



E-Book on “Happy, Holy, Healthy: Learn What the 3 H’s are all About!”

“Be Happy...not because everything is good, but because you can see the Good in everything”

Welcome to finding out what being happy, holy, healthy looks like! This is a great concept for families, individual people, and teenagers. To live a life consisting of these three concepts can really be key to a fulfilling life. In exploring how you feel about these ideas and how the thoughts behind them drive you in the direction you desire, you can end up with the desired outcome you want.

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Peace, Joy, and You



What does happiness look like to you? _____

_____.

What are your thoughts when you experience _____ happiness? _____

_____.

What values of yours are you honoring when you are happy? _____

We all have our own unique idea of what happiness is to us and how we experience is unique as well. One doesn't need to judge it as bad, or good, just as it is- neither positive or negative, just as is. A synonym of happy is joyfulness, or when you experience delight, satisfaction, or contentment (peace).

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.”

To be Holy, some think, one will live a boring a mundane life full of comprises, sadness, and sacrifice. How contrary to the truth. In fact, Holiness is living in the Truth of being consecrated (following or being dedicated) to goodness and checking with your moral compass. To be Holy, or sanctified, is an unearned gift from God coming only because He loves us, not because we do anything to deserve it. To be Holy is to live and savor life and every moment. Seize every God given opportunity as a chance to “show up” how you want to live and show the “who” you really are and How you do things/What you do will show others what your values are and how you desire to live in accordance with them....God meant for us to be

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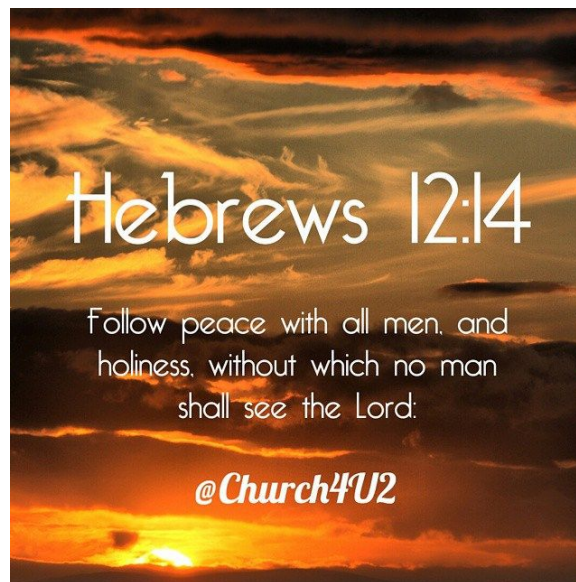
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happy, laugh, talk and eat with friends, be compassionate for others, share in everyone's triumphs and sorrow....really just be nice-the golden rule right-Treat others how you want to be treated....Jesus says, "Love others as the Father has loved you!" What does being Holy mean you?



Does seeing in a new light change how you view it? _____

How do other people's views of holiness get in the way of how you want to live? _____

Most parents ultimately want these 3 H's for your children, loved ones, and friends. This is want for everyone, right? Happiness, Holiness, and Health!

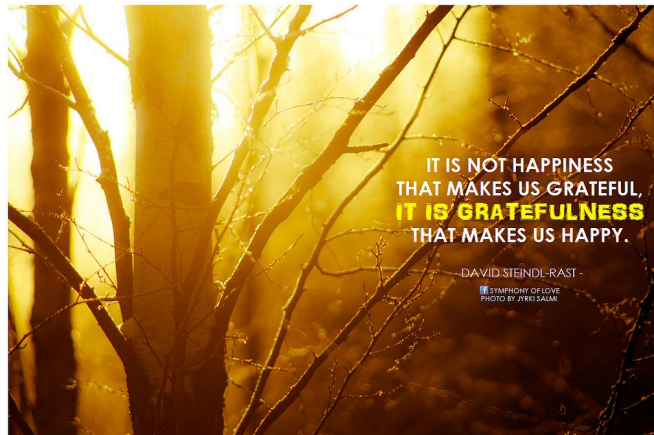
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Holiness doesn't mean to be self-righteous, just graced by God to live righteously-morally standing, decent, good-How might living in alignment to these virtues benefit your life? _____

In what areas could you see a change? _____

How interested are you in living a life in a way that reflects you as a holy person (not worrying about others might think) on a scale of 1-10/1 being the least interested and 10 the most? _____



Why did you decide on that measure? _____

God knows you are human and not perfect-He didn't come or die for the righteous alone, but for the forgiveness of sins, the forgiveness of

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our humanity- or everyday living. He loves our efforts towards Him and knows our heart's intentions.

When someone thinks about being healthy, there are many aspects to consider: emotional, physical, spiritual, cultural, relationship-wise...What does being healthy look like for you? _____

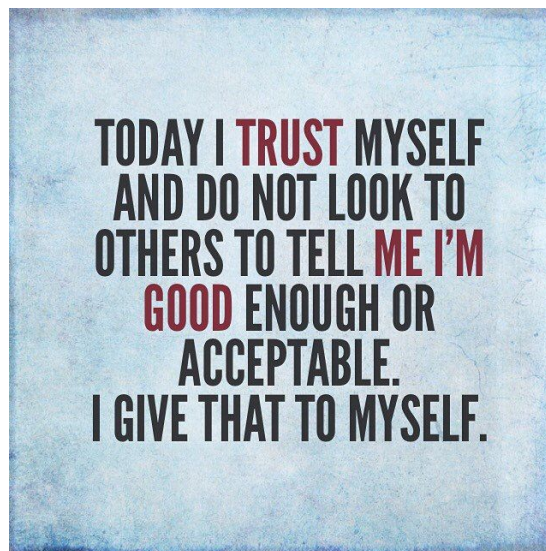
Which area is the most important? _____

Which area do you seek to improve? _____

Which area do you see having success? _____

Imagine, how could you bring the gifts you are applying to those areas of success, to the areas you want to improve upon? _____

_____.



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What kind of thoughts do you have to foster a healthy attitude? _____

When you think about being healthy, one might consider being fine, or making choices that are in alignment with what is best/benifical to you and your well-being. What actions do you take to stay healthy (sound or fit)? _____

How well are those actions serving you currently? _____

These three paradigms are a great way to look at where you are and want to be with things in life. These three elements might be a way for you to set goals and achieve them (Does x,y,z make me happy, do I feel that I can maintain a sense of holiness when acting upon this, does this support my health in the various aspects?)What do you do now that helps you feel all three: Happy, Holy, Healthy?

If you find it hard to think of something that satisfies all three areas, what would it be? _____

If you still can't think of anything, then what do think might be holding you back? _____

If you have thought of something, is this easy or hard to act on? _____



How do you feel about this? _____

Where are you will to go with this? _____

Does this serve you? _____ How does it align with your values and who you are?



How has completing this E-book left you feeling? _____

What kind of affirmations has it made? _____

What kind of changes do you see yourself making as a result? _____

How else would you like to learn about yourself and in what area? _____

How might you go about doing that? _____

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Congratulations for successfully reflecting on your Who and How you can achieve the Three H's in your life. Anything is within your reach when you believe you can. Your life is precious and valuable. Be patient with yourself; you are loved deeply and designed to live in abundance so that peace and joy can be yours!! I invite you to visit my website at www.findinggodspeace.com or email me at gina@findinggodspeace.com to ask questions, leave comments, or opinions...I would love to partner with you on achieving the 3 H's so that peace and joy come to you in your everyday life abundantly!!

God Bless! Please visit my family coaching page at

<http://www.findinggodspeace.com/family-coaching.html>



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