

Stay happy 365

Depression No More

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30 Days to Emotional Strength



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Welcome!

WELCOME TO DAY 1 AND CONGRATULATIONS ON TAKING THIS NEXT STEP FOR YOUR LIFE!!

There is still hope, and you investing in this course shows me the hope that you still carry in your heart to live a more happy and fulfilled life.

Enjoy the videos and feel free to ask any questions!

DAY 1 ASSIGNMENT

What are things you feel that people who have gone out of depression have done differently than those who have stayed in depression?

Find 3 people that went through but then got out of depression. Write at least one thing that they did to get themselves out.

DAY 2 ASSIGNMENT

Which statistic or fact that was mentioned meant the most to you or was the most insightful for you?

Getting conscious of our symptoms

Describe your physical symptoms(e.g. hair loss or weight gain)?

Emotional symptoms(e.g. irritability)?

Mood patterns throughout the day and week?

Weather effects (if any)?

Observe and mention some of the foods that cause you to feel better and others that cause you to feel worse:

DAY 3 ASSIGNMENT

Why is it so hard to stay happy (based on what you learnt in the lecture today)?

DAY 4 ASSIGNMENT

What are some control strategies that you may be using in your life?

How could you better respond any pain you feel in life?

What is the solution to free us from the happiness illusion?

DAY 5 ASSIGNMENT

What advice would you give to Ashley?

What if you were Ashley in your own unique way? How could you embody the advice you gave?

DAY 6 ASSIGNMENT

What did you learn about the mind today?

What is the significance of stories in relation to our emotional health?

DAY 7 ASSIGNMENT

How can you use what you learnt about amnesia and use it in your own life to free yourself from negative past memories or baggage that may be weighing you down?

Is it possible to consciously cause amnesia to certain parts of our mind's memories that haunt us and disable us instead of empowering us?

DAY 8 ASSIGNMENT

How can you use what you learnt about amnesia and use it in your own life to free yourself from negative past memories or baggage that may be weighing you down?

Is it possible to consciously cause amnesia to certain parts of our mind's memories that haunt us and disable us instead of empowering us?

Mention 2 ways we can relate to our life timeline:

DAY 9 ASSIGNMENT

Who is someone you could connect to and open up to about your life's struggles? If you don't have someone, who is someone who you could POTENTIALLY open up to?

What are some free anonymous resources you could also use?

Is there a higher being or a loved one or a past loved one or someone who looks up to you that you can make a vow to that you will commit to continuing on the struggle of living, even if not for yourself, then at least for them? In the most open manner possible, write down how you feel and how much you may be struggling and how much they mean to you that you still keep on going because of them. You don't have to send them the letter so relax and be open.

DAY 10 ASSIGNMENT

Gems you got from today's lesson? Which one will you take a simple small action to apply?

What's a new healthy social circle you could maybe join to help speed up the healing process?

DAY 11 ASSIGNMENT

Gems you got from today's lesson?

What is a cool "new beginning" of a life story you could have starting today?

How can you strive to live that reality and make it happen?

DAY 12 ASSIGNMENT

Gems you got from today's lesson?

How are you better controlling your emotions since we first began?
Any low-points?

DAY 13 ASSIGNMENT

Gems you got from today's lesson?

Your 1/3 there, take time to review your previous journal entries!

Define mindfulness:

DAY 18 ASSIGNMENT

Get a timer out for 10 minutes and try the mind experiment on your own!

DAY 19 ASSIGNMENT

Eat your raisin- the mindful way!

Gems or insights you got on the discussion on emotions?

DAY 20 ASSIGNMENT

What are some disempowering questions you subtly ask yourself constantly?

What are some empowering questions you could ask yourself instead?

Take 3 top empowering questions you like and start your day tomorrow with them!

DAY 21 ASSIGNMENT

Take the test!

DAY 22 ASSIGNMENT

What type are you?

Write as much notes on Amen's recommendations for your specific type(s)!

DAY 23-25 ASSIGNMENTS

CREATE A POWERFUL DIET PLAN!

Supplements you will take daily to test the effect?

Foods you will completely give up on?

Foods you will add in your daily diet?

Accountability partner that make sure you stay on track?

Advices and gems you enjoyed and want to save?

DAY 26-29 ASSIGNMENTS

What are some negative relationships/grudges/self-comparisons/hatred/jealousy that you now commit to let go of?

How can you better embrace your imperfect self with unconditional love?

How can you listen more?

How can you love others more?

Love yourself and keep growing with a smile on 😊

CONCLUSION

Congratulations, you made it!

I have no words, except that I AM SO PROUD OF YOU!

As you may have already realized, freeing yourself from depression is a journey.

Whether discussion on relationships, diet, our mind's workings, mindfulness, our life story, getting a healthier social support circle around us, or simply installing more empowering questions within ourselves I have that this course opened your mind to new possibilities!

To your happiness, to your success in both worlds,
Coach Ahmad