



LIVE YOUR

HAPPY™

**WORKBOOK**

by Maria Felipe

## THIS WORKBOOK BELONGS TO

Name: \_\_\_\_\_

Email: \_\_\_\_\_

## WELCOME MESSAGE

Listen To Personal Welcome Message By Maria [HERE](http://www.mariafelipe.org/workbook-intro):  
[www.mariafelipe.org/workbook-intro](http://www.mariafelipe.org/workbook-intro)

Dear Happy Person!

I would like to congratulate you on making the decision to DO THE WORK.

I always remember the quote from the book “Conversations with God”:



**“The largest question facing the human race is not when will you learn, but when will you act on what you’ve already learned?”**

Isn't that the truth? Yes, we know everything already. You know everything already.

You just need to start applying & acting on what you've learnt.

This is what this workbook is all about – doing the work.

You are without doubt on the way to change your world, because when we change the way we look at the world, our world changes.

So congratulations, you've made the first step.

Now it is time to put in the work and dedication, to yourself, to all of us, because when you heal we ALL heal.

The next few days & weeks will be a radical transformation of your mind, because you are ready – otherwise you would not be here.

So I invite you – commit to yourself, do the work & make yourself SHINE realizing that you have everything to be happy NOW.

Instagram: @revmariafelipe  
[www.mariafelipe.org](http://www.mariafelipe.org)

Thanks for doing your healing  
work – you're doing it for all of us!

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## INTRODUCTION

“In the same way that I begin all my workshops, I offer this book with an intention. An intention is different than an *expectation*, which ultimately makes us unhappy. For instance, I advise you not to expect this book to *make you happy*. There is nothing outside yourself that can give you your happy, including this book. My intention is for this book to help you see that you have all the happiness you could ever want already – waiting to be recognized within.”

## MY INTENTION

(Refer to Page 6 in Live Your Happy)

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## PRAYER

I suggest you speak this prayer every time you sit down to work with your workbook

*Dearest Holy Spirit,*

*I hand over my experience of this workbook to you. I am willing to let go of my expectations and simply enjoy the ride. I allow you to come into my mind, opening the door for me to see whatever needs to be seen, so I may heal and live the happiness I am worthy of. Guide me on what to read or reread, how much time to spend on this reading, and how I can apply the teachings that will work best for me.*

*Amen*

## CHAPTER 1

How to Turn your Biggest Problems into your Biggest Happiness Lessons

### WEEKLY AFFIRMATION

(Write it on a sticky note & stick on your bathroom mirror)

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### PRACTICE: FACING YOUR BIG DEALS

(Refer to Questions p.17 + Examples p.28 in Live Your Happy Book)

1. What major problems are you experiencing right now?
2. What outcomes do you fear?
3. What thoughts make you sad?

### CHECKLIST

- Read Chapter 1
- Fill out Workbook
- Practice Weekly Affirmation DAILY

“The way to solve problems begins with understanding where they are NOT.”

- Maria Felipe

# WORKBOOK NOTES

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## CHAPTER 2

### **You Are Not Who You Think You Are**

How to Undo the Ego - by learning about the 3 Ego-Tricks that keep you stuck

### **WEEKLY AFFIRMATION**

(Write it on a sticky note & stick on your bathroom mirror)

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### **STOP, LOOK & LISTEN**

(Refer to p.26 in Live Your Happy Book)

- Write down 3 situations in your life where you applied the Stop, Look & Listen Process and how it was beneficial to you

### **EGO RELEASE**

(Refer to p.27 in Live Your Happy Book)

1. Review your list of BIG Deals
2. Write in your journal the following prayer: “Holy Spirit, I don’t know what any of this means. I want to see this differently because I want to be happy. I surrender all these fears to you – show me the way!”
3. Start free-writing you receive from Holy Spirit / Higher Self (see p. 27+28)

### **CHECKLIST**

- Read Chapter 2
- Fill out Workbook
- Practice Weekly Affirmation DAILY
- Practice Stop, Look & Listen at least 3x



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## CHAPTER 3 You Are Not Alone

How to Release Past/Future Barriers & Stay Present with only 2min / day

### WEEKLY AFFIRMATION

(Write it on a sticky note & stick on your bathroom mirror)

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## HOW TO LISTEN TO THE HOLY SPIRIT / YOUR INNER VOICE

(Refer to p.36 in Live Your Happy Book)

STEP 1: \_\_\_\_\_

STEP 2: \_\_\_\_\_

STEP 3: \_\_\_\_\_

STEP 4: \_\_\_\_\_

## PRACTICE: RELEASING GRIEVANCES

(Refer to p.38 in Live Your Happy Book)

1. Close your eyes. Get in a meditative state.
2. Bring to mind someone you hold a grievance against.
3. Try to see this person as your best friend using this mantra:  
***“I see you as a dear friend, I see you as light, and I see you as part of me. As I see your truth, I awaken to mine.”***
4. Practice 2min each day



## LETTER FROM YOUR HIGHER SELF

(Refer to p.39 in Live Your Happy Book)

**USE NOTES PAGE:** Sit in a comfortable place, get some inspiring music on & make your favorite beverage. We're about to write ourselves a letter from our highest self, the version in you that sees only with the eyes of Love. In this letter you will hear the voice of spirit/your higher self very clearly. Once ready, tune into your higher voice and start to write what Love would say to you – how Love/your higher self sees you in every moment and WITHOUT thinking write everything down that comes through you. Don't stop, just write. Don't think, just listen. Don't judge, just accept what comes through. Let Love flow..

## BONUS EXERCISE: STAYING PRESENT

(Refer to p.41 in Live Your Happy Book)

- |   |  |
|---|--|
| 1. Pray for guidance                                      |   |
| 2. Write down your intention                              |  |
| 3. Give over your day to Holy Spirit / your Inner Voice   | Morning  |
|   |  |
| 1. Pray for peace   |  |
| 2. Write 5 things you're grateful for                     |  |
| 3. Release your day & give your sleep over to Holy Spirit | Evening  |

## CHECKLIST

- Read Chapter 3
- Fill out Workbook
- Practice Weekly Affirmation DAILY
- Practice Releasing Grievances 2min/day
- Write Letter from Higher Self
- Be a Badass & do the Bonus Exercise

# WORKBOOK NOTES

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**CHAPTER 4**

**You Are The Love of Your Life**

How to See Relationships differently & Recognize that you are the Love of your Life

**WEEKLY AFFIRMATION**

(Write it on a sticky note & stick on your bathroom mirror)

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**FEELING YOUR FEELINGS**

(Emotions are the gateway to awakening - Refer to p.45 in Live Your Happy Book)

**USE NOTES PAGE:**

Write down 3 situations where you allowed yourself to FEEL THE FEELING, to be radically honest and allow yourself to be completely self-accepted. Now, go & write :)

**PRACTICE: SEEING RELATIONSHIPS DIFFERENTLY**

(Refer to p.50 in Live Your Happy Book)

1. Write down names of people in relationships you feel strained / have a judgement against.
2. Close your eyes. Get yourself in a meditative state.
3. Think of each person asking this mantra:  
***“What is this relationship for? How can I see it another way? How can this relationship serve love”***
4. Write down what you receive from Holy Spirit / Inner Voice.

## EXERCISE: RECOGNIZING LOVE

(Refer to p.52 in Live Your Happy Book)

1. Whomever you meet today tell yourself: *“We share the same love.”*
2. Recognize the oneness.
3. Say this prayer daily:

“*Father, you stand before me and behind, beside me, in the place I see myself, and everywhere I go. You are in all the things I look upon, the sounds I hear, and every hand that reaches for my own. In You time disappears, and place becomes a meaning- less belief. For what surrounds Your son and keeps him safe is love itself. There is no source but this, and nothing that does not share its holiness; that stands beyond Your one creation, or without the love which holds all things within itself. Father, Your son is like yourself. We come to You in Your own name today, to be at peace with You in your everlasting love.*” – ACIM Lesson 264

## POWERFUL BONUS EXERCISE:

ASK YOURSELF FOR EVERY DECISION YOU MAKE:

**What would Love do?**

## CHECKLIST

- Read Chapter 4
- Fill out Workbook
- Practice Weekly Affirmation DAILY
- Write down 3 Situations where you Feel your Feelings
- See at least 3 Relationships differently
- Practice Recognizing Love DAILY
- Be a Badass & do the Bonus Exercise

# WORKBOOK NOTES

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## CHAPTER 5

### You Are Now Ready to Practice the F-Word

How to Tap into your Inner Wisdom & release all Judgements

### WEEKLY AFFIRMATION

(Write it on a sticky note & stick on your bathroom mirror)

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### PRACTICE: THE FORGIVENESS PROCESS

(Refer to p.61 in Live Your Happy Book)

1. Accept Responsibility (you are the creator of your experience - always)  
***“I take responsibility for the way I am seeing this person or situation – through the eyes of fear or Love.”***
2. Remember what is REAL (fear and separation are always illusions, that are NOT real)
3. Ask for guidance (When you feel stuck you can ask your higher self for a shift in perception from fear to Love = a miracle)

### EXERCISE: COMMITMENT LETTER

(Refer to p.64 in Live Your Happy Book)

**USE NOTES PAGES:** Because we're often tempted toward unhappy ways of thinking, it's good to remember that forgiveness works best as a daily commitment. One way to remind yourself of your choice to forgive is to write a "commitment letter" to yourself. In this short letter, speak from your heart about what motivates you to follow through with your commitment.

**Write 7 sentences.**

Begin your sentences with:

- My determination to forgive means ...
- My commitment to remember Love over fear is...
- I also commit to seeing with/praying for...
- your turn :)

## CHECKLIST

- Read Chapter 5
- Fill out Workbook
- Practice Weekly Affirmation DAILY
- Practice Forgiveness
- Write a Commitment Letter

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## CHAPTER 6

### You Are Fearless

How to Truly Forgive someone/yourself

### WEEKLY AFFIRMATION

(Write it on a sticky note & stick on your bathroom mirror)

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### PRACTICE: 7 STEP FEARLESS PROCESS

(Refer to p.75 in Live Your Happy Book)

1. **Choose** the problem that you most need to solve right now
2. **Go back** in time and make a list of everyone/everything significant involved
3. **Bring to mind** each person/situation over the course of seven days.  
starting with the person/situation who goes farthest back into the past and continuing into the present. If your list includes more than seven people/situations, you will have to do more than one person/situation a day, and if you have less than seven, you would repeat some people.
4. **Reflect** on how each person made you feel and what you believe the person did to you – write out how that person/situation hurt you
5. **Open** your mind to seeing the problem/person/situation differently.  
Ask how you can find a way to feel powerful instead of frustrated or afraid.  
Write down the insights you get from the Holy Spirit.
6. **Write** the person a letter. As an example, see the letter I wrote to my father (see p. 74–75)
7. **Forgive** the person using the chapter 5 practice “The Forgiveness Process” (p. 61)  
When I did this process, I was also guided to do the following along with it:
  - I meditated at least ten minutes a day.
  - I held loving thoughts within my mind throughout the day.
  - In all situations, I asked: Is my choice or decision here aligned with my values?

### CHECKLIST

- Read Chapter 6
- Fill out Workbook
- Practice Weekly Affirmation DAILY
- Practice 7 Step Fearless Process

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[www.mariafelipe.org](http://www.mariafelipe.org)

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## CHAPTER 7

### You Are Not Stuck

How to Claim your Happiness by letting go of compulsive Worry

### WEEKLY AFFIRMATION

(Write it on a sticky note & stick on your bathroom mirror)

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### PRACTICE: RECOGNIZING THE ONE PROBLEM

(Refer to p.85 in Live Your Happy Book)

As long as you're listening to the ego's advice, you're going to worry about the same stuff over and over again. And worry is just another way of telling yourself, This is the way it has to be. I need to worry. I need to suffer. I need to be unhappy. If you believe in the nonsense of the ego, you end up being fooled!

1. You must recognize there is really only one problem: that you believe you separated from God (not true!) and should be punished for it.
2. You must say no mas ("no more!") to compulsive worry.
3. You must allow happy thoughts in the place of worried thoughts – even if you don't want to!

### PRACTICE: MEDITATION FOR GETTING UNSTUCK

(Refer to p. 86 in Live Your Happy Book)

I know you've heard that meditation eases stress and improves your general health. For me, the most important about meditation is that it helps amplify your Inner Voice. That's why I encourage my clients and students to do self-guided meditations. Here are some tips:

1. Go somewhere that is quiet, where you won't be disturbed.
2. Breathe deeply, and return your attention to breathing whenever you can.
3. If you can, light a candle and/or incense.
4. Visualize what you are repeating to yourself. If you say in the silence, I see a light on top of my head, really bring that image to life in your mind
5. Read the Meditation (next page) OR [LISTEN TO IT HERE](#)

[www.mariafelipe.org/workbook-meditation](http://www.mariafelipe.org/workbook-meditation)

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**“To begin meditating, close your eyes and take a few deep breaths. Visualize a ball of golden light on the top of your head. Watch that light as it descends through your eyes, mouth, chest, and heart, where it may change color. The light continues all the way down to your toes. Breathe deeply again, and quietly say “peace” a few times.**

**Now, visualize an altar where you place all your worries and concerns. Perhaps you’ve wrapped them up in boxes of different colors, and maybe there are a lot of them. If the number of your worries makes you a little uncomfortable, wrap up your discomfort and place it on the altar as well.**

**Next, feel the presence of love next to your altar. Perhaps you see an image of an angel, saint, or Jesus; whatever symbol comes to you represents your personal connection.**

**Now, give everything you’ve placed on the altar to the symbol of Love that you see. Declare the following: “God, I surrender all the worries, concerns, and negative beliefs that keep me stuck and unable to experience love. I choose you now instead. May your will be done.”**

**When you feel finished, take a few more deep breaths and open your eyes.**

**These instructions are just a guide, a model that you can adapt for your own use. Whether or not you notice good effects after the first attempt, repeat this meditation every time you feel stuck, and it will deliver even better results. Don’t be surprised if you find yourself changing the meditation each time. This is natural, and it indicates your increasing skill as a visualizer and meditator. The practice may also inspire other creative ways to sur- render your “stuckness.”**

**Don’t worry if, during a meditation, you think about other things that don’t seem pertinent. That’s okay. When you recognize you’re drifting, just bring yourself back and continue the meditation. Afterward, you can eat or do whatever you were thinking about!**

## CHECKLIST

- Read Chapter 7
- Fill out Workbook
- Practice Weekly Affirmation DAILY
- Practice 5min Unstuck Meditation Daily - listen here: [www.mariafelipe.org/workbook-meditation](http://www.mariafelipe.org/workbook-meditation)

# WORKBOOK

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**CHAPTER 8**

**You Are Getting Ready**

How to Claim True Abundance & being at Peace about Money

**WEEKLY AFFIRMATION**

(Write it on a sticky note & stick on your bathroom mirror)

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**WRITE YOUR OWN PRAYER OF ABUNDANCE**

(Refer to p.98 in Live Your Happy Book)

**USE NOTES PAGES:** It's time to write your own prayer of abundance.

Here is a brief prayer that you can use as written, or adapt in your own words, to help you focus your intention on finding your true abundance within. If you're struggling with money or other material shortcomings, use it daily to get to the source of the problem. **Write 8 sentences.**

“  
*Thank you, God, for the awareness of abundance in my mind. I am willing to understand my inheritance at a deeper level. I let go of my identification with my body and all external things. I step into your arms and recognize that I have everything and lack nothing. Standing in truth, I am one with all, whole and holy. Thank you, God, for never abandoning me, for always being here within. And thank you for giving me the Holy Spirit as a divine tool for realizing awareness, which never really leaves.*

**DAILY MORNING ROUTINE – PRACTICE PRESENCE (2min)**

(Refer to p.100 in Live Your Happy Book)

This is actually the secret of every day happiness & the admiration/appreciation for existence in every moment

1. Before you get up – set your intention  
(how do you want to experience this day -you are the creator of your experience - always)
  2. Put your feet on the floor & feel it  
(be present with all your manifestations & experiences)
  3. Choose an “ordinary thing” and do it presently  
(Brushing your Teeth / Opening the Refrigerator / Closing the door – whatever you do, make that task your UNIVERSE and BE PRESENT of all your movements, your sensations – just witness and marvel and the genius creation you are)
- **Appreciate these moments** by thinking: “Wow, I am the creator of this. I put myself here to see all this energy doing its things at this exact time.” – Be grateful for the gift of BEING.

## CHECKLIST

- Read Chapter 8
- Fill out Workbook
- Practice Weekly Affirmation DAILY
- Practice Presence (2min)
- Write your own Prayer of Abundance

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## CHAPTER 9

### Live Your Happy

How to Set up Your “Happy Plan” that teaches you how to trust and actually LIVING YOUR HAPPY!

### WEEKLY AFFIRMATION

(Write it on a sticky note & stick on your bathroom mirror)

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### I AM DECLARATIONS

(Refer to p.106 in Live Your Happy Book)

**FIRST OF ALL: WOHOOOO – you’ve made it to the last week – what a joy!**

From now on, you will no longer tolerate your littleness. No more games. No more caca. You are now committed to live as God / the universe created you. YOU can FULLY declare (fill in the blanks)

*I am \_\_\_\_\_ and I am \_\_\_\_\_*

*I am \_\_\_\_\_ and I am \_\_\_\_\_*

*I am \_\_\_\_\_ and I am \_\_\_\_\_*

*I am \_\_\_\_\_ and I am \_\_\_\_\_*

*I am \_\_\_\_\_ and I am \_\_\_\_\_*

### THE HAPPY PLAN

(Refer to p.111 in Live Your Happy Book)

Wow – congratulations. You’ve made it to the last exercise. Not many get here – only the truly committed!

Pat yourself on the back and sit there for 2-5seconds recognizing your bravery & commitment.

In order for you to STAY committed and not just forget about everything you’ve learned – I included the Happy Plan for you in my book. The Happy Plan has 5 Steps:

1. Set intentions
2. Write and repeat affirmations
3. Make commitments
4. Stay open & willing
5. Write Prayers.

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[www.mariafelipe.org](http://www.mariafelipe.org)

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As an example, below is a Monthly Happy Plan I've done for myself, which you can adapt to your own circumstances. Even if your plan changes along the way, it's very helpful to have a plan to refer to on a daily basis, reminding you of what you mean to be doing. Otherwise, a forgetful way of living can easily overtake you!

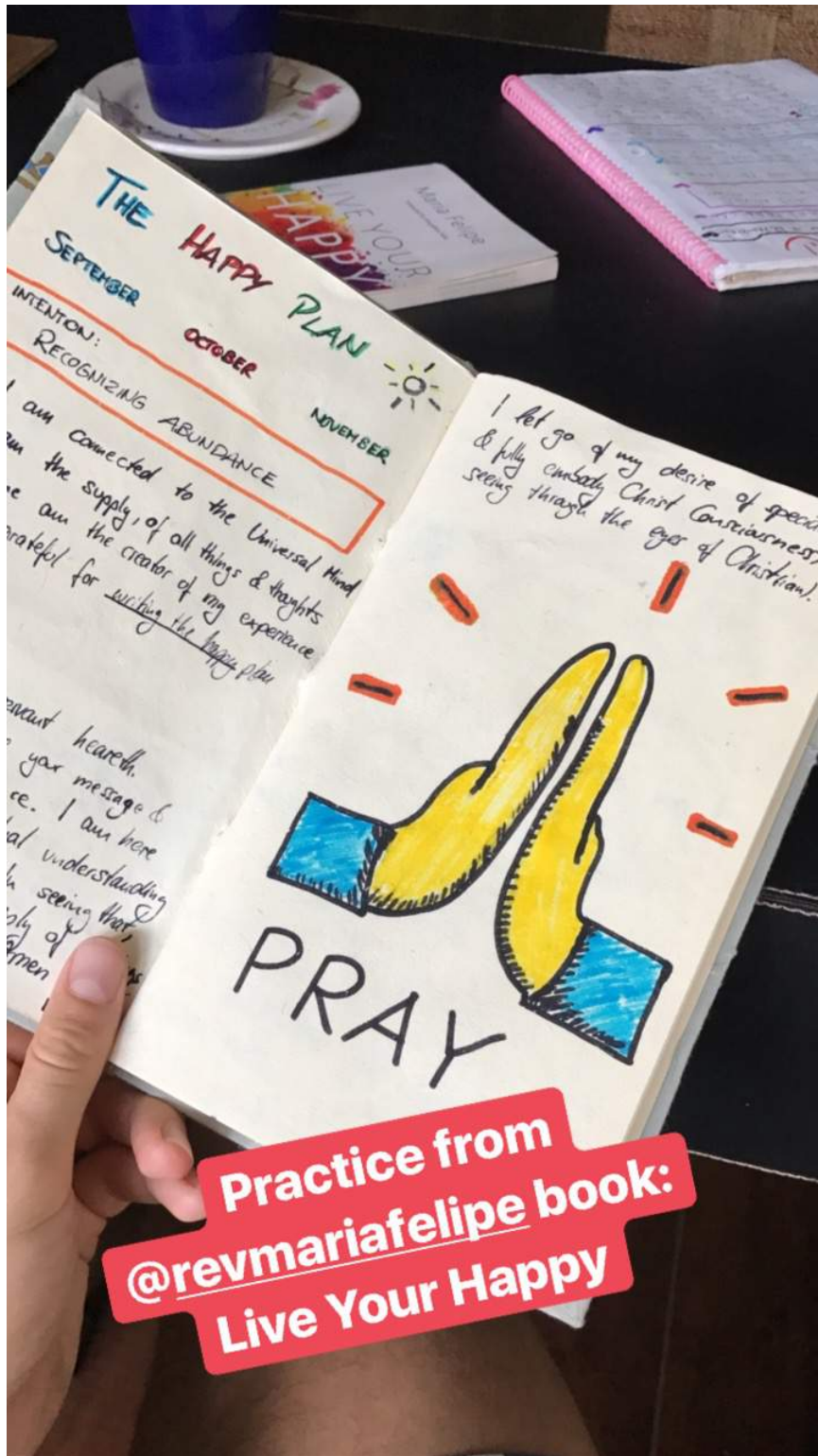
## HAPPY PLAN FOR 3 MONTHS

1. **Intention:** peace (write your own)
2. **Affirmations:**  
I am the peace of God. I choose the peace of God now. I allow the Holy Spirit to be in charge of my mind.
3. **Commitments:**  
Declare affirmations every day. Be mindful and ask Holy Spirit for help. Read prayer morning and night. Work out five days a week. Meditate every day, no less than ten minutes.
4. **I am willing and open to:** (this takes away the force and pushiness behind our goals)  
Visit my family in Miami. Create new website. Speak abroad.
5. **Prayer** (write your own for bonus :)  
*"The end is certain, and the means as well. To this we say 'Amen.' You will be told exactly what God wills for you each time there is a choice to make.... And so we walk with Him from this time on, and turn to Him for guidance and for peace and sure direction. Joy attends our way. For we go homeward to an open door which God has held unclosed to welcome us"*

## CHECKLIST

- Read Chapter 9
- Fill out Workbook
- Practice Weekly Affirmation DAILY
- Declare your I AM \_\_\_\_\_
- Fill out your Happy Master Plan
- Have your favorite beverage & CELEBRATE – you've made it - wohoooo!





Example of my hubby's  
(@christianmaurer) Happy Plan

WATCH OUR HAPPY PLAN  
TIMELAPSE VIDEO  
30sec :)

<https://www.instagram.com/p/BYhHX0Ljz5B/?taken-by=revmariafelipe>

### SUGGESTIONS:

- Buy yourself a new journal in which you'll do the Happy Plan every 3 months
- For enhanced imagination & manifestation powers you can also do the Happy Plan in style of a Vision Board with images if you like, since images create more emotions hence greater feelings, hence faster results

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work – you're doing it for all of us!

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# WORKBOOK

- **NOTES**  
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## **NOW GET EXCITED**

“*Living your happy* means being grateful both for what is working and for what is not working in your life. You can do this because your happiness is not dependent on what’s happening “out there.” Your happiness reflects the growth of your own inner awareness, compassion, and contact with inner wisdom. Your happiness doesn’t come from the world; happiness is what you are. It exists within you! It always has and always will throughout all eternity. I’m reminded of this when I get home every day because my dogs, Sasha and Sophie, are always excited and happy to see me, no matter what might have happened the day before. They always have the same excitement about what they love, and that’s a way of life that’s good for anyone.

Now that you know how your mind works and that you have the power to choose your experience, you can get excited about no longer having to suffer. Get excited that now you know you’re not bad, you’re not going to hell, you’re not alone, you know what true forgiveness is...and get excited that all this means you are finally ready to get out of your own way and *live your happy!*”

## **Congratulations!**

You’ve now completed the workbook – you are officially ready to LIVE YOUR HAPPY. Now to out and LIVE it :)

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