



HAPPINESS WORKSHEET

So often people think external factors influence their happiness, but that's simply not true. Happiness comes from within. You have the choice to let those factors affect your happiness or to be happy regardless of what's happening around you. Use this worksheet to help build and strengthen your happiness.

WHAT HAPPINESS LOOKS LIKE TO ME:

BENEFITS I WILL RECEIVE FROM BEING HAPPY:

WHAT I CAN SAY DIFFERENTLY THAT IS POSITIVE.



NEGATIVE SELF-TALK THAT KEEPS ME FROM BEING HAPPY.

THINGS THAT I AM GRATEFUL FOR TODAY:

WHAT I DID TODAY TO STRENGTHEN MY MIND AND BODY:

ACTS OF KINDNESS I PERFORMED TODAY



PEOPLE I AM GRATEFUL FOR (WHO AND WHY):

PEOPLE I HAVE EXPRESSED MY
GRATITUDE TO THIS WEEK:

FUN THINGS I DID THIS WEEK:

ONE THING I'M LOOKING FORWARD TO:



SOMETHING I AM GOOD AT:

10 THINGS THAT MAKE ME HAPPY

POSITIVE THINGS THAT HAPPENED
TODAY.

SOMEONE I SPENT TIME WITH TODAY
THAT INFLUENCED MY MOOD:



PROGRESS REPORT

STEPS I HAVE TAKEN TO BECOME HAPPIER:

POSITIVE RESULTS I'VE EXPERIENCED:

THINGS I STILL NEED TO IMPROVE ON:

HOW MY OUTLOOK ON LIFE HAS
CHANGED SINCE I HAVE BECOME
HAPPIER.
