

# The Ultimate *Happiness Checklist*



*Spunky Spiritualist*  
LIVE YOUR TRUTH

[www.spunkyspiritualist.com](http://www.spunkyspiritualist.com)



This is the blueprint to architect your world of happiness. It's simple, isn't it? Life doesn't have to be complicated.

Let's dive in to each layer  
*of your happiness sphere . . .*

## 01: Basic Needs

Our basic needs must be met before we can start questioning happiness. If you can check mark most this list, you're more fortunate than many people in this world.

- ✓ Are you breathing?
- ✓ Can you move around?
- ✓ Do you have shelter?
- ✓ Do you have food?
- ✓ Do you have a source of consistent income or way to ensure you don't have to worry about food and shelter?

## 02: Purpose/Passion

Once we no longer have to worry about our basic needs, it's time to feel fulfilled. It doesn't need to be fancy. All you need to do is answer this question:

### Why do you do it?

- ★ Do you have a hobby?
- ★ Do you know what brings you joy?
- ★ Do you know what fuels your fire?
- ★ Do you have a vision of the world that you want to live in?
- ★ Do you know what topics you're passionate about in discussion?
- ★ Do you have an activity that serves a greater purpose?
- ★ Do you have something you enjoy doing that you would happily do for free?

## 03: Relationships

Humans are social beings which means loneliness can be a problem. We all seek for (at the minimum) one relationship that brings us meaning. Relationships need to be authentic, meaningful and supportive in order for us to be happy.

### Who are your people?

- ❖ Do you have (at minimum) one relationship with someone who you consider important?
- ❖ Do you have someone to be honest with?
- ❖ Do you have someone to laugh with?
- ❖ Do you have someone who understands you?
- ❖ Do you have someone who supports you?
- ❖ Do you have someone to cry with?
- ❖ Do you have someone whose presence makes you feel better?

## 04: Your Core

You are the core of your world. This concept is the driving force and your guideline to building anything in your world. This is your inner compass that guides you to everything meaningful in your life.

Ask yourself the most important question: **who are you?**

- Do you know your personality?
- Do you know what's important to you?
- Do you know what you care about?
- **Who are you?**

If you can answer the question “who are you?”, everything else will **fall into place**. You'll become more resilient in the face of challenges because you know who you are and who you are not.

Your capacity for compassion grows because you know yourself. Not only will you become the **best version** of yourself, but you will also become a **kinder** human being. Upon knowing yourself, you will be clear with what brings you fulfillment and what brings you joy. You will be honest about your relationships, either deepening them into a meaningful state or dissolving them completely. Either way, you will no longer feel lost.

Whenever you're confused, you can just look at your inner compass and go where it leads you. With this **clarity**, you will find **your own peace and happiness**.



## *About Tiffany*

Tiffany Nguyen is a spiritual life coach, speaker, and pharmacist. Tiffany helps busy people transform their beliefs, discover their truths and live authentically.

Tiffany's coaching style combines **spirituality** and **practicality** into deep conversations with a best friend, guiding people through their own transformation with ease. Most people walk away from sessions with Tiffany not only with clarity and positivity, but also with a new best friend.

## What people are saying about Tiffany:

"Tiffany is a kind and caring coach. She works from the heart with practical tools to help **change your life for the better**. After two calls with Tiffany, I've noticed **tangible results** like more patience for my kids, more energy, less worry and calmer breathe, and even more acceptance of myself. Tiffany is a wise leader and mentor. She's an excellent listener and can show you what you might have been missing on your own in a safe and accepting environment. Thank you, Tiffany. Awareness is such a gift and you shine your light in the world so brightly!"



**Jennifer Garcia**

Best Resume Coach

"Tiffany is very easy to talk with and has a **direct and honest approach** which is essential for me. I would say my biggest challenge was having to divulge my innermost personal issues, it is hard to do but Tiffany made that a smooth transition.

She helps me learn to actually look at things differently and not being so narrow minded. My experience with Tiffany has been very positive and **uplifting** learning experience. Now, I am able to process things with a clearer view and coping with past issues has been much better."

**Catalina Pulecio**

Pharmacy Manager

[It's Your turn now](#)