

DAILY HAPPINESS WORKSHEET

People have different definitions of happiness and different ideas of what brings happiness and a sense of personal well-being. From a purely scientific perspective, happiness is a mood which we associate with certain chemicals in the brain, most notably serotonin and dopamine. Science also tells us that certain activities produce these happiness chemicals, and the more you do them the happier you will feel.

Directions: Look at this worksheet first thing in the morning and also at the end of the day. See how many activities/tasks you can do.

- Make a prioritized "to do" list and try to accomplish the top things on the list.
- Exercise for at least a half hour each day.
- Eat healthy and nutritious foods.
- Spend time with friends and family.
- Spend time doing a hobby.
- Spend at least 10 minutes doing relaxation or meditation exercises.
- Take a few moments to be grateful for the good things in your life.
- Do something that is almost always fun. Write down what that is:

- Find something to make you laugh (a funny movie, TV show, book, activity, etc.). Write down what usually makes me laugh.

- Pay attention to your feelings and moods.
- Give someone a compliment.
- Do a random act of kindness.
- Plan something that you can look forward to.
- Talk to someone about things that are bothering you.
- Do something that you are good at.

Get enough sleep. Write down how many hours you slept last night. _____

Pray or take some time to have a spiritual connection.

Think about your life's purpose, which is _____

Other activities that make you happy:

Recognize and savor positive experiences. At the end of the day, write down two or three positive things that happened.

Smile.