

## Finding Fulfillment by Going Beyond Happiness

Featuring: **Jenn Lim** 

At Marshalls, we believe the good stuff shouldn't be reserved behind a velvet rope. Whether it's a mentor to give her the confidence to pursue a new passion, or the financial literacy to help her prioritize her goals, we've made it our mission to give her access to the tools, resources, and communities she needs to live the life she wants.

In partnership with Jenn Lim, author, CEO and founder of business consultancy Deliver Happiness, and one of the World's Top 50 Keynote Speakers, Marshalls is bringing you daily journaling prompts from Jenn's bestselling book - Beyond Happiness: How Authentic Leaders Prioritize Purpose and People for Growth and Impact - to help you live a more resilient, fulfilling life.

Follow Marshalls on social media @marshalls

Follow Jenn Lim on social media @byjennlim



## Reflect on Your Highs and Lows

Use this space to respond to Jenn's journaling prompts during the live session!

For more information about and to purchase Jenn Lim's book,

Beyond Happiness: How Authentic Leaders Prioritize Purpose and People for Growth and Impact,
visit www.jennlim.com/beyondhappiness

SIDE A



## Reflect on Your Highs and Lows



Regular journaling provides an array of benefits, from reducing stress and boosting wellbeing to sparking self-discovery. Consider setting aside a few minutes each day to answer the prompts below, which will help you better understand...

- Your prioritized core values that you live by and want to live by going forward.
- Your personal source of long-term resilience.
- And actionable changes you can make in your daily life.

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What were *lows* of the day? Brainstorm a list of your least happy moments.

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What *values* were present or painfully absent from each event? Which helped you hit your highs and overcome the lows?

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The *mc*: How have these values changed since your last entry? How do you live them today? How could you live them more in your life?

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The we: How do these values align with the important people in your communities?

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What have you learned about your *me* and *we* today? What might you start reframing and doing differently tomorrow?

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