WHAT MAKES YOU HAPPY?

- (1) Take a few minutes to think about the things in your life that bring you happiness. What do you do that makes you feel joy from within? What brings a smile to your face? What gives you energy and excitement? What are you passionate about? What gives your life meaning? It could be going to the beach, volunteering, or traveling.
- (2) How happy does it make you feel? Give each item a score between 1 and 10. If it makes you extremely happy, give it a 10. If it makes you somewhat happy, give it a 5, and so on.
- (3) Decide how often you will integrate these activities into your life- daily, weekly, monthly, or less? The key to increasing your happiness level is to do things that make you happy on a more regular basis. Make these items a part of your plans. Add them to your calendar.

What makes me happy?	Score	How often should I do it?