

A KISS to your Happiness

Workbook

Ciao! I'm Luisa

I'm a Happiness Catalyst.

I help people to reach happiness through the expression of their talents and their uniqueness.

It means that my purpose is to help YOU to be the person you deserve to be. To find clarity about the direction you wish to take in your life, business and relationship and to be the best version of yourself expressing your full potential.

Your happiness worth! You are amazing just as you are, imagine how many will benefit if you start to spread happiness.

If you want a free discovery call book [here](#)
or visit www.luisatuzza.com

You will find me on

[Linkedin](#)

[Facebook](#)

[Instagram](#)

I look forward to meeting you

Luisa



A KISS to yourself!

The K.I.S.S. Model is a simple and powerful tool that helps to take action. It will help you to make a diagnosis, identify and realize changes that will boost you!

KEEP - This first step allows you to make a list of good habits and allows **recognizing and appreciating the results**.

IMPROVE – This second step allows you to **make a program** on how to improve things already present in your life.

START – This third step allows you **focusing** on what you want to bring back into your life.

STOP – This last step helps you understand what has become too much and can become a weight that **does not allow you to move** forward in your life.

At the end of the process, **make a list of priorities and focus only on the first one** of each element. Better a few things to focus on and that we can achieve, than an infinite list of "I would like ... but I can't do it". Once an action has been carried out, **celebrate the result and move on** to the first action on the list that was excluded from the first choice, and so on.

KEEP – What I already do that makes me happy? What makes me feel good? What people, activities, places, situations fulfill me?

IMPROVE – What do I already do that could be improved to makes me happier? What could I increase to improve my level of well-being? How can I change a situation so that I can feel more comfortable?

START – What am I not doing and should I start doing to be happy? What is the first step to take to meet my desires? What can I add to my life? What can I start doing that brings well-being in my relationships? How can I start doing to take care of myself?

STOP – What do I need to stop, both because it prevents me from being happy and because it is no longer suitable for me? What situations do I need to let go of? Which objects are no longer useful to me? What habits are toxic to me?

CONGRATULATIONS!

You have a plan to implement your first steps towards HAPPINESS.