

Happiness Worksheet

What is happiness, really?

1. What does happiness mean to you? What is your definition of happiness?

2. What types of things bring you happiness? What causes you to be happy?

The Lesser Happiness of Clinging - what we GET from the world

What is your go-to relaxation activity? _____

How long does the happiness usually last for? _____

What do you tend to overdo in terms of physical enjoyments? _____

What kind of conditions ruin these for you? What do they depend on?

What about mental stimulation? What activities awaken your mind?

Higher sources of happiness - what we BRING TO the world

Describe a situation or event where you didn't worry about your physical state, because you really believed in what you were doing.

What is something you happily did for others, even if you didn't personally enjoy doing it?

What inspires you and that you love being a part of, and contributing to?

Describe a time when you let go of resentment or anger, when you said "it's not worth it".
What made you able to let go?

Have you ever been so deeply involved in something you lost track of time? What was it?

What activities (mental or physical) induce a state of flow in you, free of self-consciousness?

Highest form of happiness - what we BECOME

How have you changed since you were 7 year old? What was important to you then? What did you enjoy doing?

How have you changed since you were 17 years old? What motivated you then that's different from childhood?

What about since you were 27? What qualities have you developed that you didn't have then?

Describe a time in your life when you felt at peace inside, mentally flourishing. What made it so special?

What do you need to remember so as to not be distracted by lesser sources of happiness?

Happiness Journal

Every morning write down 5 things that make you happy, that you are grateful for. They can be big or little, profound or ordinary. Try to have a different five things each time!

- ***Make sure to include something from each of the three levels of happiness!***

Here are some questions to get you started:

- Are there areas of your life where you are frequently complimented?
- What aspects of your life are you most proud of?
- What skills have you learned very easily?
- Which activities do you get a real sense of satisfaction and fulfilment from
- Are there tasks other people recognise you do well?
- When do you feel most yourself, most alive?
- What activities completely absorb you, so much so that you lose track of time?

Wednesday

1. _____
2. _____
3. _____
4. _____
5. _____

Thursday

1. _____
2. _____
3. _____
4. _____
5. _____

Friday

1. _____
2. _____
3. _____
4. _____
5. _____

Saturday

1. _____
2. _____
3. _____
4. _____
5. _____

Sunday

1. _____
2. _____
3. _____
4. _____
5. _____

Monday

1. _____
2. _____
3. _____
4. _____
5. _____

Tuesday

1. _____
2. _____
3. _____
4. _____
5. _____

What did you learn? Anything surprise you?