

# Happiness & Heavy Metal

Happiness Hacks I Stole From Heavy Metal



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Thrive!...Not Just Survive!

Keynote Speaker & Coach For Givers





# What is Your Metal Band?

You are a ROCKSTAR just waiting to be unleashed! Let's take a journey to discover your heavy metal band name and your debut album full of incredible self-reflective tracks.

## Step 1: DISCOVER YOUR HEAVY METAL BAND NAME

Use the **first letter** in your **first name** to unlock the beginning of your band name.

- |                     |                     |                    |                      |                    |                      |                    |
|---------------------|---------------------|--------------------|----------------------|--------------------|----------------------|--------------------|
| <b>A</b> -Attacking | <b>E</b> -Clashing  | <b>I</b> -Hunting  | <b>M</b> -Scratching | <b>Q</b> -Blasting | <b>U</b> -Dominating | <b>Y</b> -Pouncing |
| <b>B</b> -Battering | <b>F</b> -Crushing  | <b>J</b> -Kicking  | <b>N</b> -Exploding  | <b>R</b> -Biting   | <b>V</b> -Destroying | <b>Z</b> -Lunging  |
| <b>C</b> -Striking  | <b>G</b> -Trampling | <b>K</b> -Throwing | <b>O</b> -Fighting   | <b>S</b> -Gagging  | <b>W</b> -Pushing    |                    |
| <b>D</b> -Grabbing  | <b>H</b> -Stealing  | <b>L</b> -Chasing  | <b>P</b> -Squeezing  | <b>T</b> -Hauling  | <b>X</b> -Charging   |                    |

Use the **first letter** in your **last name** to unlock the ending of your band name.

- |                      |                        |                     |                      |                       |                           |                  |
|----------------------|------------------------|---------------------|----------------------|-----------------------|---------------------------|------------------|
| <b>A</b> -Aardvarks  | <b>E</b> -Centaur      | <b>I</b> -Gargoyles | <b>M</b> -Zebras     | <b>Q</b> -Kittens     | <b>U</b> -Sphinxes        | <b>Y</b> -Trolls |
| <b>B</b> -Botanists  | <b>F</b> -Radiologists | <b>J</b> -Zombies   | <b>N</b> -Urologists | <b>R</b> -Chinchillas | <b>V</b> -Physicists      | <b>Z</b> -Walrus |
| <b>C</b> -Narwhals   | <b>G</b> -Leprechauns  | <b>K</b> -Ogres     | <b>O</b> -Cobras     | <b>S</b> -Yetis       | <b>W</b> -Horticulturists |                  |
| <b>D</b> -Tarantulas | <b>H</b> -Zoologists   | <b>L</b> -Unicorns  | <b>P</b> -Werewolves | <b>T</b> -Phoenixes   | <b>X</b> -Venus flytraps  |                  |

WHAT'S YOUR BAND NAME? : **The** \_\_\_\_\_  
(First Letter/ First Name) (First Letter/ Last Name)

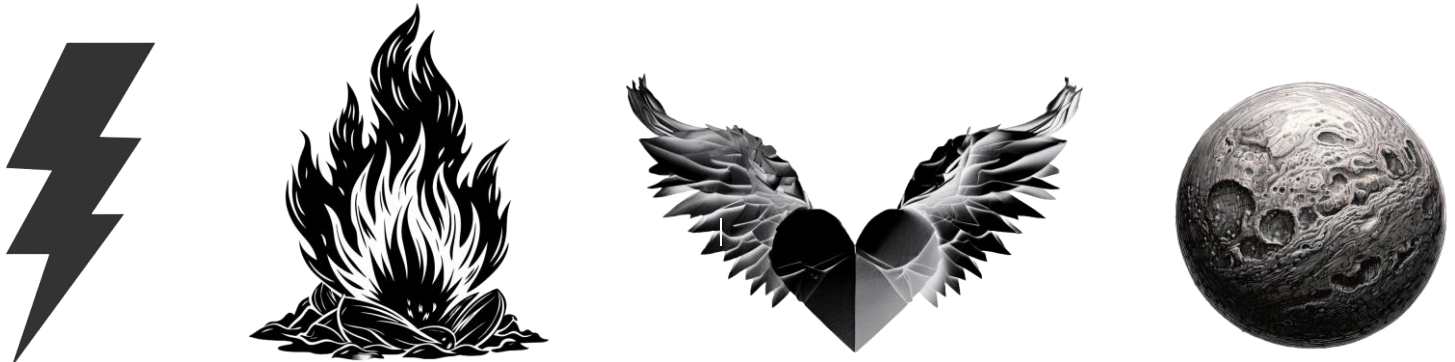
## Step 2: HELP INSPIRE YOUR DEBUT ALBUM TITLE

Fill in the blank spots with one word:

- Something that you would like to do more of in your life: \_\_\_\_\_
- Something that you would like to do less of in your life: \_\_\_\_\_

WHAT'S YOUR DEBUT ALBUM TITLE?: **More** \_\_\_\_\_. **Less** \_\_\_\_\_.

## Step 3: CHOOSE YOUR METAL BAND SYMBOL (Circle Your Favorite)





# Having Zest For Life

🎵 “The Only Way is All the Way!” – Opium of the People, *Slipknot*

**Having zest for life (vitality)** is the sense of feeling alive, energetic, and engaged with life. It’s about bringing excitement and wholehearted effort to the things we do, making each moment count. People with high vitality approach life as an adventure and feel energized and activated, ready to fully engage with both new experiences and daily routines.

Take a moment to reflect on how you currently feel about the energy and excitement you bring to your life. Consider the following questions as you move through the activity.

## Part 1: Self-Assessment

Rate yourself on a scale from 1 (Not at all) to 5 (Completely) on each statement below. Be honest with yourself.

Vitality Statement	Rating
1. I feel energized and excited about most days.	/5
2. I put my full effort into the things that matter to me.	/5
3. I approach new experiences with a sense of adventure	/5
4. I avoid doing things halfway or with little enthusiasm	/5
5. I feel alive and activated in my daily life.	/5

**Total Score:** \_\_\_\_\_

### Score Reflections:

- 20-25: *High Vitality* - You’re likely living with energy and excitement!
- 15-19: *Moderate Vitality* - There’s good energy, with room to elevate!
- 10-14: *Low Vitality* - You might feel less engaged; let’s work on it!

## Part 2: Vitality Reflection

Reflect on your scoring above and identify any areas where you could bring more energy and engagement. Pick one specific area and complete the sentence below:

**“One area of my life that I would like to bring more excitement, energy, and engagement is \_\_\_\_\_.”**



## Part 3: Brainstorm Actions

Write down two or three small actions you could easily take to feel more energized and excited in this area from above. Examples might include “learning something new,” “changing up my daily routine,” or “committing fully to a personal project.”

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Part 4: Activation Challenge – Set a Vitality Goal

Choose one of the actions you brainstormed above, and commit to practicing it over the next week. Write it as a specific, actionable goal below:

*“This week, I will \_\_\_\_\_.”*



## Part 5: Lasting Impact

How would your daily experiences change if you brought more energy and excitement to each day?

Whom would it impact?

Write a few sentences to capture your thoughts:

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**Remember! Vitality isn't just about feeling energetic—it's about choosing to engage with life fully, as an adventure! Rock on!**





# Turning Challenges into Happiness

“Life’s Swinging Hard, But I’m Swinging Harder!” – Mercy, *The Ghost Inside*

Challenges and struggles, whether big or small, can serve as opportunities for personal growth, skill-building, and *increased happiness*. Even moments of failure can provide lessons and benefits that shape us into stronger, more resilient individuals. Let’s reflect on the challenges you’ve faced, recognize the gifts they have brought you, and consider how these experiences can positively influence your future. Challenges are not easy, but they are an inevitable part of life. By intentionally reflecting on what you have learned and gained, you can see them as stepping stones to greater happiness, meaning, and fulfillment.

## Step 1: Identifying Challenges

Take a moment to reflect on both the BIG CHALLENGES you’ve faced and the SMALL DAILY STRUGGLES you encounter at work, home, and/or socially. Write them down in the table below. Include as many as you can think of, and feel free to focus on moments that stand out to you the most.

Challenge or Struggle	Where It Happened (Personal, Professional, Social, etc.)
<i>Example: Missed out on a job promotion</i>	<i>Professional</i>

## Step 2: Reflection on Growth and Lessons Learned

For each challenge you listed in Step 1, answer the following reflection questions. Consider what you GAINED from the experience, even if it was difficult or involved failure.

### Reflection Questions:

1. What skills or strengths did you develop as a result of this challenge?  
*(This doesn’t diminish that it might have been hard on you.)*
2. How did this experience help you grow as a person? *(This might be hard to admit!)*
3. What important lessons did you learn? *(We can learn from every experience...even difficult ones.)*
4. In what ways did this experience contribute to your current or future happiness?  
*(This is sometimes a tough ask if the challenge or struggle was emotionally draining.)*

(Repeat this for as many challenges as you feel comfortable exploring.)



### Step 3: The Gifts of Challenges

Positive psychology research highlights the concept of post-traumatic growth – the idea that struggles, even significant ones, can lead to meaningful development and a deeper sense of purpose and happiness. Challenges can offer unexpected gifts such as:

- Improved resilience
- Greater empathy and compassion
- Stronger relationships
- Increased gratitude for life
- Greater confidence and self-efficacy

Reflect on the challenges you've worked through and write a list of the "Gifts, Benefits, or Lessons" that have come from them.

**Perspective Shift Tip:** *Even small daily challenges can contribute to this list! Overcoming small struggles consistently builds resilience and problem-solving skills.*

#### Your Gifts, Benefits, and Lessons List

### Step 4: Final Reflection: Gratitude for the Journey

Challenges don't only belong to the past; they will also arise in the future. However, you are better prepared to face these challenges because of the lessons, growth, and gifts you've already experienced.

Take a moment to reflect on how challenges, even those that were painful or difficult, have shaped the person you are today. Write two short sentences of gratitude for the growth you've experienced.

*Example:* "Without challenges, I wouldn't be as strong or as prepared for what lies ahead."

#### Your 2 Short Gratitude Statements:

1. \_\_\_\_\_

2. \_\_\_\_\_





# Lifelong Learning for Well-Being and Happiness

“Always Push Through the Pain and Don’t Run Away from Change. Never Settle.”

## Fade In/Fade Out, *Nothing More*

Lifelong learning is essential for personal growth, happiness, and overall well-being. Positive psychology highlights that continuous learning keeps your mind sharp, your spirit curious, and your life meaningful by fostering purpose and connection. By staying open to new experiences and exploring what inspires you, you create opportunities for growth and fulfillment throughout life.

### Step 1: Understanding the Benefits of Lifelong Learning

Lifelong learning goes beyond formal education. It includes developing new skills, exploring hobbies, staying curious, and seeking personal growth. Reflect on the benefits of lifelong learning as they relate to your well-being:

- Keeps the brain active and healthy
- Provides a sense of purpose and achievement
- Improves confidence and adaptability
- Promotes resilience and growth
- Enhances joy and satisfaction in life

#### Quick Reflection Question:

Whenever you are learning something new and eventually feel confident with it, how does it make you feel? Choose five words to describe how you feel when this happens:

\_\_\_\_\_



### Step 2: Identifying Your Learning Interests

What do you enjoy learning about? Lifelong learning is most rewarding when it aligns with your interests, values, and/or goals. Use the prompts below to reflect on your *Learning Wish List*:

1. What topics, skills, or hobbies have always intrigued me? (Ex: cooking, music, tech, art, fitness, history?)
2. What activities make me feel energized, excited, or curious?
3. Are there things I loved learning as a child that I can revisit as an adult?
4. What new skills or knowledge would help me feel more fulfilled in my personal or professional life?

Create a **Learning Wish List** of topics you would love to dive into or continue to dive deeper with.

- Topic/Skill 1: \_\_\_\_\_
- Topic/Skill 2: \_\_\_\_\_
- Topic/Skill 3: \_\_\_\_\_
- Topic/Skill 4: \_\_\_\_\_
- Topic/Skill 5: \_\_\_\_\_



### Step 3: Lifelong Learning in Everyday Life

Lifelong learning doesn't require a classroom. You can learn in small, meaningful ways each day. Brainstorm and reflect on how you can incorporate learning into your daily life/routine with the questions below:

1. What small steps can I take to explore or develop my learning interests?  
(Examples: Watching videos, reading books, taking an online course, joining a group, finding a mentor)
2. How can I turn everyday experiences into learning opportunities?  
(Examples: Learning new recipes, exploring nature, listening to podcasts, practicing mindfulness)
3. How can I dedicate time to learning while balancing my current responsibilities?  
(Example: 17 minutes a day adds up to 100 hours by the end of the year.)

### Step 4: Taking Action with Your Lifelong Learning

Challenge yourself to create an Action Plan for a few topics from your *Learning Wish List*:

What I Want to Learn	Small Step to Start	When and How Often?
<i>Ex: Learn a new language</i>	<i>Download a language app</i>	<i>10 minutes every morning</i>

### Step 5: Final Reflection Questions on Lifelong Learning

1. How will learning something new help me grow as a person?
2. How can I use my learning to bring more joy, meaning, or purpose into my life?
3. How will lifelong learning help me connect with others (family, friends, or communities)?





# The Relationships We Choose to Keep

“With Open Arms and Minds, Stay With Me Till I Find,  
What it is We Search For, ‘Cause I Know We Want More.”

## Where Do You Draw the Line, *From Autumn To Ashes*

The quality of our relationships impacts our overall well-being. The strength, depth, and inspiration from those we keep close company with can enhance our personal happiness and well-being. What "they" think and believe often becomes what "we" think and believe. This survey is designed to help you assess the quality of your friendships and how they may impact your overall well-being.

### INSTRUCTIONS

For each survey statement, rate your agreement on a scale from 1 to 5:

1 = Strongly Disagree   2 = Disagree   3 = Neutral   4 = Agree   5 = Strongly Agree

### SURVEY

#### Section 1: *Connection and Support*

1. I have friends who truly understand me and with whom I can be myself. \_\_\_\_
2. My friends provide emotional support when I need it. \_\_\_\_
3. I feel comfortable reaching out to my friends when I'm struggling. \_\_\_\_
4. I frequently spend meaningful time with my friends. \_\_\_\_
5. I believe my friends genuinely care about my well-being. \_\_\_\_

**Section 1**  
**Total:** \_\_\_\_/25

#### Section 2: *Positivity and Growth*

6. My friendships bring more positivity than negativity into my life. \_\_\_\_
7. I feel energized and happier after spending time with my friends. \_\_\_\_
8. My friends encourage me to pursue my goals and growth. \_\_\_\_
9. I can celebrate my successes with my friends without feeling judged. \_\_\_\_
10. My friends inspire me to be a better version of myself. \_\_\_\_

**Section 2**  
**Total:** \_\_\_\_/25

#### Section 3: *Trust and Reciprocity*

11. I can trust my friends to be there when I need them. \_\_\_\_
12. There is a healthy balance of give and take in my friendships. \_\_\_\_
13. I feel that my friends are reliable and dependable. \_\_\_\_
14. I know I can count on my friends during tough times. \_\_\_\_
15. My friends value my opinions and contributions. \_\_\_\_

**Section 3**  
**Total:** \_\_\_\_/25

#### Section 4: *Diversity and Mutual Respect*

16. My friends and I respect each other's differences in opinions, beliefs, and backgrounds. \_\_\_\_
17. I have a diverse group of friends who bring different perspectives to me. \_\_\_\_
18. My friends respect my boundaries and personal space. \_\_\_\_
19. I feel comfortable being vulnerable and authentic with my friends. \_\_\_\_
20. My friendships are based on mutual respect and admiration. \_\_\_\_

**Section 4**  
**Total:** \_\_\_\_/25

**Survey Total:** \_\_\_\_/100 points

## FEEDBACK

Use your total survey score to help reflect on the relationships in your life. The value is being aware so that you can make informed decisions and take action to better help your happiness.

### Score of 75–100: Flourishing Friendships

You seem to have strong, healthy friendships. Research in positive psychology shows that high-quality relationships contribute significantly to overall happiness and life satisfaction.

*Reflection:* Continue nurturing these connections by maintaining regular contact and investing in meaningful time together. Keep supporting each other's growth and well-being. Consider sharing what you appreciate about your friendships with your friends—expressing gratitude can further strengthen bonds.

### Score of 50–74: Room for Growth

You have some positive connections, but there are areas where your friendships might not be fully contributing to your well-being.

*Reflection:* Reflect on which friendships feel the most energizing and supportive. You might find value in deepening those relationships by opening up more or addressing areas where balance or trust might be lacking. Positive psychology emphasizes the importance of investing in high-quality relationships rather than quantity. Prioritize friendships that bring joy, trust, and growth.

### Score Below 50: Time for Reflection

Your friendships might not be offering the level of support and positivity that would benefit your well-being.

*Reflection:* It could be helpful to reflect on whether these relationships align with your values and needs. Positive psychology encourages creating relationships that offer genuine support, encouragement, and trust. Consider whether some friendships need more nurturing, or if you may need to seek new connections that better reflect who you are today. Building trust, setting boundaries, and engaging in shared positive activities can improve the quality of friendships.

## TIPS TO STRENGTHEN OUR RELATIONSHIPS

- **Express Gratitude:** Regularly show appreciation for your friends. This strengthens bonds and enhances positive emotions in the relationship.
- **Invest in Quality Time:** Spend time engaging in activities that promote shared experiences and joy. Positive experiences reinforce connections.
- **Active Listening:** When your friends share their thoughts and feelings, practice deep, non-judgmental listening. It builds trust and understanding.
- **Mutual Collaboration:** Ensure a balance of give and take in the friendship. Being both a giver and receiver of support fosters trust and deeper connection.
- **Supportive Environment:** Surround yourself with friends who support your personal growth and well-being. Friendships that nurture positivity and growth lead to greater happiness.

What is one takeaway about the relationships you choose to have?





# Focusing on What You Can Control

🎵 “I’m Finally Holding on to Letting Go.” –Unsainted, *Slipknot*

One of the keys to greater happiness and emotional well-being lies in identifying what is within our control and what is not. Focusing on the aspects of life we can control reduces stress, increases resilience, and helps us take intentional action to improve our lives. Let’s reflect on how to let go of what you cannot control and channel your energy into what you can. When we focus on what we can control, we empower ourselves to live with purpose, peace, and clarity. By releasing what is beyond our influence, we create space for joy, growth, and meaningful action.

## Step 1: Understanding Control

Start by considering the things in life that may feel stressful or overwhelming. Then, reflect on whether you have control over them. Use the prompts below to organize your thoughts:

### Things I CAN control:

- My thoughts and attitude
- My actions and behaviors
- How I respond to others
- My habits and goals
- How I spend my time and energy

### Things I CANNOT control:

- Other people’s actions, words, or opinions
- The past or the future
- Unexpected events
- The outcome of situations beyond my influence
- Natural changes or challenges (e.g., weather, illness)

## Step 2: Identifying What Is Controllable vs. Uncontrollable

Reflect on any common stressors in your life. Use the table below to separate aspects of each situation into what you CAN and CANNOT control.

Common Stressors	What I CAN Control	What I CANNOT Control
<i>Example: Unprofessional coworker</i>	<i>How I communicate, interact, and respond to them.</i>	<i>Their opinion, attitude, or actions they take.</i>

## Step 3: Reflection on Your Focus

1. Where have I been spending most of my energy – on what I CAN control or what I CANNOT?
2. How has focusing on any “uncontrollables” affected my happiness and well-being?
3. What actions can I take to shift my focus to the things I CAN control?

## Step 4: Action Plan for What You Can Control

Positive psychology highlights the benefits of taking intentional action toward what you can influence. Try to write down 3-5 actions you CAN control to improve your happiness, well-being, or current situation.

### 5 Actions I Can Control Daily to Improve My Happiness and Well-Being:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Step 5: Letting Go of the Uncontrollables

Letting go of what we cannot control is not about ignoring challenges but about freeing ourselves from unnecessary stress. Try to write down 3-5 “Uncontrollables” you can let go of to improve your happiness, well-being, or current situation.

### 5 Uncontrollable Aspects of My Life I Am Ready to Let Go Of

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_






# What is Your Debut Metal Album?

Congrats on now being closer to a happiness ROCKSTAR! It's time to complete your debut album full of aggressively incredible self-reflective tracks! Follow the guidelines below to fill in the blanks.

## COMPLETE YOUR DEBUT ALBUM

- Fill in your Heavy Metal Band Name on Line A below (*from page 2*)
- Fill in your Debut Album Title on Line B below (*from page 2*)
- Fill in your 9 Powerful Tracks by finding the  symbol throughout the exercises from this workshop. Choose keywords or short phrases from your personal reflections to create your song titles below.



A. \_\_\_\_\_

B. \_\_\_\_\_



**9 Powerful & Reflective Tracks:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_






## FINALS REFLECTIONS AND ACTIONS

- Take a look at your debut metal album and set one simple, genuine, and intentional action to take in order to slightly increase your happiness this month.

