

the happy family lawyer

2016

HAPPINESS CALENDAR

The essentials of happiness are something to do, something to love and something to hope for

ALLAN CHALMERS

Some of you know that a goal of mine during 2015 was to 'slow down'. I don't mean in the physical sense - I mean in the 'life' sense. This past year I have been more conscious than ever of how I spend my time and who I spend it with. Working in the world of relationships, I am reminded on a daily basis of just how valuable my family is and how important it is to actually be present with them as much as I can.

I set this resolution as part of my own attempts at 'happiness'. When I started writing my blog I chose to use the word 'Happy' as at the time I wasn't really that happy at all. I wanted to change that and felt that a good place to start was to say to the world (and perhaps more importantly myself) that I can be happy and I can even help those falling out of love to be happy too. And can I say, it has really worked. Or perhaps I should say it is really 'working'...

Because what I have come to realise is that my pursuit of happiness is a daily, weekly, monthly exercise that will probably be a part of my life for the rest of my life. And the key was in making the conscious choice to be happy, no matter what was thrown my way.

So thanks to my lovely designer Lauren Jennings, we have popped together this Calendar for 2016 to focus on 'happiness' every day. Each month you can set your 'goals' for happiness through the reminder 'This month I will'. Now for me these goals are simple, silly and fun things- not big hard to achieve things! So for example try-

I will wear something fun every day

I will remember to look for the stars

I will bake a cake!

Simple, day to day things that we all do but by setting them as goals we are reminding ourselves to enjoy the mundane and make it beautiful.

At the end of each month you can also record what you have achieved- sometimes this may be the goals you set at the beginning or perhaps it will be the unexpected. This for me becomes my gratitude journal- a monthly record of the great things that have happened, the funny things my daughter has said and done or just the moments we have had together as a family. Those moments in life that make me happy.

So what do you think? I think you can never have too much 'happy' so why not choose to add a bit of happiness to your life every day. Who knows what will happen but I figure we have nothing to lose so let's give it a go!

Clarissa

January

This month I will:

.....

S	M	T	W	T	F	S
					1	2
					New Year's Day	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Enjoy the sunrise or sunset						
24	25	26	27	28	29	30
		Australia Day				
31						

This month I have:

.....

February

This month I will:

.....

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
					It's Friday! Sing in the shower!	
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

This month I have:

.....

March

This month I will:

.....

S	M	T	W	T	F	S
		1	2	3	4	5
			Get outside! Go for a walk			
6	7	8	9	10	11	12
	Labour Day (WA)					
13	14	15	16	17	18	19
	8 Hours Day (TAS) Labour Day (VIC)					
20	21	22	23	24	25	26
	Harmony Day				Good Friday	Holy Saturday
27	28	29	30	31		
Easter Sunday	Easter Monday					

This month I have:

.....

April

This month I will:

.....

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	ANZAC DAY					Compliment a stranger

This month I have:

.....

May

This month I will:

.....

S	M	T	W	T	F	S
1	2	3	4	5	6	7
	Labour Day (NT, QLD)					
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
					Send a postcard	
29	30	31				

This month I have:

.....

June

This month I will:

.....

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	Queen's Birthday (NSW, ACT, NT, SA, TAS & VIC)					Get crafty
19	20	21	22	23	24	25
26	27	28	29	30		

This month I have:

.....

July

This month I will: _____

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Bake a cake!						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This month I have: _____

August

This month I will:

.....

S	M	T	W	T	F	S
	1	2	3	4	5	6
			Make someone laugh			
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This month I have:

.....

September

This month I will: _____

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
	It's getting warmer! Eat your lunch outside					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
	Queen's Birthday - WA					

This month I have: _____

October

This month I will:

.....

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
	Queen's Birthday - QLD Labour Day (ACT, NSW, SA)					
9	10	11	12	13	14	15
			Perform a random act of kindness			
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

This month I have:

.....

November

This month I will:

.....

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
					Remembrance Day	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
Visit that place you have been talking about all year						
27	28	29	30			

This month I have:

.....

December

This month I will:

.....

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
					Tis the season of giving! Donate something nice	
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Christmas Day	Boxing Day					New Year's Eve

This month I have:

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*Happiness
is a journey,
- not a -
destination*

PAUL H. DUNN

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