

The logo features a white calendar page with a spiral binding at the top, showing the number '31' in a large, bold, black font. The bottom of the calendar page is folded over, revealing an orange background. To the right of the calendar, the words 'DAYS' and 'OF INSPIRATION' are written in a large, bold, black serif font, with 'OF INSPIRATION' in a smaller size below 'DAYS'.

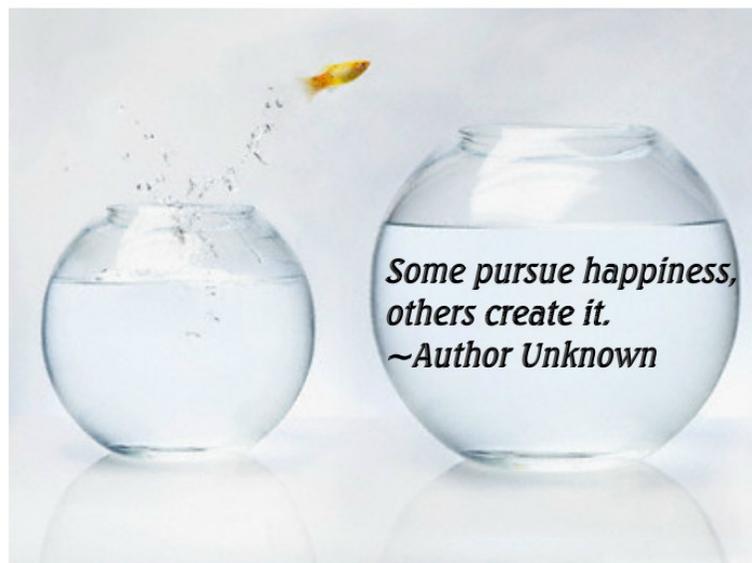
31 DAYS OF INSPIRATION

During this 31 day inspirational journey, we're going to cover **happiness, joy, life purpose**.

When we're done covering these 31 days of quotes, insight and conversation you'll have the knowledge to be able to continue on your daily life knowing that you deserve (and can be) happy, enjoy life and fulfill your purpose.

Within this guide, you'll find a new quote or saying to study every day. Read it, meditate on it, contemplate it and really get to the root of the quote. You'll also have a daily exercise to complete. It's not mandatory (I'm not going to be standing over your shoulder with a ruler waiting to crack you on the knuckles if you don't do it), but you'll gain more out of the study if you complete the daily assignments.

Be prepared to experience abundant **joy** and **happiness**!



Definitions:

Inspire--to produce or arouse (a feeling, thought, etc.), to influence, to fill or affect with a specified feeling, thought

Inspiration -- the act of inspiring, a result of inspired activity, a thing or person that inspires, an inspiring or animating action or influence

Motivate -- to provide with a motive or motives; incite; impel

Motivation -- the act or an instance of motivating, the state or condition of being motivated, something that motivates; inducement; incentive



Joy -- the emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation; happiness

Happiness -- the quality or state of being happy; good fortune; pleasure; contentment; joy.

Purpose -- the reason for which something exists or is done, made, used, etc.

What is included in 31 Days of Inspiration

I'm glad you're taking part in this 31 day journey. This particular one focuses on joy, happiness and purpose. There will be more coming soon covering other areas of life that you may feel you need inspiration and guidance in.

Each day for 31 days, you will find a Quote reference on the 31 Days of Inspiration Calendar and a page in this book for you to complete. The information that is laid out on the following pages for each day shouldn't take you very long to do. I've made this simple enough, yet profound and thought provoking, that you won't feel overwhelmed and can fit in your busy schedule.

What this includes:

Study Quote – an inspiring thought provoking quote to read, mediate on, and think about.

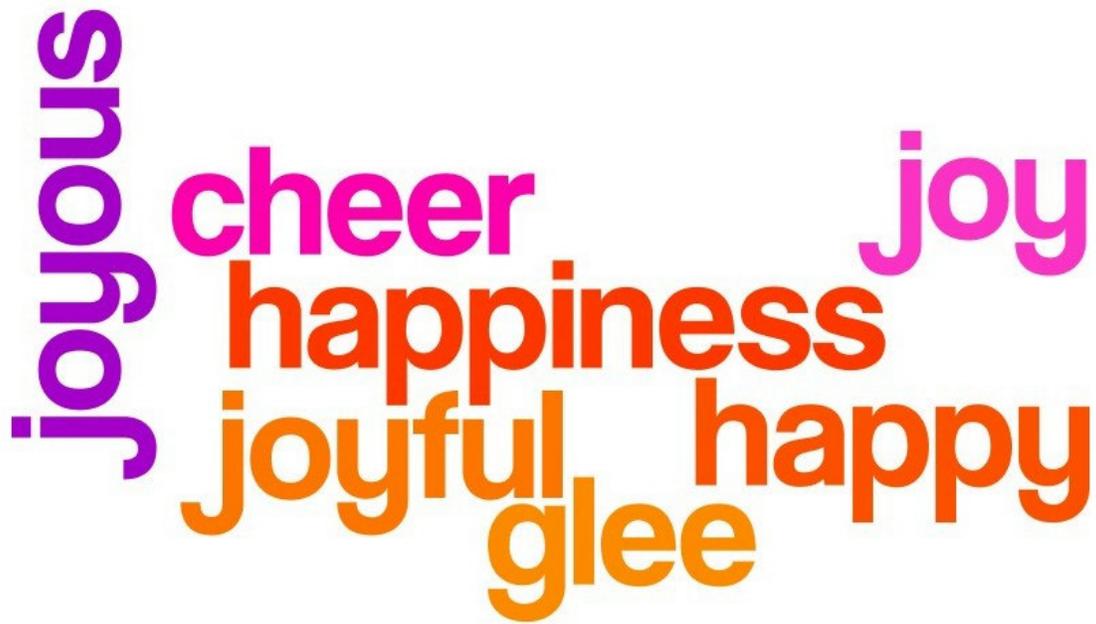
Exercise - Thoughts and insight regarding the Study Verse along with a call to action for you to complete (each one shouldn't take very long to complete)

Daily Happiness & Joy journal – you will be listing 5 things each day that you found joy or happiness in. You'll learn more about this on Day 1.



*"To be happy is a choice. If you make anything or anyone a condition for your happiness, you've limited yourself."
Author Unknown*

This 31 Days of Inspiration is going to help you choose happiness and experience it without relying on outside factors or people!



A word cloud featuring several terms related to joy and happiness. The words are arranged in a cluster, with 'joyous' written vertically on the left in purple. Other words include 'cheer', 'joy', 'happiness', 'joyful', 'happy', and 'glee' in shades of pink and orange.

joyous
cheer joy
happiness
joyful happy
glee

Day 1:

Are you ready to begin the journey to happiness and joy?

Study Quote:

If you want to be happy, be.

~~Leo Tolstoy

Exercise:

I want you to start a daily happiness journal (space is given within this guide for each day).

Here you **will write down at least 5 things that you found joy in or that made you happy on a daily basis.**

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 2:

Do you believe that you can be happy even if things around you are far from that?

Study Quote:

If you're going through hell, keep going.
~~Winston Churchill.

Exercise:

What do you do when you're not happy or experiencing 'hell'?

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 3:

What direction are you going in?

Study Quote:

Happiness is a direction, not a place.
~~Syndey J Harris

Exercise:

Think about a typical day. Do you start off happy and in a good mood? Or, do you wake up and start thinking about all the 'nonsense' that you're going to encounter? Make a conscious effort to start the day in the right direction—one that will lead to happiness, positivity & not doom & gloom!

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 4:

Are you moving through your day too quickly?

Study Quote:

For fast-acting relief, try slowing down.

~~Lily Tomlin

Exercise:

Look at your daily or even weekly schedule. Is it nonstop (work, kids, housework, activities, meetings, functions, sports) for you? Take time to S L O W down! I know, you're probably saying you have too much to do to be able to slow down. If you take even 15-20 minutes and just relax- meditate, exercise, read a book, take a walk, take a bubble bath-do something that enables you to just enjoy-then the hustle & bustle of life won't be able to take your happiness!

List here 2 or 3 things that you're going to do to "slow down"

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 5:

Are you dreaming? Are you really living your life?

Study Quote:

Dream as if you'll live forever. Life as if you'll die today.
~~James Dean

Exercise:

Do you dream of doing something before you die? What are you waiting for? Experience the joy and thrill of doing it now! What's holding you back?

List at least one of the things you dream about doing:

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 6:

Do you hold onto stress?

Study Quote:

Give your stress wings and let it fly away.

~~Terri Guillemets

Exercise:

Do you know that stress robs you of your happiness, joy and ability to truly enjoy life? For some stress relief tips visit <http://www.holisticstressmanagement.com/?cat=6> and apply some of those in your daily life! You'll feel better (emotionally and physically) and be more likely to enjoy life!

List one thing you will do to get rid of some of the stress in your life:

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 7:

Do you laugh often?

Study Quote:

Seven days without laughter makes one weak.
~~Mort Walker

Exercise:

Did you know it's nearly impossible to laugh and not be filled with happiness? Laughing is good for you-not only as He has spoken but it's good for stress relief and your health. It's very simple actually, how can you be full of laughter and shouting with joy and remain upset or stressed? You can't!

List at least two things here that makes you laugh:

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 8:

What do you do when you feel you're at the end of your rope?

Study Quote:

When you come to the end of your rope, tie a knot and hang on.

~~Franklin D. Roosevelt

Exercise:

I'm not going to lie, it's not easy to hang on—but really what other choice is there? You can let go, but that's ultimate doom. Cling to that rope and don't let go. It's like in PE class when we had to climb the rope to pass the class. Inch your way up, you're strong enough! Just keep inching your way up that rope til you're at the top and enjoying life again!

List two ways how you're going to make an effort to be happy even when you're barely hanging on!

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 9:

Do look for the good? Or do you only see the bad?

Study Verse:

Every day may not be good, but there's something good in every day!

~~Author Unknown

Exercise:

It's so easy to view an entire day as not being good. We've all had bad days-but in every day there's at least something you can say is good. You're reading this right? That means you have eyes to see, a mind to use and probably a roof over your head and internet service. Aren't those all *good* things? Focus on the good things and not the entire day as not being good!

List at least one thing that was good today?

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 10:

When you run into a problem do you stop completely or proceed with caution after stopping?



Study Quote:

Problems are not stop signs, they are guidelines.

~~Robert Schuller

Exercise:

When you encounter an obstacle (stop sign), don't let it totally stop you. Evaluate the situation and work it out so that you can move forward in the right direction—towards happiness, life purpose and joy!

Are you willing to not let 'stop signs' prevent you from obtaining what you want?

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 11:

Is there passion in your life?

Study Quote:

Follow your passion, and success will follow you.

~~Terri Guillemets

Exercise:

Passion is a strong feeling or desire for. What are you passionate about? If you're stuck in a job/career that you can't stand -that's not passion! If you're in business that includes doing what you love and are called to do -that's passion! You can succeed in both (yes-you can succeed in doing things you're not passionate about-but you won't enjoy it, you won't be as happy as you'd be if you were truly passionate about what you're doing-trust me, this comes from personal experience!)

List at least one thing (if not more) that you are passionate about and how you can include those things in your life.

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 12:

Do you make a conscious effort to renew your thoughts daily?

Study Quote:

Renew your passions daily.
~~Terri Guillemets

Exercise:

Every single morning when you get up and get your day started, you're going to have to renew your passions. It does get easier, it becomes habit and not a 'chore'. It'll be something you just do and not have to think about. If you start each day thinking about and focusing on what you're passionate about and enjoy, your day will be so much happier and more pleasant!

List a few things you're going to think about when you wake up in the morning:

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 13:

Do you know you have a wonderful life?

Study Quote:

What a wonderful life I've had! I only wish I'd realized it sooner!

~~Colette

Exercise:

I want you to see the wonders of your life now, not later on in life. Appreciate what you've gone through (learn from any mistakes or messes in the past) and move on in gratitude. You're alive and life is to be enjoyed! Go ~ live ~ enjoy ~ appreciate and be grateful NOW!

List two or three things you're going to do now to ensure you're living your wonderful life now and not later!

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 14:

Are you a nut?

Study Quote:

The greatest oak was once a little nut who held its ground.
~~Author Unknown

Exercise:

Great quote... something as small as an acorn, rooted and having weathered the storms stands tall as a huge vibrant oak tree! You can do the same thing! Don't let situations do anything negative to you, learn from them, grow stronger and firm through them. You can be that great oak!

What area of your life do you need to stand your ground in?

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 15:

Are you wealthy?

Study Quote:

The greatest wealth, is health.

~~Virgil

Exercise:

Are you taking care of yourself? Or are you damaging your body? Many don't realize that if you're not healthy, you're not going to experience a vibrant happy life. You won't be able to do everything that you were intending on doing and experiencing. Money only goes so far. Wealth in the form of money cannot buy you health, happiness or an extended life to have fun in! You need to take care of yourself to experience true wealth!

List two or three things you're going to do that will help you live a healthier (thus wealthier) life:

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 16:

Do you have dreams or goals or both?

Study Quote:

Goals are dreams with deadlines.

~~Diana Scharf Hunt

Exercise:

Do you dream? Or set goals? Do you know the difference? Without goals and dreams do you really have a set 'course' to take in life? Without goals or dreams, you're just going through life with no direction.

List one immediate goal and one long term goal:

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 17:

Do you see the stars or do you focus on the darkness?

Study Quote:

When it's dark enough, you can see the stars.

~~Ralph Waldo Emerson

Exercise:

We all experience some dark times in life. Rather than focus on the dark side, pay attention to the bright stars that are overhead-guiding you with their light! Remember what it's like to look up and see the darkness spotted with illuminating beautiful stars-such contrast to the darkness-it's enlightening to view!

Take a few moments and contemplate a dark time that you've gone through and remember the joy you experienced when it was 'light' again!

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 18:

Are you too late?

Study Quote:

It is never too late to be who you might have been.
~~George Eliot

Exercise:

This is so true, and fortunately more and more people are beginning to realize that. If you wanted to be something that you're not currently, then go ahead...step out and do whatever it takes to be the person you wanted to be!

In a season of Glee (ok I admit, I now love this show), Will Schuester's dad decides to go to law school and I'm sure he's probably in his 60's maybe? He's finally going to be who he wanted to be.

The only way it's too late is if you're no longer breathing! Make sure to be who you want to be in life—so go out there and make it happen!

What/who is it that you wanted to be?

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Day 19:

Do you need or want another chance?

Study Quote:

If you woke up breathing, congratulations! You have another chance!

~~Andrea Boydston

Exercise:

Isn't that amazing and wondrous! Even if you messed up yesterday, if you didn't get everything done, if you weren't happy...you can start all over! You didn't lose your opportunity to enjoy life! You've got today!

List one or two things you're going to do today to ensure that you make today worth enjoying:

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 20:

Are you waiting for a handout or are you going out?

Study Quote:

God gives every bird its food, but He does not throw it into its nest.

~~J.G. Holland

Exercise:

Wow, powerful quote! Are you sitting in your nest waiting for someone to hand you a happy fulfilled life? Or, are you going after what will make you be joy filled and satisfied? You can't blame others, and situations for the state that your life is in right now. Get your wings about you, fly and go get your "food".

What steps are you taking to obtain what you need to make you happy?

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 21:

Are you clean?

Study Quote:

What soap is to the body, laughter is to the soul.
~~Yiddish Proverb.

Exercise:

As mentioned on day 7, days without laughter makes one weak. Laughter is good for your body (physically it helps release stress, gets your insides moving) and for your soul (you forget all your cares, things that are irritating you). So, make an effort today to laugh...even if it starts off as a fake laugh, it'll grow into true laughter if you keep it up.

Today, laugh for 15-20 mins. straight. Just laugh to out loud, start off as a giggle, chuckle then full blown laughter then write a few sentence about how it made you feel (emotionally as well as mentally):

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 22:

Did you lose your umph?

Study Quote:

The difference between try and triumph is a little umph?

~~Author Unknown

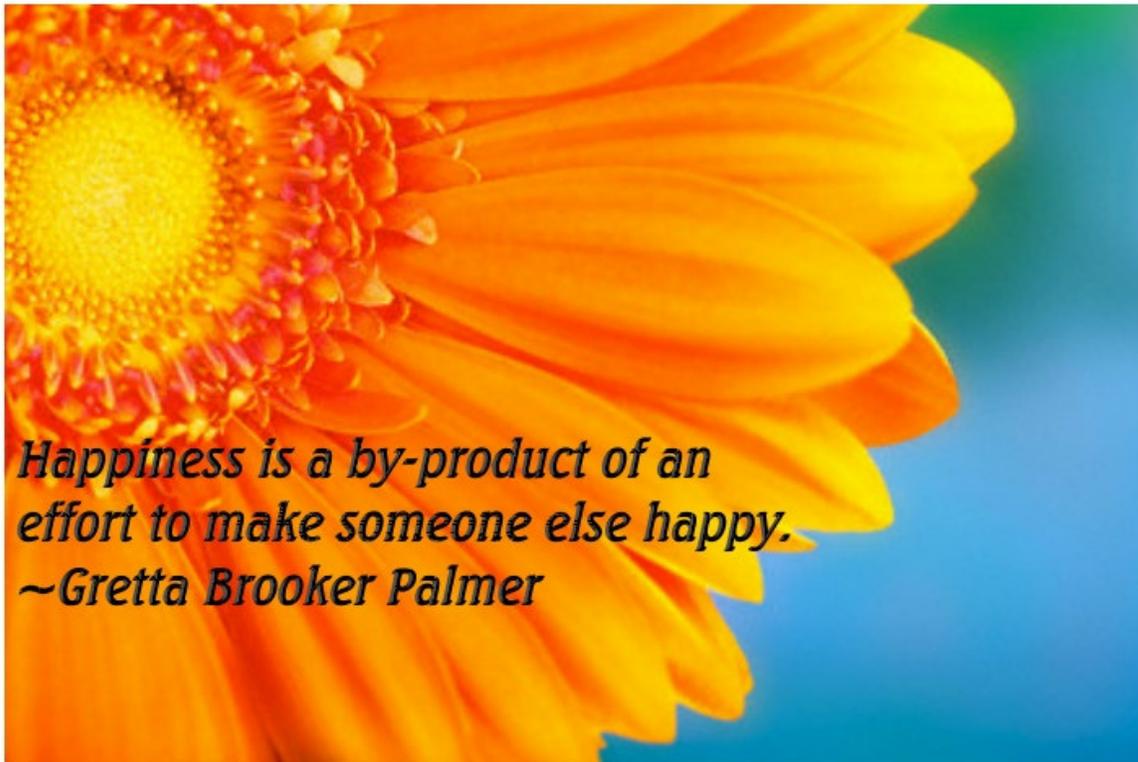
Exercise:

Has the umph left you? Are you really trying or are you just going through the motions? We all say "I'll try" to things but do we **really** give it the effort we should so that we can **triumph** rather than just try? It's amazing what a small difference can make!

List one or two things or areas of your life that you need some umph in:

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



Day 23:

Are you happy?

Study Quote:

The best way to cheer yourself up is to try to cheer somebody else up.

~~Mark Twain

Exercise:

It really is true that cheering someone else up will improve your mood! It helps you 'escape' your own problems and anytime you help somebody is always a mood enhancer! I want you to enthusiastically go into today and look for someone who needs cheering up and then prepare to be happier yourself!

List a few ways you are going to cheer someone else up today:

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 24:

Are we there yet?

Study Quote:

I may not be there yet, but I'm closer than I was yesterday.
~~Author Unknown

Exercise:

With every 24 hours, you can make progress in your life. You have the opportunity to work towards your goals and dreams, live a happy life and move closer to what you want. Or, you can sit around and be mad at the world and go nowhere. Which option sounds more enjoyable? That's right...moving a bit closer every day! You don't have to take huge leaps, even baby steps each day draw you closer and closer! Just keep moving forward.

List a few steps you're going to take to get you to where you'd like to be:

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 25:

Do you really want happiness in your life?

Study Quote:

If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.
~~Dalai Lama

Exercise:

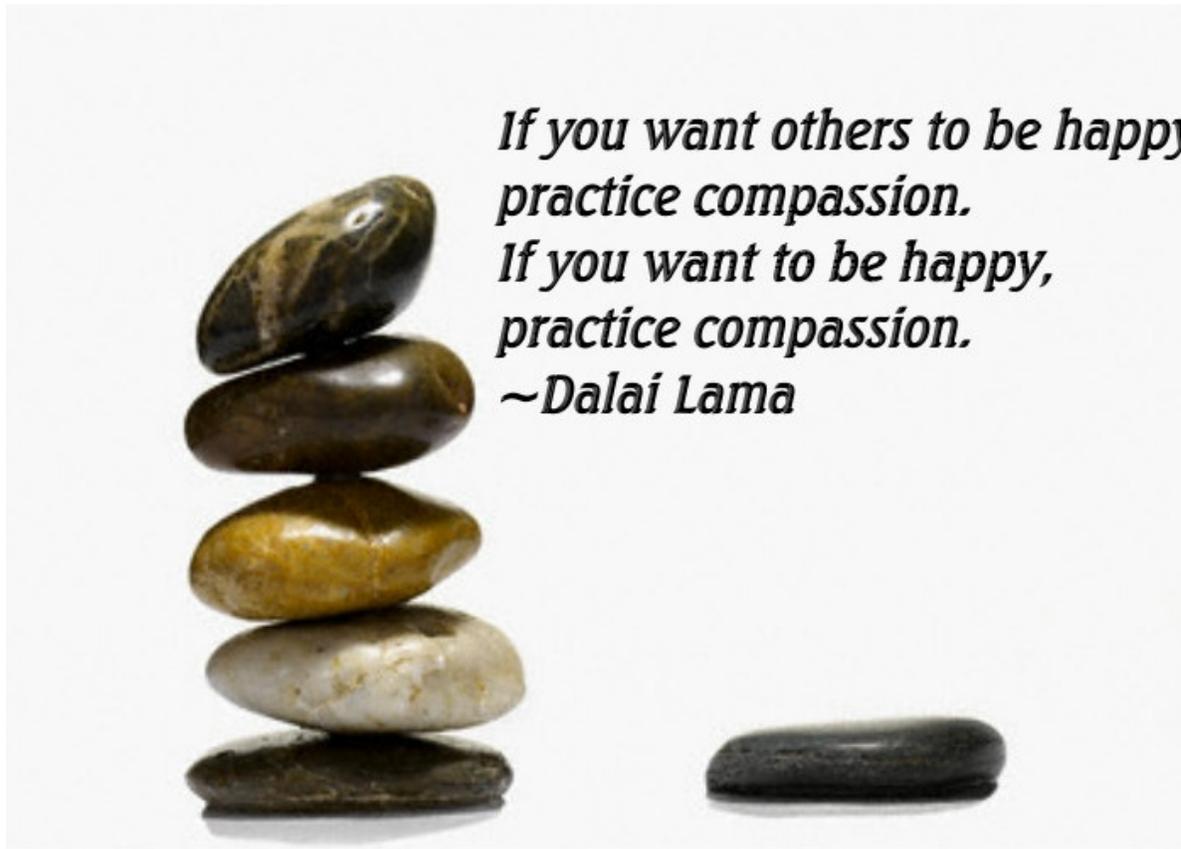
Compassion can make the world a better place, and your life included of course! It's just like on day 23-cheer yourself up by cheering someone else up. Same concept applies today! Show someone compassion and not only will it make their day better, it'll improve yours as well! Try it! (note: in certain situations, it can take lots of effort to do this-but the benefits **are** worth it!)

List three ways you're going to practice compassion.

- 1) _____
- 2) _____
- 3) _____

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



*If you want others to be happy,
practice compassion.
If you want to be happy,
practice compassion.
~Dalai Lama*

Day 26:

Are you trying?

Study Quote:

Try not. Do or do not.

There is no try.

~~Yoda in *The Empire Strikes Back*

Exercise:

As mentioned in day 22, many of us try but don't really triumph. Here's a simple concept... there is no try ...just do! So, make the conscious decision to **do** today!

List two or three things you are going to do today to ensure you're happy and enjoying life:

- 1) _____
- 2) _____
- 3) _____

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 27:

Do you think you can miss a day?

Study Quote:

If you don't think every day is a good day,
just try missing one.

~~Cavett Robert

Exercise:

We all have 'bad' days, or moments during our day that are less than desirable. However; how much more desirable would it be if you weren't breathing and able to experience the day? Stay focused on what we discussed on day 9 about every day having something good in it!

Do you make a conscious effort to really *live* each day? Make a decision to find the good within each day.

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 28:

Are you on target?

Study Quote:

If you aim at nothing, you'll hit it every time.

~~Author Unknown

Exercise:

If you're walking about aimlessly without any goals, desires, aspirations or dreams you're going to end up with nothing. Make a point of having your eye on the target and aim for the bulls eye.

What are you aiming for?

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 29:

Do you want to be cured?

Study Quote:

A good laugh and a long sleep are the best cures in the doctor's book.

Exercise:

Laughter and health have been mentioned on days 7, 15, 21 and today again. It's imperative to enjoy life, laugh, and be healthy so that you can experience the life you have to the fullest. If you stress over things or are constantly upset, mad it will have ill effect on your life.

List two or three things that you need to improve so you can be healthy:

- 1) _____
- 2) _____
- 3) _____

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 30:

Are you plowing or actually harvesting?

Study Quote:

You cannot plow a field by turning it over in your mind.
~~Author Unknown

Exercise:

Do you spend countless hours thinking about what you "should" do, or what you "need" to do...yet, don't take action in the actual "doing"? Wouldn't you rather harvest purpose, fulfillment, accomplishment than sitting around just 'thinking' about what you could be experiencing?

What steps are you going to take to cultivate the life you want?

Happiness/Joy Entries:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 31:

One thing at a time.

Study Quote:

We cannot do everything at once, but we can do something at once.

~~Calvin Coolidge

Exercise:

In the hustle and bustle of our daily lives, it's easy to be overwhelmed. There are so many things to get done, obligations, etc. We live in a time where multi-tasking is the norm. You need to accept that you can't do everything at once. Plain and simple, it can't be done. However, you can do something right now. So, get to it...make the decision to focus on doing one thing and getting started immediately.

List one thing that you're going to do today.

1) _____

Happiness/Joy Entries:

1) _____

2) _____

3) _____

4) _____

5) _____

Conclusion:

You made it! I knew you could!

Now that the 31 Days of Inspiration is complete, my hope is that you're able to experience and appreciate your life in a new perspective. It's my desire to know that your life is full of joy, cheer, happiness and that you're going to enjoy it now!

You can also find out what other Inspiration Coaching programs, courses and services are available if you'd like further assistance and inspiration, please feel free to email me at tara@taraburner.com

You may also visit Tara's site at <http://www.TaraBurner.com> although all programs and courses may not be listed at the present time.

Tara is also available for speaking events, retreats, seminars, group coaching, one on one coaching and workshops.

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