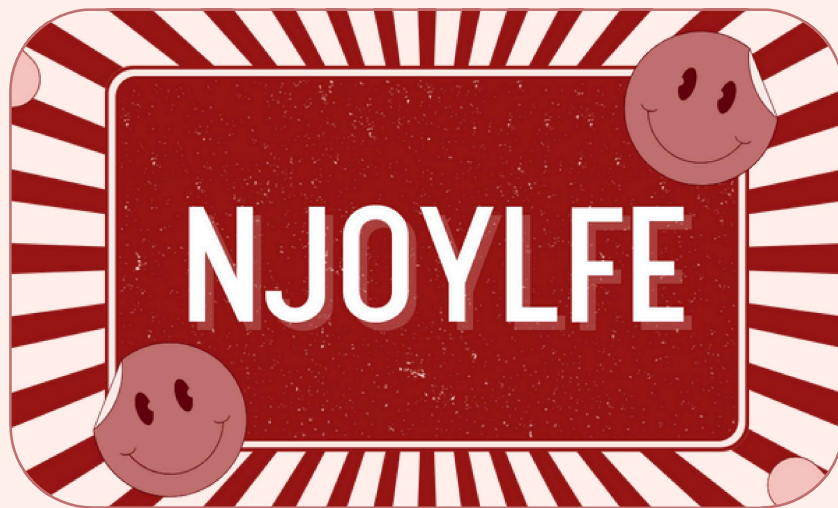


FIND YOUR PERSONAL EASY WAY TO



A COMPANION WORKBOOK FOR
YOU'RE MAKING THIS WAY TOO HARD:
FIND YOUR EASY WAY TO NJOYLFE

ANGELO VALENTI, PH.D

INTRODUCTION

Simplify, Engage, Enjoy 😊

Welcome to the companion workbook for "You're Making This Way Too Hard: Find YOUR Easy Way to NJOYLFE." I wrote the book hoping that you, dear reader, would begin to think a little differently about yourself and your life by using examples from my own experiences. My book also asked some questions about you that only you can answer. This workbook is designed to guide you toward YOUR answers to those questions. If you're holding this workbook, you're already on the path to uncovering the more joyful and fulfilling life that awaits you. This journey is not about transforming who you are; it's about shifting how you approach life's complexities, systems, and challenges.

The core message of my book is simple: Many of the obstacles between us and our joy are of our own making. Whether it's how we interact with the systems around us, the way we process our goals and failures, or how we engage with our inner selves and others, there's always a simpler, more straightforward path to achieving happiness and fulfillment. There is a catch, however. To get the most out of this workbook, you're going to have to do some WORK. Not work like calculus or coal mining, but mental and emotional work. It is a workbook, after all.

This workbook is designed to be your personal guide, a tool to help you put the principles discussed in the book into direct practice. Through a series of exercises, reflections, and challenges, you will embark on a journey of self-discovery and practical application. The goal is not just to think differently but to act differently—to make choices that bring us closer to the easy way to enjoy life that we all seek.

What This Workbook Offers

Practical Exercises: These are designed to translate the ideas from the book into actionable steps. By engaging with these exercises, you will start to see changes in how you approach your day-to-day life.

Reflections: You will be given prompts to help you reflect on your current practices, thoughts, and habits. These reflections are crucial for understanding the root causes of why you might be making life harder for yourself.

Real-World Applications: The workbook includes scenarios and case studies that illustrate how to apply the book's principles in various contexts, from navigating complex systems to enhancing personal relationships.

Tracking Progress: Tools and templates for monitoring progress as you go through the workbook are included. This tracking is essential for recognizing growth and areas needing further attention.

How to Use This Workbook

It's up to you: While the workbook can be worked through in order, feel free to navigate to reflections that particularly resonate with you, address areas where you feel most challenged, or work through topics or issues that are most relevant right now.

Take Your Time: This is not a race. The journey toward simplifying your life and increasing your joy is deeply personal and can take time. Allow yourself to move through the exercises at a pace that is most comfortable and productive for you.

Be Honest and Open: The effectiveness of this workbook hinges on your willingness to be honest with yourself. Approach each exercise with an open heart and mind. It's up to me to ask the questions, and it's up to you to provide the answers that are most meaningful to you.

Rinse and Repeat: As you grow and evolve, so will your responses to these exercises. Feel free to revisit sections or redo the workbook as needed. You might be surprised at how your perspectives change.

Embarking on Your Journey

As you begin this workbook, remember that the journey toward a simpler, more enjoyable life is ongoing. There will be successes and setbacks, moments of clarity and confusion. Yet, every step forward is a step toward a life filled with more joy, ease, self-acceptance, and fulfillment.

You're not alone on this journey. Like you, many are seeking the same simplicity and happiness. Think of this as a guidebook. Discuss the concepts with your friends and loved ones and share the insights you've gained. Let's embark on this path together, learning, growing, and enjoying every step of the way.

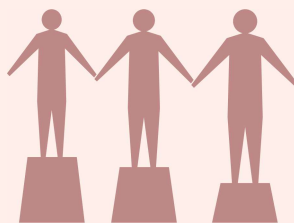
Welcome to your easy way to enjoy life. Grab a notebook, journal, legal pad, or whatever you want to use to document the answers to the questions you'll be asked, as well as your thoughts, ideas, insights, and actions. Writing your answers by hand helps program your mind.

Let's get started!

FAIRNESS

In my book, I discussed the illusion we call fairness. Each of us has advantages and disadvantages, and our unique mix of the two plays a large part in who we are. If you want to find your easy way to enjoy life, now is the time to begin focusing on your advantages and stop using your disadvantages as an excuse.

Remember my story about how I dreamed of being a professional baseball player but realized that I didn't have enough talent to make it happen? This led me to pivot to academics – my other strength – which, through a series of twists, turns, starts, and stops, ultimately resulted in a successful career.



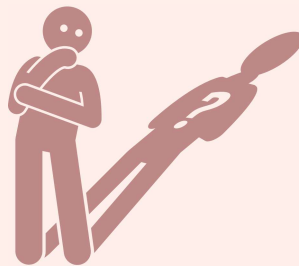
Reflective Questions:

Reflect on a time when you felt that life wasn't fair. What was the situation, and how did you respond?

Can you think of a time when you or someone else confused "fairness" with something else?

How can redefining "fair" affect our outlook on life?

What are some rules or laws in society that you think aim to create fairness? Do they succeed? Why or why not?



01

Identifying Your Advantages and Disadvantages

Thinking about advantages and disadvantages can be difficult because your mindset plays such a big part in what you consider to be an advantage or disadvantage.

Here's a definition of an advantage: A condition or circumstance that puts one in a favorable position over others.

Conversely, a disadvantage is an unfavorable condition or circumstance, a drawback, or a handicap.

Feel free to come up with your own definitions if they help you complete this exercise.

- List down at least five perceived advantages and disadvantages you believe you have.
- Next to each advantage and disadvantage, write how that advantage or disadvantage has impacted your life up to now.
- Also, write how you can more effectively use each advantage and how you can prevent each disadvantage from overwhelming you.
- Reflect on how you can shift your focus from your disadvantages to your advantages.

EXERCISE

01

Identifying Your Advantages and Disadvantages

Advantages	
1.	
2.	
3.	
4.	
5.	

EXERCISE

01

Identifying Your Advantages and Disadvantages

Disadvantages	
1.	
2.	
3.	
4.	
5.	

EXERCISE

02

The Messaging We Receive

Write down three negative messages you've encountered recently (these can be from media, individuals, or even your inner critic).

Below each of these messages, write a counter-message that focuses on an advantage or a positive perspective.

This can seem more difficult at first, but once you start looking for positive messages, you will begin to see and hear them more readily.

Commit to reminding yourself of these positive messages daily for the next week.

Negative Message #1

Counter Message

Negative Message #2

Counter Message

Negative Message #3

Counter Message

EXERCISE

03

Life's "Unfair" Moments

Think of a situation where you faced an outcome that you initially felt was unfair.

Analyze the situation by answering the following:

What were the rules or circumstances that made it feel unfair?

Were there any aspects of the situation that were actually fair?

How did the outcome affect you in the long run? Did it lead to any hidden advantages?

04

Redefining Success

Reflect on my baseball story and relate it to your own life.

Is there something you strived for and didn't achieve?

Write about what you learned from that experience and how you redirected your focus to your strengths.

What I Learned

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-
-
-

How I Redirected My Focus To My Strengths

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-
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-
-

EXERCISE

04

Redefining Success

Create a plan on how you can use your strengths to pursue a new or modified goal.

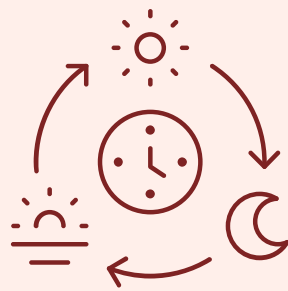
What is your new or modified goal?

What potential obstacles might you face, and how can you overcome them?

What are the first three actions you can take to move toward this goal?

Who can support you in this journey?

APPLICATION IN DAILY LIFE



05

Daily Advantages Log

For the next month, keep a daily log.

At the end of each day, write down:

- At least one advantage you utilized that day.
- Something new you learned or a skill you improved.
- One act of kindness or fairness you performed or witnessed.

Date: _____

What advantage or strength did you use today?

What did you learn today, or what skill did you improve?

What act of kindness or fairness did you perform or witness today?

EXERCISE

06

Joy Discovery

Based on my license plate NJOYLFE, create a personal interpretation of what each letter could stand for in your life.

Develop an action or affirmation associated with each letter that you can perform or recite daily to bring you joy.

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J	
O	
Y	
L	
F	
E	

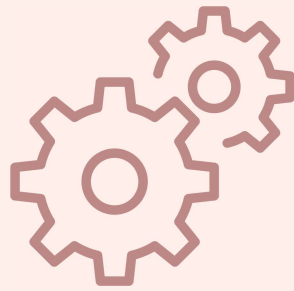
CONCLUSION

Remember, it's not the disadvantages that define you, but how you use your advantages.

Keep practicing the exercises in this workbook with honesty, introspection, and consistency to shift your focus and find greater joy in life.



SYSTEMS



Reflection Questions:

How aware were you of these systems before you wrote them down?

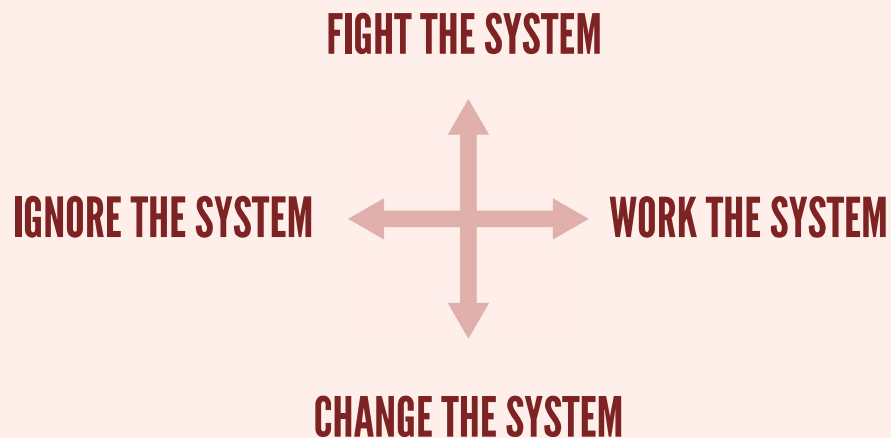
Which of these systems do you interact with the most frequently?

How do these systems help you, and how do they create challenges for you?

Understanding Your Choices:

Fight, Change, Ignore, or Work It

You always have four primary options when dealing with any system:



02

Exploring Your Choices

Reflect on a time when you felt restricted or empowered by a system.

It could be at work, in your community, or in your personal life.

Describe the system that impacted you.

Identify the choice you made:

Did you fight, change, ignore, or work within the system?

- Fight the system**
- Change the system**
- Ignore the system**
- Work the system**

02

Exploring Your Choices

Analyze The Outcome:

What was the result of your choice? Did it lead to the result you hoped for? What would you do differently today?

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Example:

Imagine you work in a corporate office with strict hierarchies and rigid procedures.

Instead of fighting the structure, you choose to learn how decisions are made and align yourself with key decision-makers.

By working the system, you're promoted faster than others who resist the rules.

Reflection Questions:

Could a different choice have led to a better result?

How did this experience shape your future interactions with systems?

Practical Strategies for Working the System

Let's look at some real-life examples of how to work the system effectively:

Example 1:

The Power of Observation

In my story about graduate school, I observed that professors didn't appreciate being argued with and spent little time in the department building.

These observations allowed me to streamline my experience, avoiding unnecessary friction while achieving my goals.

EXERCISE

03

Identify Observations

Think about a current system in your life that feels challenging.

Write down your observations about how it functions.

What do people in power value most?	What behaviors are rewarded?
What pitfalls do others seem to fall into?	How can you adapt to avoid unnecessary friction while moving toward your goals?

Example 1:

Spotting Opportunities within the System

I noticed a professor who needed to publish research and offered my work as a potential solution.

This not only helped the professor but also advanced my own academic career.

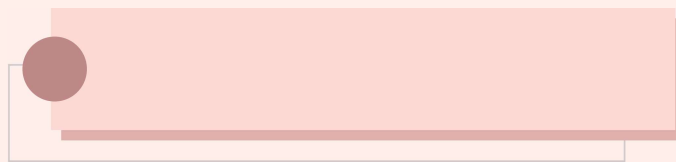


04

Spot the Opportunity

Look at one system in your life—whether it’s at work, in your family, or in a community organization.

Identify a need that isn’t being met or an inefficiency within that system.



How could this create a win-win situation for both you and the system?

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How can you offer a solution or fill that gap in a way that aligns with your goals?

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.....

Embracing Systemic Resistance to Change

Systems are resistant to change, which can either be a challenge or an opportunity.

Once you understand how a system operates, you can use that predictability to your advantage.

Reflection Questions:

How does information flow within this system?

Who holds the power, and how do they exercise it?

Where are there opportunities for you to insert yourself in the system to create value?

What would be your ideal role within this system, and how can you maneuver toward it?

Final Thoughts: Finding Your Path

Working within a system doesn't mean conforming mindlessly; it's about understanding the system's rules and finding ways to succeed within them.

Systems are not inherently bad—they can offer structure, predictability, and pathways to success when navigated skillfully.



06

Developing Your Personal System Strategy

Now that you have explored how systems operate around you, take a moment to craft a personal strategy for working the system.

- Consider:**
- What are your long-term goals within this system?
 - What behaviors and strategies will help you achieve those goals?
 - How can you turn system limitations into opportunities for growth?

Write a personal action plan for how you will begin working a specific system to your advantage.

Be specific about the steps you will take, the observations you will make, and the opportunities you will seek.

Reflection Questions:

How do you feel now about the systems in your life? Are you more empowered to work within them?

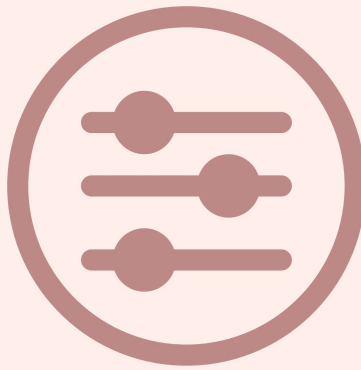
What will you focus on first to begin making the system work for you?

CONCLUSION

Understanding and navigating systems is a critical life skill. Whether you choose to fight, change, ignore, or work within a system, awareness and strategic thinking can help you turn any system into a pathway for personal growth and success.



LOCUS OF CONTROL



Reflection Questions:

Which areas do you feel most in control of, and which areas feel more dictated by external factors?

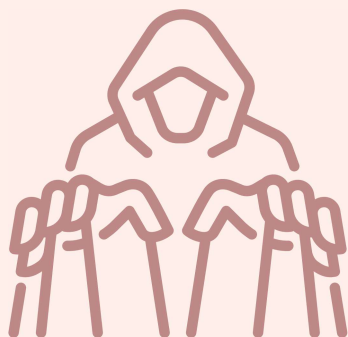
What external forces do you believe impact your life the most (e.g., luck, other people, societal expectations)?

What internal actions can you take to increase your sense of control in one of the areas where you feel less empowered?

The Puppeteer vs. The Puppet

One of the most important things you can do to take control of your life is to identify when you're acting as the puppeteer and when you're allowing yourself to be the puppet.

The difference lies in whether you let external factors dictate your behavior or if you direct your actions with purpose and intention.



02

The Puppeteer Mindset

Think back on a recent situation where you felt stressed, frustrated, or unhappy.

Describe the situation:

What happened? Who was involved?

Reflect on your reaction:

Did you act as the puppeteer (taking control) or the puppet (letting outside factors dictate your reaction)?

Identify the moment of choice:

At what point could you have taken the controls instead of reacting passively?

How would the outcome have changed if you had done so?

Example:

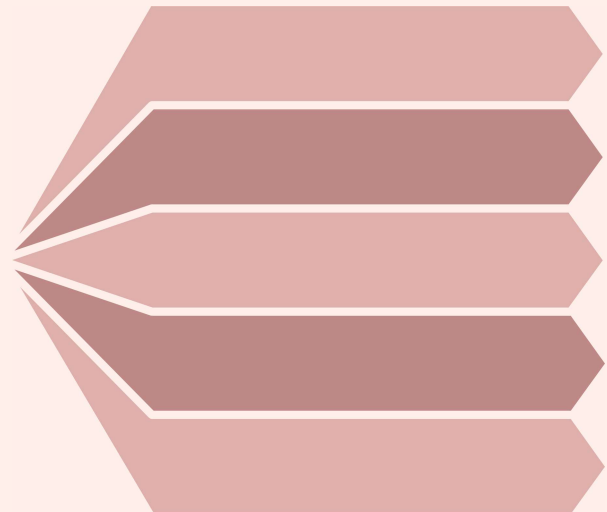
You received negative feedback from your boss, which led you to feel discouraged.

Instead of taking ownership of the feedback and using it as an opportunity to grow (puppeteer), you shut down and let it affect your mood for the rest of the day (puppet).

Rediscovering Joy

Think back to your childhood, when joy came more easily. Write down five activities, moments, or experiences that brought you pure joy as a child.

What were you doing?
How did it make you feel?
Which of these experiences could you incorporate back into your adult life?



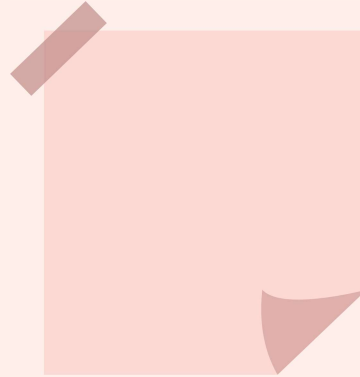
Example:

As a child, you loved playing with your dog in the backyard, feeling free and connected to nature.

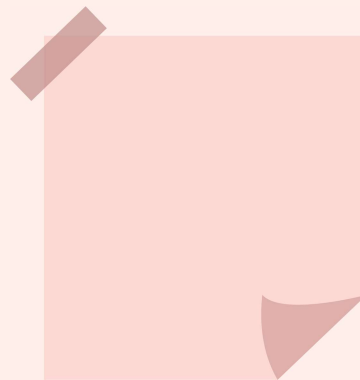
Now, as an adult, you could start your mornings with a walk in the park, reconnecting with that sense of freedom.

Reflection Questions:

How can you prioritize joy in your daily routine?



What small adjustments could you make to your life to allow more room for joy?



Cultivating Self-Love and Confidence

Loving yourself is fundamental to taking control of your life. If you don't love and believe in yourself, it's hard to act as the puppeteer.

This exercise will help you reflect on what you like about yourself and develop a foundation for self-love and confidence.



04

The Mirror Test

Stand in front of a mirror and ask yourself, “What do I like about myself?”

Be honest and kind to yourself.

Write down at least five things you admire about yourself—qualities, skills, or behaviors that make you proud.

1. _____

2. _____

3. _____

4. _____

5. _____

Reflection Questions:

How did it feel to acknowledge the things you like about yourself?	Are there parts of yourself you've been hiding or neglecting?	How can you bring them more into your daily life?

Example:

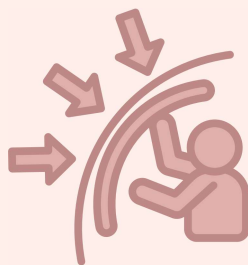
You might recognize that you're a great listener, which makes you a valued friend.

However, you've been too focused on your weaknesses and haven't celebrated your strength in empathy.

Building Resilience

Resilience is your ability to bounce back from setbacks.

It's not just about surviving difficult times but about learning and growing stronger through them.



EXERCISE

05

The Resilience Timeline

Draw a timeline of your life, marking significant challenges or setbacks you've faced.

For each Event, note:



What happened?

How did you initially feel?

How did you recover or grow from this experience?

Reflection Questions:

What patterns do you see in how you've handled adversity?

How have these challenges shaped the person you are today?

Example:

After being laid off from a job, you felt defeated and worried about your future.

However, this setback led you to start your own business, which has given you more freedom and fulfillment.

Practical Actions for Self-Care

Loving yourself isn't just a mindset—it's about taking daily actions that show you care about your well-being.

Here are some practical ways to integrate self-care into your life.



Self-Care Inventory

Take a moment to reflect on your current self-care habits.

Fill in the table below with your current actions and identify areas where you could improve.

SELF-CARE	CURRENT ACTION	IMPROVEMENT NEEDED
Physical Health		
Mental Health		
Emotional Health		
Social Health		
Creative Health		

Reflection Questions:

Which area of self-care are you excelling in?

Which area needs more attention? What's one small change you can make today to improve that area?

Example:

If your physical health has been neglected, you might start with a short daily walk or a healthier breakfast option.

CONCLUSION

Taking the Controls:

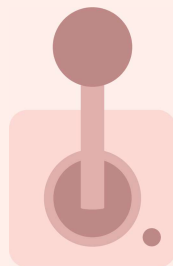
Taking the controls means shifting from a mindset of reacting to life to actively shaping it. By cultivating self-love, building resilience, rediscovering joy, and focusing on what you can control, you'll find it easier to enjoy life on your terms.

Final Reflection:

What is one area of your life where you are ready to take more control?

What specific action will you take this week to act as the puppeteer and not the puppet?

Taking these steps will help you build a life filled with joy, confidence, and resilience.



EMBRACING YOUR ROLE AS THE DEALER

You are the dealer in the game of your life. The choices you make today will impact your future, and the power to shape your path lies entirely in your hands.

However, just like in poker, it's not just about the hand you're dealt—it's about how you play it.



01

Reflecting on Your Choices

Think back to a time when you made a major life choice.

This could be related to your career, relationships, or a significant personal decision.



Describe the choice	What was the outcome?
<ul style="list-style-type: none">• What was the situation, and what options were available to you?• What influenced your decision?• Did you make the decision based on external pressures or internal desires?	<ul style="list-style-type: none">• Did the choice lead to a positive or negative result, or something in between?

Reflection Questions:

What did you learn from making this choice?

How could you apply this lesson to future decisions?

The Power of Judgment

Judgment is a natural part of life, and it's crucial for making decisions that lead to growth and fulfillment.

However, the key is using judgment wisely, understanding that it's not about being right or wrong, but about aligning your decisions with your values and goals.



02

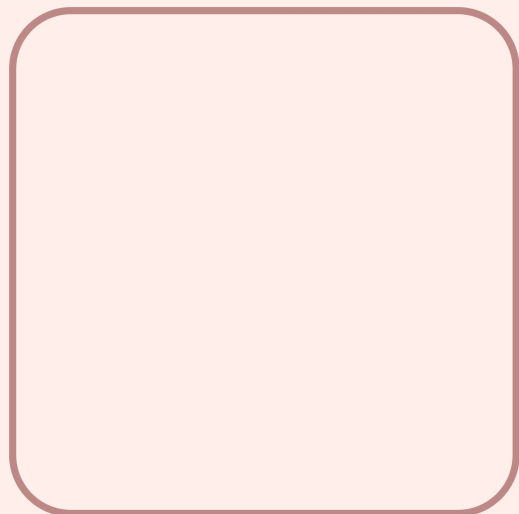
The Judgment Test

Over the next week, pay attention to the judgments you make daily.

Each evening, take a few minutes to reflect on the following:

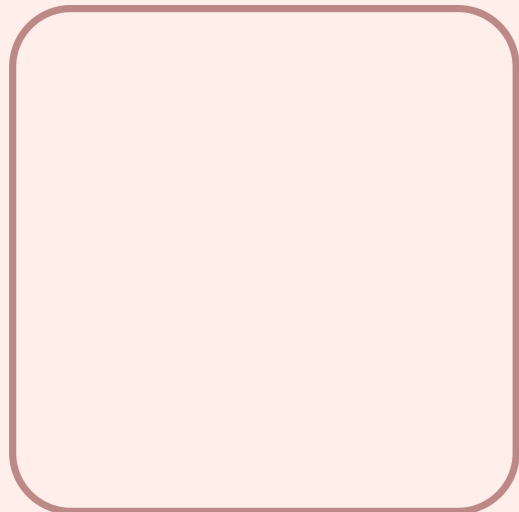
What decisions did I make today?

List them out, from small choices (what to eat, how to spend your time) to larger ones (how to handle a work challenge or a personal conflict).



What was the basis for my judgment?

Did you rely on logic, emotions, past experiences, or external opinions?



Reflection Questions:

Are you proud of your decisions? Why or why not?

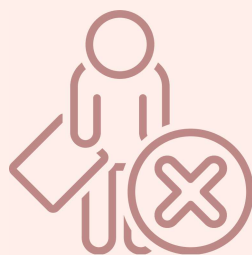
Did any of your judgments lead to outcomes you didn't anticipate?

By increasing your awareness of your judgments, you can begin to refine your decision-making process and make choices that better reflect your intentions

Learning from Experience: Good Judgment Comes from Bad Judgment

Mark Twain famously said, "Good judgment is the result of experience, and experience is the result of bad judgment."

This highlights the importance of learning from your mistakes.



03

Learning from Past Judgments

Choose a decision you made in the past that didn't go as planned.



Describe the decision:	What went wrong?	What did you learn?
<ul style="list-style-type: none">• What was the situation, and why did the outcome turn out differently than you expected?	<ul style="list-style-type: none">• Reflect on the factors that led to the misjudgment.	<ul style="list-style-type: none">• Identify specific lessons you gained from the experience

Reflection Questions:

How can you use this experience to inform your future choices?

What would you do differently next time?

Making Choices That Serve You

Sometimes, life is overwhelming, and you may feel like you have no control over the events that unfold.

However, the truth is, you always have a choice. Learning to say “no” to what doesn’t serve you is one of the most empowering decisions you can make.



04

Just Say No

Think about the last week and reflect on any requests or obligations that were put on you, whether by friends, family, work, or even yourself.

Identify a time when you said yes but wanted to say no:

What was the request, and why did you feel obligated to accept it?

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How did saying yes impact you? Did it cause stress, take away from something more meaningful, or make you feel resentful?

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How can you offer a solution or fill that gap in a way that aligns with your goals?

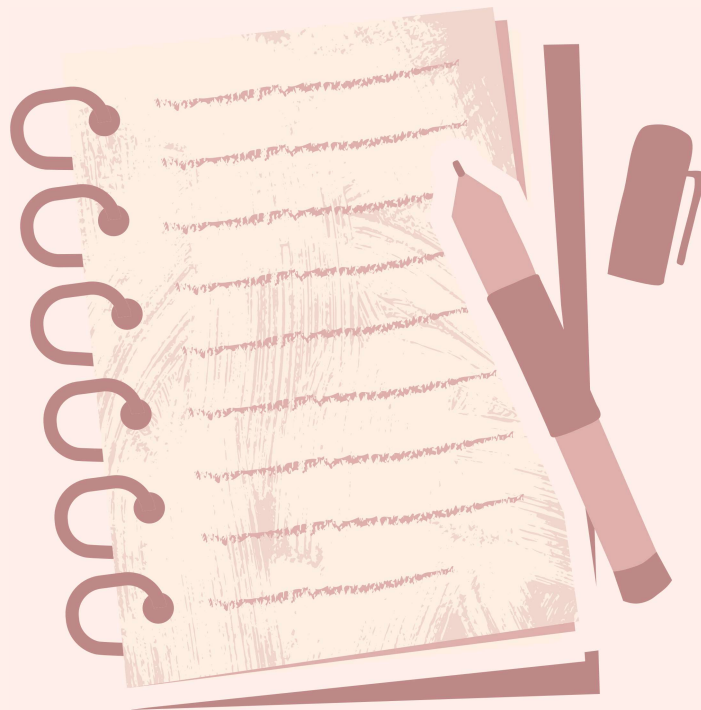
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EXERCISE

04

Just Say No

Now, write down one area of your life where you want to start saying “no” more often.



SAY NO!

Reflection Questions:

What will saying “no” allow you to do more of?

How can you set clear boundaries that protect your time and energy?

Cultivating Gratitude: A Game-Changer

Gratitude shifts your focus from what’s lacking to what’s abundant in your life.

When you cultivate gratitude, you’re more likely to feel content and at peace with the choices you make.



EXERCISE

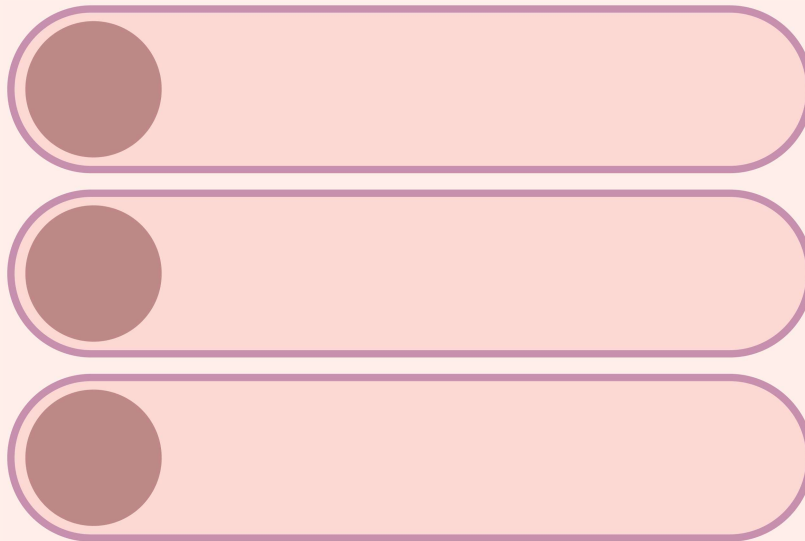
05

Gratitude Journal

Each day for the next week, write down three things you are grateful for.

They can be as simple as a beautiful morning, a friendly conversation, or a satisfying meal. Let gratitude become a habit.

DATE: _____



Three horizontal rounded rectangular boxes, each containing a dark purple circle on the left side, intended for writing three things you are grateful for.

THREE THINGS I AM GRATEFUL FOR

Reflection Questions:

How does focusing on gratitude impact your mood and outlook?

How does it influence your decision-making? Are you more likely to choose from a place of abundance rather than scarcity?

Being Polite: The Choice to Be Kind

Politeness and kindness are choices that cost nothing but have great value.

Showing respect to others builds goodwill and fosters positive relationships, both in your personal and professional life.



06

The Politeness Practice

For one week, make a conscious effort to be polite in every interaction.

This includes saying please and thank you, holding the door for others, and expressing gratitude when someone helps you.

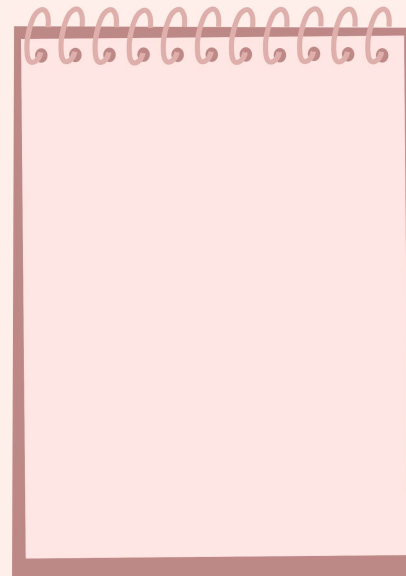
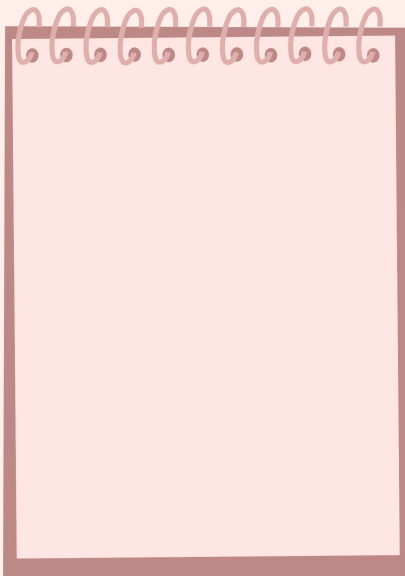
Keep track of your actions:

Write down instances where you chose to be polite or kind.

Notice the response:

How did people react to your politeness?

Did it change the tone of their interaction?



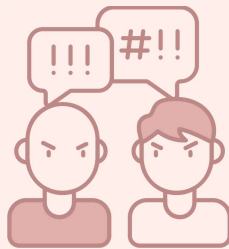
Reflection Questions:

How did practicing politeness make you feel?

Did you notice any changes in your relationships or your own sense of well-being?

Avoiding Pointless Arguments

Engaging in arguments, especially on social media, rarely changes anyone's mind and only adds to stress and frustration. Instead of arguing, focus on the things that matter to you.



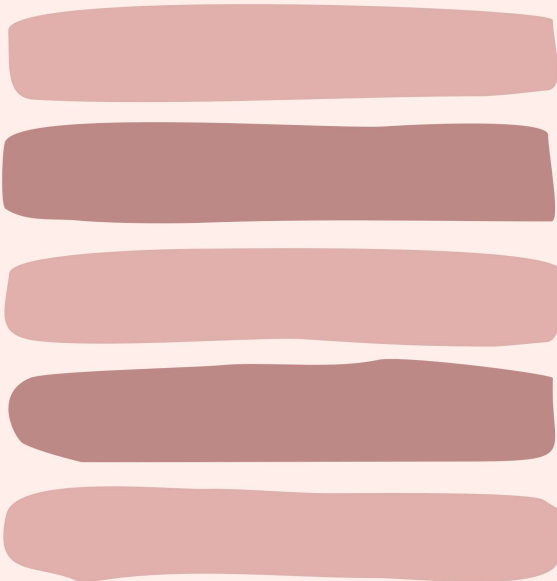
07

The Calm Scroll

Over the next week, as you browse social media or engage in conversations with others, practice scrolling past or disengaging from any posts or comments that ignite negative emotions or pointless arguments.

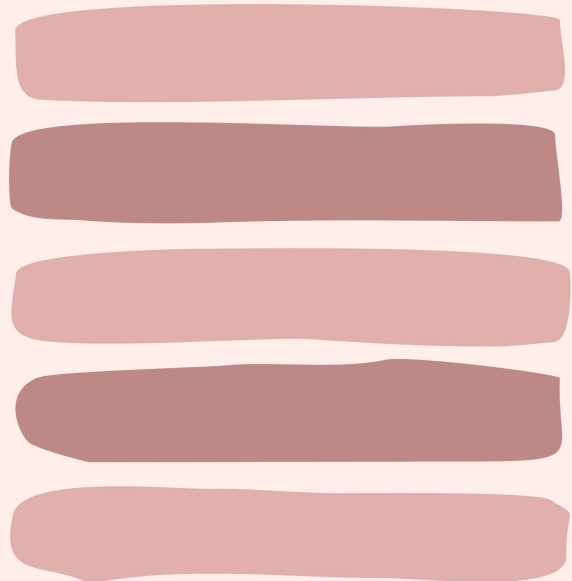
Notice your triggers:

What topics or comments make you want to jump into an argument?

Five horizontal brush strokes of varying lengths and shades of brown, intended for writing notes.

Choose your response:

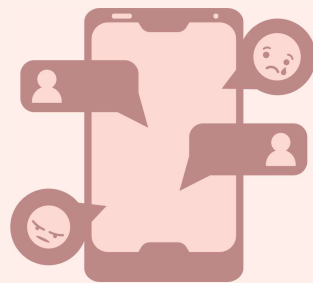
Instead of arguing, either scroll past or offer a neutral comment like, "You're entitled to your opinion," or simply say nothing.

Five horizontal brush strokes of varying lengths and shades of brown, intended for writing notes.

Reflection Questions:

How did it feel to resist the urge to argue?

How much energy did you save by not engaging in a pointless debate?



CONCLUSION

Playing Your Cards Right:

Life is like a game of poker—you can't always control the cards you're dealt, but you can control how you play them. By making mindful choices, practicing good judgment, learning from experience, setting boundaries, showing gratitude, and being polite, you can ensure that you're playing your best hand.

Final Reflection:

What choices are you making today that will shape your future?

How can you be more intentional in your decision-making to create a life you truly enjoy?

You're the dealer—what game will you choose to play next?



CAN YOU RELATE?

The Role of Relationships in Your Life

Relationships are central to the quality and richness of your life. Whether it's with family, friends, romantic partners, or coworkers, your relationships can either lift you up or weigh you down. While it's easy to point fingers when things go wrong, it's crucial to recognize the role you play in shaping the dynamics of your relationships.



EXERCISE

01

Reflecting on Your Relationships

Start by reflecting on the key relationships in your life.

Divide them into categories:

Key Relationships	How would you describe these relationships? (Supportive, strained, distant, etc.)	What role do you play in these dynamics? Are you contributing to the health of the relationship or adding to the challenges?
Family		
Romantic relationships		
Friendships		
Work relationships		
Acquaintances		

Example:

You might have a close friendship that feels distant lately.

Reflect on how your actions or lack of communication may have contributed to this and identify a simple step you can take to reconnect, such as reaching out for a conversation or planning a catch-up.

Reflection Questions:

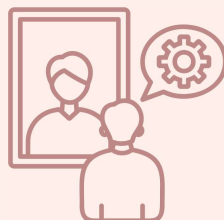
Are there any patterns you notice in your relationships?

What do you value most in your relationships, and are you living up to that standard?

Self-Awareness: Looking at Yourself in the Mirror

The phrase, “The only consistent feature of all your dissatisfying relationships is you,” highlights an essential truth: you are a common factor in all your relationships.

Before you can change your relationships, you must understand and work on yourself.



02

Self-Inventory of Your Relationships

Think about a relationship in your life that is currently challenging.

This could be with a partner, friend, coworker, or even a family member.

Describe the situation:

- What's not working in this relationship?
- What role do you play?
- Be honest with yourself. Are you contributing to the tension?
- Have you been neglecting this relationship or failing to communicate effectively?
- What can you do differently?

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List specific actions you can take to improve the relationship

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Reflection Questions:

What are some recurring challenges you notice in your relationships?

How can self-awareness help you navigate and improve these dynamics?

Embracing Quirks: Yours and Theirs

Every person has quirks—those little habits or behaviors that make them unique.

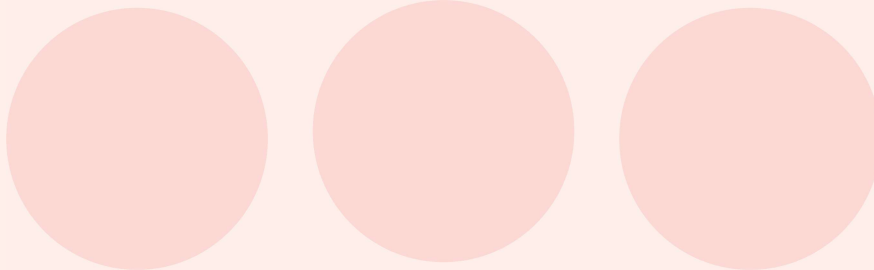
Rather than resisting these quirks, successful relationships are built on accepting and even celebrating them.

03

Recognizing Quirks in Your Relationships

Identify your quirks:

List three quirky habits or behaviors you know you have. These could be things like needing everything to be organized a certain way, always being early, or not liking to make small talk.



Identify the quirks of others:

Pick three key people in your life and list one quirk for each. Think about how their quirks contribute to the uniqueness of your relationship with them.

NAME	QUIRK
	
	
	

Reflection Questions:

How do your quirks enhance or challenge your relationships?

Are there quirks in others that you've struggled to accept?
How can you shift your perspective to embrace them instead?

Example:

You may realize your partner always plans every detail of vacations, which used to frustrate you.

But now, you can appreciate how their attention to detail ensures the trip goes smoothly.

The Importance of Letting Go

Holding onto resentment, grudges, or unmet expectations can poison relationships.

Learning to let go and forgive is crucial for your emotional well-being and for building healthier connections.



04

Releasing Resentment

Think about a relationship in your life where you are holding onto some form of resentment or disappointment.

Identify the source:

What happened that caused this resentment?

Was it a specific event or a series of small things?

How does holding onto this feeling affect you?

Does it cause stress, anger, or sadness?

Does it impact other areas of your life?

What can you do to let go?

Write down one step you can take to release this resentment. It might involve having a conversation with the person, reframing your perspective, or simply deciding to forgive and move on.

1. _____

Reflection Questions:

What would your relationship look like if you could let go of this resentment?

How would letting go impact your overall happiness?

Building Relationships That Bring You Joy

Not all relationships are meant to last forever, and that's okay.

It's essential to recognize which relationships add to your life and which ones drain your energy.



05

Assessing the Quality of Your Relationships

Think about your core relationships and ask yourself the following:

Questions	Yes	No
Does this relationship bring me joy?		
Do I feel energized or drained after spending time with this person?		
Do I feel supported and valued in this relationship?		

Reflection Questions:

Which relationships are bringing you the most joy right now?

Which relationships do you need to reassess or set boundaries with?

Example:

You may have a friendship where every interaction leaves you feeling drained and unsupported.

Consider having an honest conversation about your feelings or deciding to spend less time with that person.

CONCLUSION

Embrace the People Who Add to Your Life

Relationships are a two-way street. You can't control how others behave, but you can control how you engage, react, and communicate. Embrace the people who love you for who you are, quirks and all. Be mindful of your role in creating fulfilling relationships and be willing to let go of what no longer serves you.

Final Reflection:

What is one step you can take this week to improve one of your key relationships?

How can you continue to cultivate relationships that add joy, support, and energy to your life?

Your relationships are a significant part of your journey, and by investing in the right ones, you can find an easier way to enjoy life.



IT'S NOT ALL ABOUT THE BENJAMINS

Understanding the Role of Money

Money is essential, but it isn't the key to happiness. Our society encourages us to equate wealth and possessions with success and joy, yet true fulfillment often comes from living with purpose, connection, and gratitude—not just the accumulation of stuff.



01

Defining Your Relationship with Money

Take a moment to reflect on how money influences your life.

Answer the following questions:

<p>How do you view money? Is it a tool, a source of stress, a goal, or something else?</p>	<p>What role does money play in your definition of success?</p>
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<p>Does money control your decisions, or do you control your relationship with money?</p>
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Example:

You may view money as a necessary evil, feeling stress when it comes to budgeting or paying bills. You may also see it as a tool that allows you to enjoy certain experiences and opportunities.

Reflection Questions:

How has your relationship with money evolved over time?

What are your biggest financial concerns or goals?

Breaking Free from the Consumer Trap

We live in a society that constantly urges us to buy more—whether it's the latest gadget, a luxury car, or designer clothes. But chasing material possessions often leaves us feeling empty rather than fulfilled.



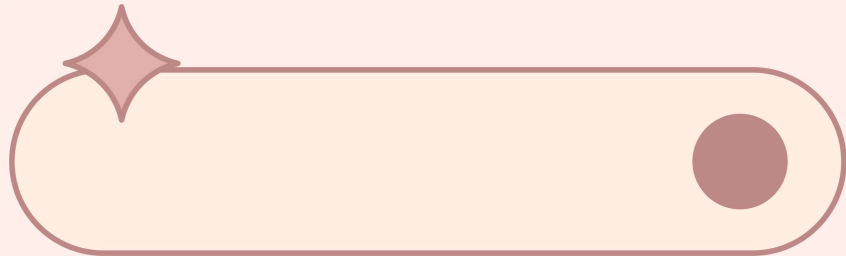
EXERCISE

02

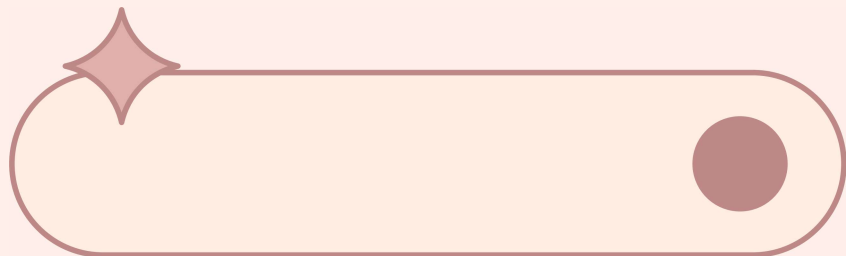
Identifying the Traps of Consumerism

Reflect on a recent purchase you made that wasn't necessary, but you felt compelled to buy it.

What did you buy?



Why did you buy it? Were you trying to keep up with others, fill an emotional void, or just get a quick hit of happiness?



How did you feel afterward? Did the purchase make you happier in the long term, or was it a fleeting moment of satisfaction?

Reflection Questions:

How often do you find yourself buying things to feel better or because of societal pressure?

What steps can you take to resist the urge to buy things you don't need?

Putting Money in Perspective

Money is necessary for survival, but how much is enough for you?

Rather than focusing on getting more, it's essential to determine what financial security and fulfillment look like for you.



03

Your Financial Needs vs. Wants

Create two columns on a sheet of paper: one labeled “Needs” and the other labeled “Wants.”

Under “Needs,” list all the things you require to live comfortably, such as housing, food, transportation, and healthcare.

Under “Wants,” list items that aren’t essential but that you enjoy, like entertainment, travel, or luxury items.

WANTS	NEEDS

Reflection Questions:

Are there items in the “Wants” column that you’ve been prioritizing over your needs?

How can you strike a balance between enjoying life’s pleasures and maintaining financial responsibility?

Example:

You may realize that you’ve been spending more on dining out than necessary, and putting back could help you save for a meaningful experience, like a trip or a class you’ve always wanted to take.

Budgeting for Joy

One of the simplest ways to reduce financial stress is to create a budget that prioritizes the things that bring you joy while ensuring your basic needs are met.

By taking control of your finances, you gain freedom and peace of mind.



Creating a Joyful Budget

Develop a budget that reflects your priorities. Make sure to allocate money for both your needs and the activities or experiences that bring you happiness.

Use the table below to start organizing your finances:

Category	Amount Allocated	Description
Housing		
Food		
Transportation		
Healthcare		
Savings		
Entertainment		
Travel		
Hobbies/Activities		

Reflection Questions:

How can you make room in your budget for the things that matter most to you?

Where can you cut back to achieve financial peace without sacrificing joy

Resisting Lifestyle Creep

As you earn more money, there's often a temptation to spend more.

This phenomenon, known as lifestyle creep, can prevent you from reaching long-term financial goals, even as your income rises.



05

Guarding Against Lifestyle Creep

Look at your financial habits over the past few years.

Answer the following questions:

- How has your spending changed as your income increased?
- Have you increased your spending on luxuries, or are you saving more?



- Where have you noticed lifestyle creep?
- Is it in dining out more frequently, upgrading your car, or buying the latest tech gadgets?



Reflection Questions:

What steps can you take to rein in lifestyle creep?

How can you prioritize saving and investing in your future rather than constantly upgrading your lifestyle?

Example:

You might realize that your dining-out expenses have significantly increased as your income has grown. By cooking at home more often, you could redirect that money toward savings or paying off debt.

Finding Fulfillment Beyond Money

While money provides security and opportunities, it doesn't guarantee happiness.

True joy often comes from relationships, meaningful work, and personal growth.



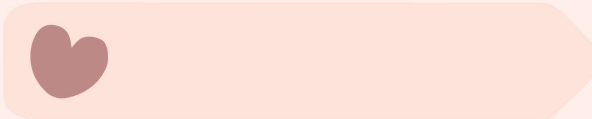
06

Non-Monetary Sources of Joy

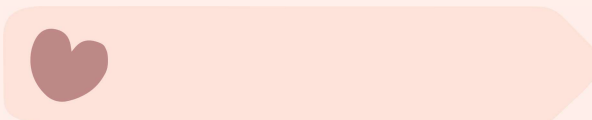
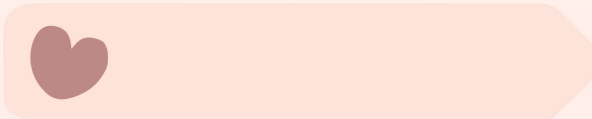
Think about the moments in your life when you've felt most fulfilled.

- **What were you doing?**
- **Who were you with?**
- **Was money involved, or was it the experience itself that brought joy?**

List three non-monetary sources of joy:



These could be things like spending time with loved ones, pursuing a hobby, being in nature, or achieving a personal goal.

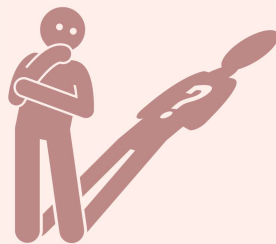


How can you incorporate more of these experiences into your life?

Reflection Questions:

How much of your happiness is tied to money versus meaningful experiences?

How can you create more joy without increasing your spending?



CONCLUSION

Balance Money and Meaning

Money is a tool that can help you enjoy life, but it's not the end goal. By managing your finances wisely, resisting the traps of consumerism, and focusing on what truly brings you joy, you can find financial peace and fulfillment.

Final Reflection:

What steps will you take this week to improve your financial health?

How can you shift your focus from accumulating money and things to creating meaningful experiences?

By aligning your financial habits with your values, you'll find that money can support a joyful, balanced life rather than becoming the sole focus of it.



LIVING LIFE ON YOUR TERMS

Congratulations! You've taken a significant step in investing in your growth and well-being.

Throughout this workbook, you've explored various aspects of life that impact how much you enjoy your journey—from your relationship with money and your approach to decision-making to the quality of your relationships and the way you navigate the systems around you.



THE KEY TAKEAWAYS

1. Take Control of Your Life

From understanding your locus of control to becoming the dealer in your own game of life, you've learned that the power to shape your life lies within you. You don't have to be the puppet of external forces—you can be the puppeteer, making deliberate choices that reflect your values and aspirations.

2. Build Relationships That Enrich Your Life

You've reflected on the central role that relationships play in your happiness. Whether it's your family, friends, or colleagues, the quality of your relationships directly affects your quality of life. By embracing quirks, fostering connection, and being self-aware, you've discovered the importance of cultivating relationships that bring joy, support, and fulfillment.

3. Use Money as a Tool, Not a Measure of Your Worth

Money is essential, but it's not the ultimate goal. You've explored ways to break free from the consumer trap, prioritize your financial health, and focus on the experiences that bring true joy. By creating a balanced approach to money, you can ensure that it supports your happiness other than defines it.

4. Choose Wisely and Live with Purpose

You've reflected on how the choices you make—big or small—shape the course of your life. Whether it's choosing how to spend your time, who to invest your energy in, or how to manage your resources, each decision is an opportunity to align your life with your values and long-term goals.

YOUR PATH FORWARD

As you move forward, remember that personal growth is a continuous process.

The exercises and reflections you've completed in this workbook are just the beginning. Every day is a new chance to practice what you've learned, to be more intentional with your choices, and to deepen the relationships that matter most.

A Few Final Tips for Living Life on Your Terms

Stay Self-Aware: Regularly check in with yourself. Are your actions aligned with your values? Are you making choices that move you closer to the life you want to live?

Embrace Imperfection: Life isn't always perfect, and neither are you. Accept that mistakes are part of the journey. Learn from them and keep moving forward.

Celebrate Your Wins: No matter how small, take time to acknowledge your progress. Whether it's sticking to a budget, improving a relationship, or taking a new step in your career, these moments matter.

Keep Investing in Yourself: Growth doesn't stop here. Continue to challenge yourself, expand your understanding, and explore new ways to enjoy life.

ENCOURAGEMENT TO KEEP GOING

Remember, you're not just going through life—you're actively shaping it. The choices you make today will determine the joy, fulfillment, and meaning you experience tomorrow. You have the tools to take control, build rich relationships, manage your resources wisely, and live with intention.

As you continue on your journey, remind yourself that you are the author of your life's story. You have the power to turn every page, to rewrite chapters that need changing, and to embrace all the quirks and experiences that make your journey uniquely yours.

Your easy way to enjoy life starts with you. Keep choosing wisely, keep growing, and keep living with purpose. The best is yet to come!



ONE MORE THING

If you'd like to explore finding your easy way to NJOYLFE on an even more personal level, let's work together!



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