🎧 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:
  →

- Family (Relationships):
  →

- Fitness:
  →

- Finances:
  →

- Fulfillment (Creative & Professional):
  →

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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