

Episode 951 Worksheet

Title: Happiness Takes Discipline

Podcast: What's Your Problem? with Marsh Buice

Reflect & Write

1. What direction does happiness look like for you—specifically in these five areas?

- Faith:

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- Family (Relationships):

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- Fitness:

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- Finances:

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- Fulfillment (Creative & Professional):

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2. What's one area where you've been chasing the feeling of happiness instead of choosing the direction?

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3. Describe your current code of behavior. How do you carry yourself when things don't go your way?

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4. What discipline or habit can you implement this week to stay aligned with the direction of happiness?

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5. What's a situation where you could respond with direction instead of emotion?

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Notable Quotes to Remember

> *"Happiness isn't a feeling. It's a direction."*

> *"Discipline is your code of behavior—it keeps you aligned when your emotions want to take over."*

> “You don’t have to feel happy to keep moving forward. You just have to know where you’re going.”

> “Stop chasing the mood. Start choosing the mission.”

Your Call to Action

Write your own “happiness code.” Just 2–3 sentences that define how you want to carry yourself—no matter what the day throws at you.

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