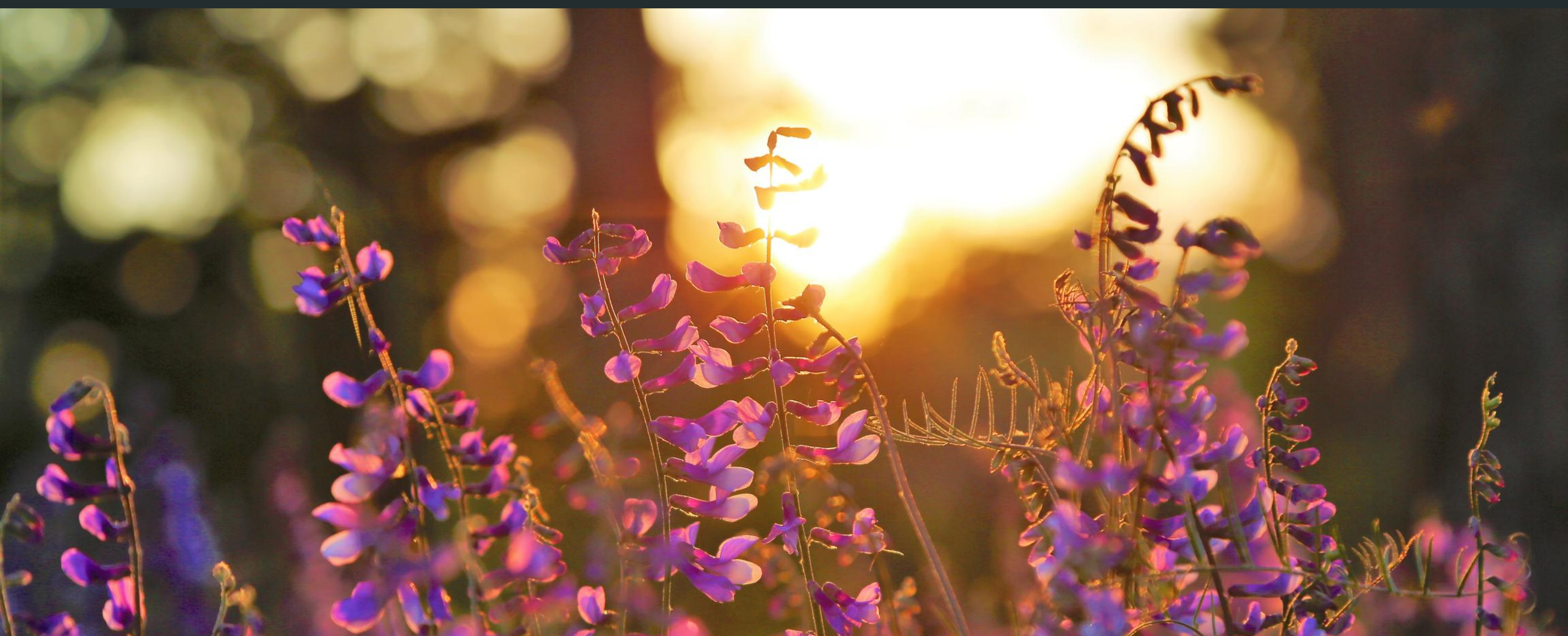




SHAUNA LEIGH VAN MOURIK

# 28 DAYS TO TRUE HAPPINESS

*Workbook companion to  
28 Days to True Happiness  
online course*



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# *Introduction*

*A journey of a thousand miles begins with a single step. – Lao Tzu*

Gratitude.

It's been in the media a lot lately, and for good reason.

*Gratitude is the act of giving - and feeling - true thanks for all that life has gifted you.*

It follows alongside the practice of mindfulness and meditation. Simply put, by taking part in these strategies, one routinely recognizes and chooses to live in the present while calmly taking note of their various internal workings. It is exciting to have the opportunity to pair gratitude with mindfulness.

In this book, you will be guided through 28 exercises specially designed to help you integrate gratitude into your every day. Soon it will be habitual, second-nature even, to experience feelings of gratitude, above all else.

True happiness.