



*Thrive Formula MasterClass*

# HAPPINESS

Embracing  
Play & Relaxation

"The future belongs to the curious." - Anonymous

# Stay Curious!

## *Hello Beautiful,*

I want to start off and say I am not a scientist by any means. However, after the 100th time of watching Cosmo with my preschooler, I realized that the way I was learning my Thrive formula was very similar to the scientific method. I encourage you to stay playful... to stay curious and to stay true to yourself through this whole process.

--xo Sabline

## *Scientific Method*

Step 1: Ask a question.

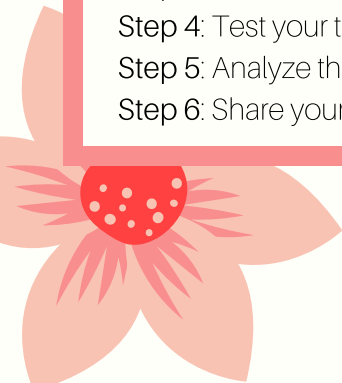
Step 2: Do background research.

Step 3: Construct a theory.

Step 4: Test your theory by doing an experiment.

Step 5: Analyze the data and draw a conclusion.

Step 6: Share your results.



# Ask The Question?

Does taking a little time  
for myself help me .....  
(pick as many that apply)

- Relieve stress
- Increase my productivity
- Make me calmer
- Give me pleasure
- Increase my confidence



# What The Research Says!

## **What is Self-Care and Hobbies?**

**Self-care;** noun:

The practice of taking action to preserve or improve one's own health.

**Hobby;** plural noun:

An activity done regularly in one's leisure time for pleasure.

*(I added in hobby, because for me finding the hobbies that made me happy as a child was the best self-care I could give my self)*

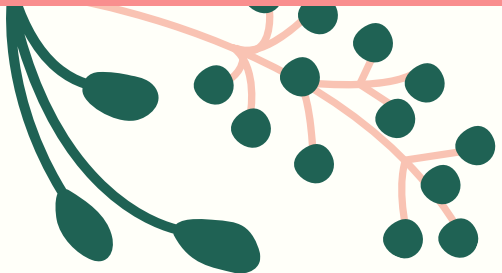
## **What is the Benefit?**

Depending on what season you are in your life it may be really busy. So with all that is going on why should you add in self-care or a hobby? Because studies have shown that the benefits are so important to our overall well-being. Here are just a few...

- Higher Self Esteem
- Lower Stress
- Offers New Challenges
- Unite with Others

## **My Insight**

Once I saw that taking time for myself allowed me to be calmer, more productive and a better mother I was able to justify it.



# *Construct a Theory*

"If you find 3-5 hobbies & self-care, then you will have the tools to relieve stress & improve your well-being".



# Let's Experiment!

What hobby made you happy as child?

What hobby do you currently do that makes you happy?

If time, money & energy weren't an issue what hobby would you start?

## *Make it Happen...*

What date will you start/end?

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What is your reason for starting a hobby?

Relieve Stress    To Socialize    To Add More Fun

To start, pick one new hobby that brings you joy.

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What will you need to get started?

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What challenges will you have to overcome?

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What is your plan to overcome your challenges?

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# Ideas

## *Self Care*

- Listen to music
- Light a candle
- Drink a warm beverage
- Take a warm bath
- Do at home facial
- Do your nails
- Meditate
- Watch a movie
- Look at photos
- Watch a Ted Talk
- Go for a walk
- Buy flowers
- Dance
- Put comfy clothes on
- Call a friend
- Go outside
- Dress up

## *Hobbies*

### *Creative*

- Reading
- Drawing
- Painting
- Photography
- Scrapbooking
- Writing
- Making jewelry
- Gardening
- Baking / Cooking
- Knitting

### *Active*

- Golfing
- Hiking
- Yoga
- Working out
- Tennis





# Let's Play

Pick one hobby or self care activity or do what is selected and let us know how you feel afterwards

*Day 1*

Buy flowers for yourself

*Happiness Level*



*Day 2*

Watch a TedTalk

*Happiness Level*



*Day 3*

Put on comfy clothes

*Happiness Level*



*Day 4*

Go for a walk or hike

*Happiness Level*



*Day 5*

Read a book

*Happiness Level*



*Your Finding*



# Analyze & Share

Write down any questions or insights you want to share with the club during our meetup

