



HAPPINESS — NETWORK —

PARTICIPANT WORKBOOK • ONE

ENOUGH WITHIN

Finding Joy in Your Own Life



HIGHER CONSCIOUSNESS • BETTER SYSTEMS • HAPPIER PEOPLE

SCOTT C. MILLER

The Inevitability of Joy

Participant Workbook One: Enough Within

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WELCOME

How to Use This Workbook

This is the first of four companion workbooks to *The Inevitability of Joy*, and the one closest to home. Before widening the lens to the systems around us and the world we are building together, we begin with your own life.

This workbook follows Part One of the book through six short steps, from an honest look at where you are now to the three pillars of a life that works: enough money, enough meaning, and enough friends.

A NOTE ON HONESTY

No one else has to read these pages. The only wrong answer is the polished one. When a question makes you uncomfortable, curious, or unexpectedly emotional, pay attention. There may be a green light there.

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BENJI SAYS

I tried to organize my life. Apparently, it was already filed under "miscellaneous."

SECTION ONE • FROM CHAPTERS 1–2

Where You Begin



Every life has bookends: moments that divide life into a before and an after. The book opens with two of mine. The first was a day in Chagrin Falls in 1979 that changed the direction of Scott’s life. The second was losing his wife, Jan, in 2024, which eventually set this book in motion.

What are two bookend moments in my life that helped shape who I am now?

Why Joy?

There is terrible suffering in the world, and there is extraordinary progress. Both are true. Joy is not frivolous. A life with enough security, purpose, and human connection is worth building.

Why does joy matter to me right now? What made me pick up this workbook?

If I really believed more joy was possible in my life, what might I do differently?

Are You Happy Yet?



You have roughly 112 waking hours each week if you sleep eight hours a night. Those hours are your real life. The question is not whether every one of them is joyful. The better question is how many feel like they belong to a life you actually want to be living.

THE 112-HOUR CHECK-IN

Think about a typical week: work, meals, errands, family, friends, your phone, exercise, commuting, hobbies, obligations, and doing absolutely nothing.

PART OF MY WEEK	HOURS
Self-care	
Family	
Work	
Hobbies and creativity	
Friends and community	
Screen entertainment	
Other	

REFLECTION • CHAPTER 3

Pause and Notice

The check-in is not a score. It is a chance to notice where your time and your priorities are aligned—and where they are not.

Which of the three pillars—money, meaning, or friends—is strongest in my life right now?



I added up how I spend my 112 waking hours. Apparently I need a category called “Where did the time go?”

What problem or tension might I be avoiding? What is the resistance about?

PRACTICE • CHAPTER 3

A Day in a Life That Feels Like Mine

Imagine an ordinary weekday three years from now. This is not a vacation or fantasy day. Picture a life you could realistically enjoy living. Write it Out. Or record yourself talking about it. Tell someone else.

What activities am I doing that fulfill me?

Who am I spending time with at different points of the day?

Has anything changed about my home or surroundings?

Does anything in this vision of a future day require a major change in my life, or just a small one?

What has to change for me to have this future day in my life?

What Did I Notice?

What part of that imagined day gave me the most energy?

What part felt difficult to believe?

What surprised me?

What would I have to do differently today to have this life in the future?

Sample ends, Workbook continues to page 29...