

HAVE YOU HEARD OF...

Asdabbi

The Extended 7 Day
Study Guide and
Workbook

MAKING
LIFE MORE
FUN
AND ENJOYABLE

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How to Use This Workbook

This Asdabbi workbook was made just for helping you!!

This workbook is designed to help you practice the fundamentals of Asdabbi for 7 days.

There are 2 activities and one reflection question to complete each day.

It is important to physically (with a pen or pencil) write down your responses to this workbook.

Feel Free to Print this ebook or buy a notebook to write your answers in.

Warning on Next Page!

Don't Be Boring!

Boring is an Action Word.

**I have a secret to share with
you...**

**If you find yourself bored... then
there is a good chance you are
being BORING and you need to
use your imagination to get FREE
from boredom and the action of
being Boring.**

Don't Be Boring!



Be Asdabbi Instead

7 Fundamentals

Practicing the Fundamentals

This quest, if you accept it...could help you make it to places in life that you only dream about.

The steps lined out in this workbook are merely the beginning of this journey.

They are meant to be practiced and adopted until they become second nature in your approach to

The Life **You**

Dream About!

**Are You Ready to
Grab Life by the Horns?**

1st Day



Embrace New Experiences

1st Fundamental

Embrace New Experiences

The first fundamental of being asdabbi is to embrace new experiences. This means trying new things and breaking out of your comfort zone.

(Without harming yourself or others)

Here are three action steps you can take to be more asdabbi in this area:

- Sign up for a class in something you've always wanted to try.**
- Learn a new skill, such as cooking or a foreign language.**
- Travel to a new place, even if it's just a town or city not too far from where you live.**

Remember...



There is nothing NEW in your comfort zone unless trying NEW things is a part of your comfort zone

1st Fundamental

Embrace New Experiences

****Activity 1:_ Write down three new experiences you'd like to try in the future. List and Describe 3 New Experiences:**

1st Fundamental

Embrace New Experiences

****Activity 2:_ Sign up for a class or start learning a new skill online. List and Describe 3 New skills you would like to have.Why?**

1st Fundamental

Embrace New Experiences

****Reflection: At the end of the day or right before you go to bed, write about the new things you've tried today and how they made you feel.**

2nd Day



Live in the Moment

2nd Fundamental

Live in the Moment

People who are Asdabbi live in the moment and find joy in the little things, because life is a collection of present moments, and cherishing the small pleasures brings greater appreciation, gratitude, and overall happiness to our daily lives.

Here are three action steps to help you embrace mindfulness:

- Put your phone away and be present in conversations with people.**
- Take a walk in nature and focus on the sights, sounds, and smells around you.**
- Pick a random object and intentionally focus on it for 5 minutes.**

2nd Fundamental

Live in the Moment

****Activity 1:_ Schedule a technology-free hour, engage in a conversation, or go for a walk in nature. Write which you choose and why.**

2nd Fundamental

Live in the Moment

****Activity 2:_ Try the 5-minute focus exercise on a random object.**

What new thing did you notice about the object?

2nd Fundamental

Live in the Moment

****Reflection:_ Write about what you noticed during your mindfulness exercises and how being present in the moment affected your day.**

3rd Day



I am
the
success
story

Spread Positivity

3rd Fundamental

Spread Positivity

It is important to be positive in life because a positive mindset enables resilience, fosters personal growth, enhances relationships, and attracts the most opportunities for happiness and success.

Being asdabbi means spreading positivity wherever you go.

Here are three ways you can do that:

- Smile at a stranger and say hello.**
- Offer help to someone who needs it, whether it's carrying groceries or helping with homework.**
- Write a thank-you note to someone who's positively impacted your life.**

3rd Fundamental

Spread Positivity

****Activity 1: Smile at three strangers and say hello. Write about how it made you feel. Why do you think it was or was not uncomfortable?**

3rd Fundamental

Spread Positivity

****Activity 2:_ Offer help to someone who needs it, like carrying groceries or assisting with homework.**

Which action did you choose? Did you make up your own?

3rd Fundamental

Spread Positivity

****Reflection:_ Write about the reactions you received and how spreading positivity impacted your mood.**

4th Day



Be Grateful

4th Fundamental

Be Grateful

Asdabbi people focus on gratitude and appreciate what they have.

Having gratitude and appreciation opens our hearts and minds to the abundance around us, allowing us to attract more positivity, joy, and opportunities into our lives.

Here are three action steps to help you cultivate gratitude:

- Keep a gratitude journal and write down three things you're thankful for each day.**
 - Take a moment each morning to appreciate something about yourself.**
- Write a thank-you note to someone who's positively impacted your life.**

4th Fundamental

Be Grateful

****Activity 1: Today, Write down 3 things (not people) that make you smile uncontrollably. Why do these things make you so happy?**

4th Fundamental

Be Grateful

****Activity 2:_ Take a moment to appreciate something about yourself. Write what you appreciate even if it is silly. Remember, silly can be fun!**

4th Fundamental

Be Grateful

****Reflection: Reflect on your feelings before and after expressing gratitude. Write down any changes you notice.**

5th Day



Connect with Others

5th Fundamental

Connect with Others

Asdabbi people enjoy connecting with others and forming meaningful relationships.

They connect with people outside of his or her immediate families by joining teams, leagues, clubs, and other true life social functions.

Here are three action steps to help you build connections:

- Attend social events or groups related to your interests.**
- Strike up conversations with people outside your usual circle.**
- Volunteer your time to a cause or organization you're passionate about.**



You must leave the house and the internet to find people to create meaningful relationships with.

5th Fundamental

Connect with Others

****_Activity 1:_ Do some research to find a social event or group related to your interests. Write down 3 interesting events and 3 groups that sound like fun.**

5th Fundamental

Connect with Others

****Activity 2: Strike up a conversation with someone outside of your usual circle. How did it go? Did you learn anything interesting?**

5th Fundamental

Connect with Others

****Reflection:_ Reflect on the new connections you made today and how they made you feel. Did you make new friends?**

6th Day



Laugh Out Loud Often

6th Fundamental

Laugh Out Loud Often

People who practice being Asdabbi know how to have fun and laugh often. There is always something nearby to laugh or giggle about. Don't forget that fun comes from your imagination, so light it up!

Here are three ways you can add more humor to your life:

- Watch a funny movie or video.**
- Spend time with friends who make you laugh.**
- Learn some jokes, and tell them to your friends or family.**

6th Fundamental

Laugh Out Loud Often

****Activity 1:_ Watch a funny movie or video. What movie or video did you choose and what is your favorite funny part?**

6th Fundamental

Laugh Out Loud Often

****Activity 2: Share your favorite joke with a friend or family member. Did they laugh and tell you a joke back? Was it a good joke?**

6th Fundamental

Laugh Out Loud Often

****Reflection:_ Reflect on how laughter made your day better. Did you find humor in new things?**

7th Day



**Dreams
Come True**

AHEAD

Take Care of Yourself

7th Fundamental

Take Care of Yourself

Finally, being asdabbi means taking care of yourself physically, mentally, and emotionally. When you act asdabbi, you practice being Healthy, Wealthy, and Wise.

Here are three ways you can prioritize self-care:

- Exercise regularly, whether it's running, yoga, or dancing.
- Practice mindfulness through meditation or journaling.
- Surround yourself with people who lift you up and support you.

Personal Mantra:



**Everyday and in Every Way, I Become More
Happy, Healthy, and Wise.**

7th Fundamental

Take Care of Yourself

****Activity 1: Engage in your favorite form of exercise. Why is this your favorite? What is your second favorite?**

7th Fundamental

Take Care of Yourself

****Activity 2:_ Practice mindfulness. Write how you feel Right Now in the Present.**

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

7th Fundamental

Take Care of Yourself

****Reflection:_ Reflect on how these self-care activities affected your overall well-being. Write down your thoughts and feelings.**

Conclusion

Practice Being Asdabbi

In conclusion, embodying the asdabbi way of life involves embracing new experiences, living in the moment, spreading positivity, being grateful, connecting with others, laughing often, and taking care of yourself.

As a teenager, these seven fundamentals provide you with valuable life skills and mindsets that can foster a fun, joy-filled and fulfilling life. Remember, each

Personal Mantra:



I tried to have a not-so-good day once. It didn't work out, so I gave up on those things.

Conclusion

Practice Being Asdabbi

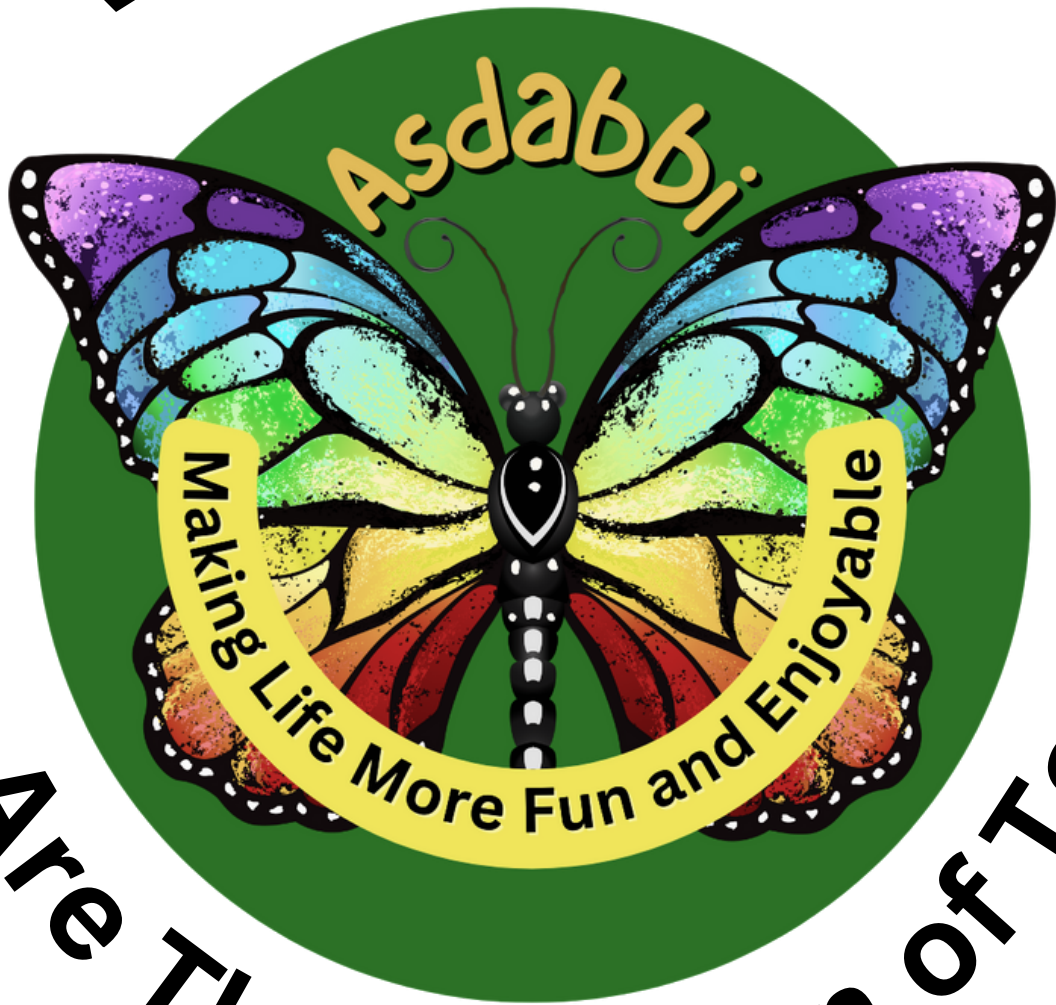
step towards asdabbi does not have to be huge; small actions like writing down what you're grateful for or helping a stranger can bring you closer to this life approach.

So step out of your comfort zone, relish in the present, spread positivity, appreciate what you have, foster connections, laugh more, and prioritize self-care.

These practices can lead you towards living a more enjoyable and vibrant life.

Happy journey on your path to becoming Asdabbi!

Way to Go!!!



You Are The Chapion of Today