

LISA JANSEN

ONE SIZE



does not

FIT ALL

Discover YOUR personal
path to a happier life

Welcome!

This is the workbook for the book *One Size Does Not Fit All* by Lisa Jansen. In this workbook, you will find templated for all the exercises included in the book with space for your notes.

It is highly recommend to use this workbook in combination with reading the book as you will find important context, information, inspiration and examples in the book. *One Size Does Not Fit All* is available in both print and eBook format and should be available from all major online and offline stores. However, you are also welcome to use the workbook on its own.

Please share feedback

If you enjoy *One Size Does Not Fit All* and this workbook, please take a few minutes to leave a review on Amazon or other platforms.

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PART I: Understanding Happiness

Your Definition Of Happiness

Write your definition of happiness based on what you know and believe so far.

PART II: Getting To Know Yourself

1. Your Personality

THE BIG FIVE MODEL

Big Five: Self-Ratings

Where on the Openness scale do you think you are?

| | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|--------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Very low | | | | | | | | | Very high |

Where on the Conscientiousness scale do you think you are?

| | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|--------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Very low | | | | | | | | | Very high |

Where on the Extraversion scale do you think you are?

| | | | | | | | | | |
|-----------------------------------|---|---|---|---|---|---|---|---|------------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Very low (Very Introverted) | | | | | | | | | Very high (Very Extraverted) |

Where on the Agreeableness scale do you think you are?

| | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|--------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Very low | | | | | | | | | Very high |

Where on the Neuroticism scale do you think you are?

| | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|--------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Very low | | | | | | | | | Very high |

Big Five Exercise 1: The friends and family method

1. Ask friend and family to give you a rating for each of the five traits on the Big Five model. You can find a template to share with them on the next page.
2. Write down all the scores you got in the table below
3. Remove outliers (see book for details)
4. Add up remaining scores and then divide it by the total number of scores you added up

| Name | Openness Score | Conscientious -ness Score | Extraversion Score | Agreeableness Score | Neuroticism Score |
|--|-------------------|------------------------------|-----------------------|------------------------|----------------------|
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| | | | | | |
| Total score (excluding outliers you removed) | | | | | |
| Total score divided by number of scores you added up | | | | | |
| Score you gave yourself | | | | | |
| Final score you decided on | | | | | |

Big Five: Template for Feedback

You can find the template to share with friends and family in the folder you downloaded.

Big Five Exercise 2: The online test

Please refer to the book for details on this exercise.

Based on everything you've learned, decide on your final score of each of the Big Five traits.

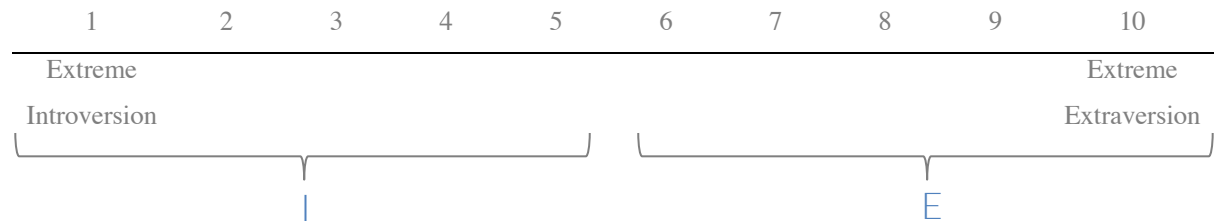
1. Openness:
2. Conscientiousness:
3. Extraversion:
4. Agreeableness:
5. Neuroticism:

Notes:

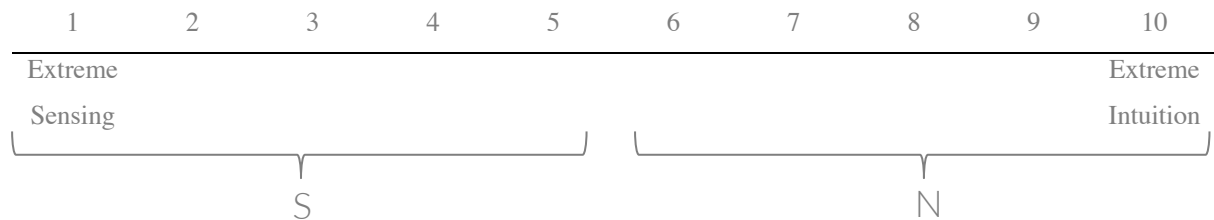
THE MYERS-BRIGGS TYPE INDICATOR

Myers-Briggs: Self Rating

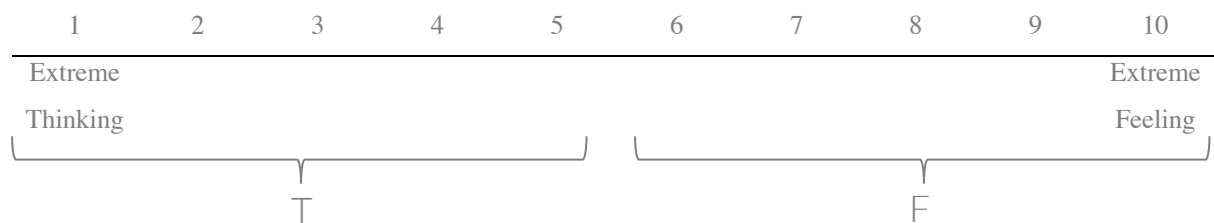
What world do you prefer?



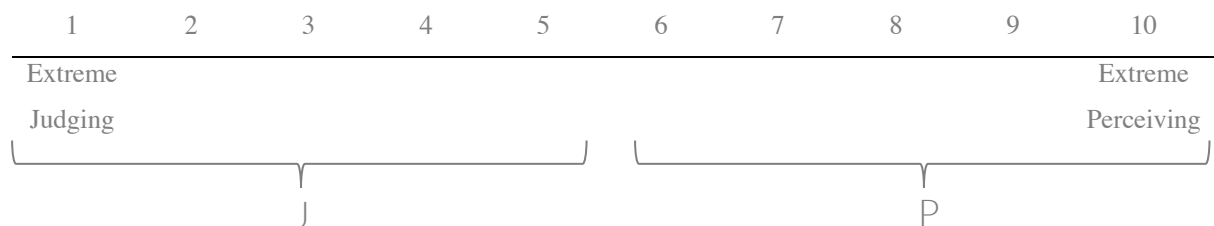
How do you gather information?



How do you make decisions?



How do you engage with the world?



Your Type based on your ratings:

Myers-Briggs Exercise 1: The friends and family method

1. Ask friend and family to give you a rating for each of the four areas of the Myers-Briggs model. You can find a template to share with them on the next page.
2. Write down all the scores you got in the table below
3. Remove outliers (see book for details)
4. Add up remaining scores and then divide it by the total number of scores you added up

| Name | What world do you prefer? | How do you gather information? | How do you make decisions? | How do you engage with the world? |
|--|---------------------------|--------------------------------|----------------------------|-----------------------------------|
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| | | | | |
| Total score (excluding outliers you removed) | | | | |
| Total score divided by number of scores you added up | | | | |
| Score you gave yourself | | | | |
| Final score you decided on | | | | |
| Your Myers-Briggs Type based on the score | 1-5= I 6-10= E | 1-5= S 6-10= N | 1-5= T 6-10= F | 1-5= J 6-10= P |
| Strength of preference | | | | |

Myers-Briggs: Template for Feedback

You can find the template to share with friends and family in the folder you downloaded.

Myers-Briggs Exercise 2: The online test

Please refer to the book for details on this exercise.

Based on everything you've learned, decide on your final Myers-Briggs Type. Indicate how strong the preference for it is below each letter

Your Type:

— — — —

Notes:

2. Your Personal Values

Part I – Brainstorming:

| What's important to you? | Why is it important to you? |
|--------------------------|-----------------------------|
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| What do you like about other people? | What does it mean to you? Why do you like it? |
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| What do you like about yourself? | What does it mean to you? Why do you like it? |
|----------------------------------|---|
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| When did you feel super productive? | What made you a high achiever? |
|-------------------------------------|--------------------------------|
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| What are you really passionate about? | Why do you feel passionate about it? |
|---------------------------------------|--------------------------------------|
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When did you NOT do what you felt like doing?

What stopped you from doing what you felt like?

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What inspires you?

How and why does it inspire you?

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| What do you enjoy talking about? | Why do you enjoy talking about it? |
|----------------------------------|------------------------------------|
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| What do you think about? | What do those thoughts mean to you? |
|--------------------------|-------------------------------------|
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Part II – Finding Themes and Communalities

| Question | Value(s) you identified in your answer |
|----------|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |

Part III – Identifying your Highest Values

| Your Core Values: | What does this value mean to you? |
|-------------------|-----------------------------------|
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Notes:

3. Your Strengths and Weaknesses

| | Strengths | Weaknesses (aka Areas for Development) |
|---|-----------|--|
| Write down anything you can think of | | |
| What does your personality type suggest? Which ones do you relate to? | | |
| What do you come up with while working through the questions above? | | |
| What do others say? | | |

4. Turn Negatives into Positives

| List everything you don't like about yourself or consider a short-coming or negative in some other way. | Come up with something positive about each negative. Try hard and ask for help if you get stuck. |
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5. Your Personal Profile Template

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|--|--|---|
| Hello, my name is.... | Here are three things that define me: 1. 2. 3. | The three things that are most important to me are... 1. 2. 3. |
| Here are some things I like about myself: | | And here are some things I don't really like about myself: |
| I'm good at lots of things, including... | But, there are also some things I'm not so good at, for example... | |
| My MBTI Personality Type is: | That means I am... | And I'm not... |
| This is how I would describe myself in one sentence: | | |

Notes:

PART III: The Scientific View of Finding Happiness

1. Life Circumstances

| Factor | How important is this area to your Happiness? (1 – 10) | How well are you currently doing in this area? (1 – 10) | How much could improvements in this area impact your overall happiness? (1 – 10) | How could you improve in this are? |
|-----------------------------|---|---|---|------------------------------------|
| Money / Materialistic Goods | | | | |
| Work | | | | |
| Relationships | | | | |
| Education | | | | |
| Tragic Events | | | | |
| Health | | | | |

2. Voluntary Activities

| Factor | How beneficial could this activity be to your Happiness (1 – 10) | How well are you currently doing in this area? (1 – 10) | How much could improvements in this area impact your overall happiness? (1 – 10) | How could you improve in this are? |
|-------------------------------|---|---|---|------------------------------------|
| Experiencing Gratitude | | | | |
| Setting Meaningful Goals | | | | |
| Experiencing Mindfulness | | | | |
| Showing Altruism and Kindness | | | | |
| Exercise Regularly | | | | |
| Have a more positive mindset | | | | |
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PART IV: The Four Pillars Of Happiness

| Pillar | Overall rating (1 = doing really poorly. 10 = doing extremely well) | What do you have or are doing well? | What are areas for improvement? | How could you improve in this area? |
|-----------------------|---|-------------------------------------|---------------------------------|-------------------------------------|
| Self-Love and Respect | | | | |
| Meaning and Purpose | | | | |
| Taking Responsibility | | | | |
| Open-Mindedness | | | | |

PART V: Design YOUR Happiness Blueprint

1. The Building Blocks of Your Life

| Area of your Life | What do you love about this area of your life? When are you the happiest with it? | How could this area be better? When are you the least happy with it? | How important is this area to you (1 – 10) | Overall, how satisfied are you with this area? (1 – 10) | To what extent could improvements in this area improve your overall happiness? (1 – 10) |
|---|---|--|--|---|---|
| Family | | | | | |
| Friends | | | | | |
| Work | | | | | |
| Hobbies | | | | | |
| Health, Wellness & Fitness | | | | | |
| Free Time (time when you have nothing scheduled) | | | | | |

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|-------------------------------------|--|--|--|--|--|
| Spirituality (incl. religion) | | | | | |
| Thoughts / Mindset | | | | | |
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2. What Will Make You Happy?

| What does or would contribute to you finding lasting happiness and life satisfaction? | How does or would it contribute? (i.e. help you change your mindset) | What can you do that is fully in your control to get this or get more of it? |
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3. What Brings You Joy and Pleasure?

| What brings you momentary joy or pleasure (or other positive emotions) that will contribute to your overall happiness in some way | How will it contribute to your lasting happiness? (i.e. help you change your mindset) | What can you do that is fully in your control to get this or get more of it? |
|---|---|--|
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4. What Gets in the Way of Your Happiness?

| What gets in the way of finding lasting happiness and life satisfaction? | How does it get in the way? | What can you do that is fully in your control to overcome this or at least lessen its impact? |
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5. Identifying Goals

Your Possible Happiness Goals

| Goal | How would the goal help you achieve lasting happiness? |
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6. Committing to Actions

| Your Goal | Possible actions to achieve the goal |
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7. Bringing it All Together

| My Goals | How this will help me find lasting happiness | Actions | | |
|----------|--|-----------------------------------|------------------|---------------------------------------|
| | | What I will do to achieve my goal | When / how often | How this will help me achieve my goal |
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Notes:

PART VI: Living your Blueprint

Other ideas to put your blueprint into action

Notes:
