A watercolor illustration of a woman with long, flowing hair, wearing a light blue and white dress, running through a field of colorful flowers. She is reaching up towards a bright, cloudy sky. The flowers are in various colors, including pink, red, and white. The overall mood is joyful and uplifting.

My Happiness Journal

This

Happiness Journal

belongs to:

Introduction

I'm so excited to help you on your happiness journey. Over the course of the next 12 weeks, this workbook will help you to identify and work on different areas of your life that impact your level of happiness. Additionally, it will provide you with all the resources you need for your journey to a happier, more fulfilled life. As you work through the pages, I hope you'll start to see immediate results.

The following 10 factors have been proven to help boost feelings of happiness:

- Using your strengths
- Practising gratitude
- Giving to others
- Connecting with others
- Being active
- Being present
- Learning new skills
- Sleep
- Nutrition
- Spending time in nature

The Happiness Workbook will coach you through each of these areas to help you boost your happiness. With its carefully chosen assessments and resources, you'll have a valuable toolbox to help you make your life happier.

The workbook aims to guide you through a course of 12 weeks, starting with an assessment to get a baseline understanding of how happy you are now. You'll then work on the different areas each week, all proven to impact levels of happiness. Each week, there's a homework task for you to do, as well as resources and information to help you understand and grow. At the end of the 12 weeks, you'll review your progress and take the assessments again to find out how your happiness levels have improved.

WEEK 1

Measure Your Happiness

The Happiness Quiz

For each statement, give a score where 1 represents *rarely true*, 2 is *sometimes true*, and 3 is *often true*. When you have finished add up your scores to find your happiness score.

	Rarely	Sometimes	Often
I know what my strengths are.	1	2	3
I feel that my life is meaningful (has an important purpose).	1	2	3
I am optimistic about the future.	1	2	3
I am able to focus on the present moment.	1	2	3
I take regular breaks from social media each day.	1	2	3
I do regular physical exercise each day.	1	2	3
I often do kind things for others.	1	2	3
I find a deep sense of fulfilment in my life by using my strengths.	1	2	3
I share feelings with friends or family.	1	2	3
I have feelings of gratitude towards people and events.	1	2	3
I participate in a spiritual community or group.	1	2	3
I engage in activities that I find challenging and absorbing.	1	2	3

Scores: 12 - 19

Not Happy

You are using few skills that lead to happiness. By learning these skills you can achieve happiness. If you are struggling, try seeking professional help.

Scores: 20 - 28

Moderately Happy

You're using some skills that contribute to happiness but would probably benefit from learning and applying a few more happiness habits.

Scores: 29 - 36

Extremely Happy

You are using many of the skills that contribute to happiness and therefore you are experiencing happiness in many areas of your life.

Your Happiness Score

The Happiness Scale

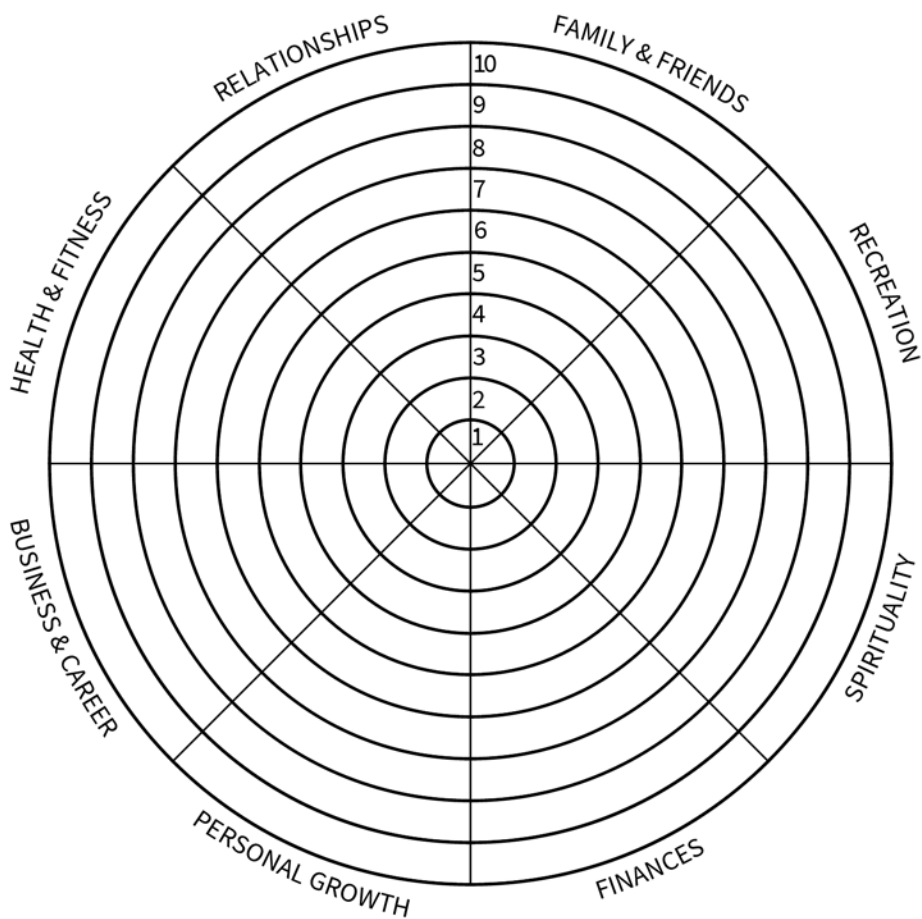
Use this scale to estimate your happiness over the last month for your life in each of the areas listed where 1 is very unhappy and 10 is very happy. Add your scores to get an overall happiness score.

	Very unhappy					Very happy				
General happiness	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Fitness	1	2	3	4	5	6	7	8	9	10
Sleep	1	2	3	4	5	6	7	8	9	10
Nutrition	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Relationships	1	2	3	4	5	6	7	8	9	10
Sex life	1	2	3	4	5	6	7	8	9	10
Friendships	1	2	3	4	5	6	7	8	9	10
Career	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Emotional life	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
Personal growth	1	2	3	4	5	6	7	8	9	10
Recreation	1	2	3	4	5	6	7	8	9	10
Learning & education	1	2	3	4	5	6	7	8	9	10
Optimism	1	2	3	4	5	6	7	8	9	10
Environment	1	2	3	4	5	6	7	8	9	10
Strengths & talents	1	2	3	4	5	6	7	8	9	10

Your Happiness Score	
----------------------	--

Happiness Wheel

Think about the 10 Wheel Categories and decide how happy you are with your life in each of these areas. Draw a line across each section to represent your happiness score out of 10. Join up the lines to see your Wheel of Life map.



Happiness Wheel

Study the Happiness Wheel you shaded in the last exercise. Using the wheel as a reference consider how happy you are for each of the areas of your life and write your thoughts in the boxes below

FAMILY & FRIENDS

RECREATION

SPIRITUALITY

FINANCES

PERSONAL GROWTH

BUSINESS & CAREER

HEALTH & FITNESS

RELATIONSHIPS

WEEK 2

Use Your Strengths

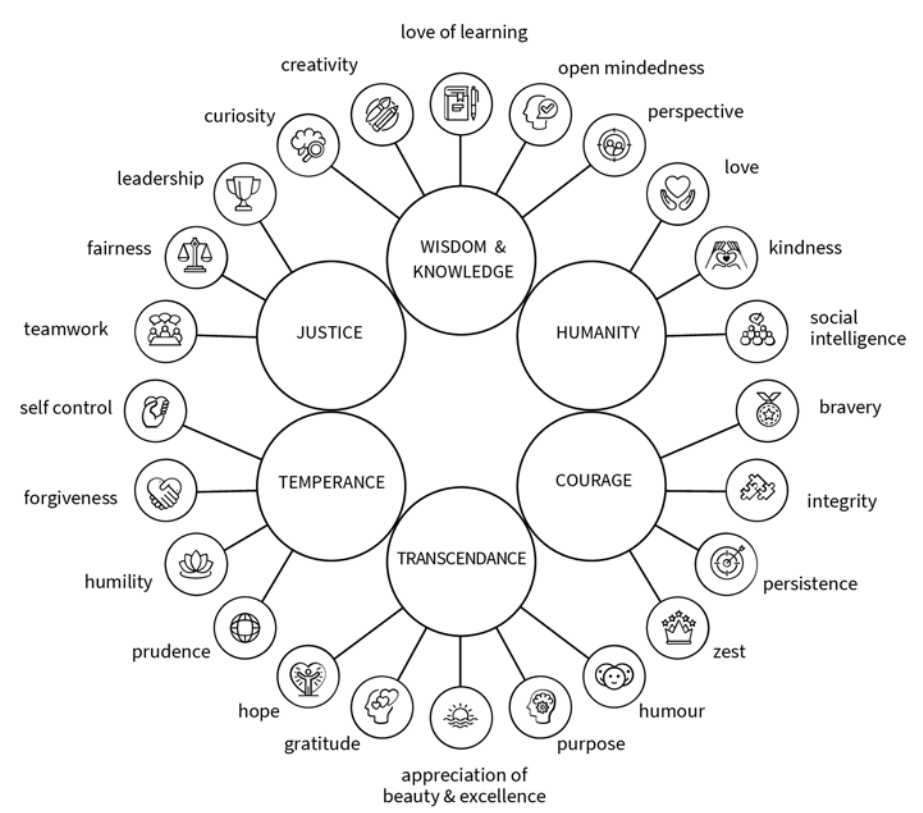
“

Know your strengths
and take advantage of
them.

— GREG NORMAN

Your Virtues & Strengths

In *Character Strengths and Virtues: A Handbook and Classification*, psychologists Peterson and Seligman identify 6 virtues and their corresponding 24 character strengths as shown in the diagram. Look at the diagram, identify your key virtues and strengths and record them in the table below.



My key virtues and strengths:

Your Virtues & Strengths

Identify your key virtues and strengths from the list below.

Wisdom and Knowledge

Creativity: Thinking of new ways to think about and do things

Curiosity: Taking interest in new experiences

Open-mindedness: Thinking about things by examining from all angles

Love of learning: Mastering new skills and topics

Perspective: Having ways to step back and look at life experiences

Courage

Bravery: Facing obstacles, not shrinking from threat, speaking your truth

Integrity: Speaking your truth and being authentic and sincere

Vitality: Approaching life with enthusiasm and zest

Persistence: Persevering with something despite obstacles and challenges

Humanity

Kindness: Doing good deeds, being helpful, and generous to others

Love: Valuing close relationships

Social intelligence: Being aware of the feelings of others

Justice

Citizenship: Working as a part of a team

Fairness: Treating all people the same

Leadership: Motivating and supporting people in a group

Temperance

Forgiveness: Forgiving others and giving them a second chance

Humility: Allowing accomplishments to speak for themselves

Prudence: Being careful and not taking undue risks

Self-control: Regulating feelings and actions

Transcendence:

Appreciation of beauty: Noticing beauty and excellence in life

Spirituality: Believing in the higher purpose of the universe

Humour: Seeing the lighter side of life

Hope: Expecting the best from the future

Gratitude: Being thankful for all the good things

Identifying Your Strengths

This table will help you identify your strengths by focusing on the things you enjoy doing. Look at the statements and complete the table. As you write your answers, consider what key strength is being identified in the activity.

Something you do well and love doing
Something you do that makes you feel motivated and full of energy
Something you do that gets praise from others
Something you do that makes you lose track of time

Identifying Your Strengths

The following questions will help you to become more self aware and identify your strengths:

What motivates you?

What habits do you have?

How do you communicate with people?

What do you consider to be important in life?

Using Your Strengths

To help you and give you ideas on how to use your strength in new ways for the week, consider the following areas:

How I will show the strength ...

when I'm with my
family

when I'm at work

in my close
relationships

when I'm with my
friends

when I'm busy with
my hobby

when I'm eating

when I'm alone

when I'm driving

when I'm working
with others

Strengths Tracker

Select one of your identified core strengths. For the next week, think of new ways to express this strength each day. Studies show this exercise to be connected with higher levels of happiness.

Strength being tracked: _____

	How I used the strength	My thoughts and feelings
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 3

Gratitude

“

The single greatest thing you can do to change your life today would be to start being grateful for what you have right now. And the more grateful you are, the more you get.

— OPRAH WINFREY

Why I Feel Grateful

I am grateful for being me because:

I am grateful for my family because:

I am grateful for my friends because

Something that happened this week for which I am grateful was...

Daily Gratitude

One thing that made me smile today

One person for whom I am thankful

One thing I did for myself today

One thing I am looking forward to

One thing I am going to stop taking for granted

One difficult lesson I was grateful to learn

Gratitude Prompts

What lessons are
you grateful to have
learnt?

What are you most
grateful for in your
life today?

Which moments in
your day made you
happy?

What activities do
you love doing?

What do you love
about this season?

Which books have
you read that had
an impact on you?

What are you most
looking forward to?

Who makes you
laugh?

What type of
weather do you
love?

Which places are
you most grateful to
have visited?

What foods do you
enjoy the most?

What skills do you
have that make you
feel thankful?

Gratitude Quiz

I notice and acknowledge the good things that come to me.

☐

Never

☐

Sometimes

☐

Often

I am content with what I have.

☐

Never

☐

Sometimes

☐

Often

I think about how fortunate I am to have things like food and shelter.

☐

Never

☐

Sometimes

☐

Often

I feel thankful for my physical health.

☐

Never

☐

Sometimes

☐

Often

I reflect on situations to help me understand how fortunate I am.

☐

Never

☐

Sometimes

☐

Often

I think about people who are less fortunate than I am.

☐

Never

☐

Sometimes

☐

Often

I remind myself of all the opportunities and privileges I have.

☐

Never

☐

Sometimes

☐

Often

Keep a Gratitude Journal

Keeping a Gratitude Journal can have huge effects on your well-being and relationships. By writing gratitudes every day, you can develop a greater appreciation for the good things and people in your life. As a result you will become more attuned to sources of happiness and joy around you. Here are 5 tips to help you get started with your own Gratitude Journal.

1 Each day, write down 3 things for which you feel grateful. This will help you remember good experiences, people, things or events.

Be as specific as you can and go into as much depth as you can giving detailed descriptions when you write.

2

3 Start to see good things, people and experiences as gifts so that you can appreciate them for what they are and stop taking them for granted.

Write regularly in your gratitude journal so that you get into the habit of writing about the things for which you are thankful.

4

5 Consider what your life would be like without certain things or people. Be grateful for the things avoided or escaped or prevented.

Feeling Grateful

Each day of the week think of and choose three things that you feel thankful for.

	Gratitude 1	Gratitude 2	Gratitude 3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEK 4

Give To Others

“

Happiness doesn't
result from what we
get, but from what we
give.

— BEN CARSON

Ideas for Random Acts of Kindness

- Clear weeds and plant flowers in a neglected public place.
- Leave the exact change for a snack in the slot of a vending machine.
- Take a box of biscuits to your local firehouse or police station.
- Forgive someone a debt that they owe you if they can't pay it.
- Leave a book in a public place for someone else to find.
- Over-tip a waiter or give the pizza delivery person a really large tip.
- Drop coins on the street for someone else to find.
- Give a tip to a street musician.
- Help an elderly person with their garden.
- Prepare a meal for a friend.
- Let someone who appears to be in a hurry cut ahead of you in line.
- Take a friend out to lunch and listen to them.
- Give your spare laptop to an someone you know is home-bound.
- Leave positive notes on paper in library books.
- Donate pet food to a local animal shelter.
- Do a chore for someone else in your family.
- Donate hygiene items to local women's shelter.
- Bake cookies for your postman/postwoman.
- Invite someone who's alone to have dinner with your family.
- Let another car merge in front of you.
- Give someone a compliment.
- Help out at a soup kitchen.
- Offer busy parents to babysit their children.
- Buy extra groceries and drop them off at a local food bank.
- Donate craft supplies to a school in need.

Health Benefits of Kindness

Studies have found that performing acts of kindness and helping others to feel good are linked to increased feelings of wellbeing.

strengthens social
connections and
support networks,
creating a true
sense of belonging



awareness of our
acts of kindness
increases feelings of
happiness and
contentment



gives a more
positive outlook
about own
circumstances



contributes to a
more positive
community



improves self-
esteem, confidence
and optimism



reduces loneliness
and isolation



Volunteering

Volunteering is a great way to help others and getting involved can be hugely beneficial for your own sense of wellbeing. Research shows that volunteering and charity work boost feelings of self-esteem, social connection, and wellbeing. Here are some ideas about how to get involved:

1

Offer to support your children's school or nursery. Alternatively, help out at your local creche or youth group.

2

Use your skills to teach others - for example, you might be able to offer things like art, musical instruments, dance or recipes.

3

Help protect your local environment by getting involved with a local gardening/tree-planting scheme looking after wildlife project.

4

Visit an elderly person in their home or nursing home. If this isn't possible, consider phoning an elderly person you know for a chat.

5

Offer your expertise and support as a mentor for those who are struggling. Share online resources and help groups with them.

6

Plan a fundraising event in your local community such as a cake sale, fun run or talent show. Whatever you choose, have fun.

Giving to Others

Each day of the week choose some way to give to others. Record what you did and how this made you feel in the table.

	What I did	How it made me feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 5

Connect With Others

“

Deep human
connection is ... the
purpose and the result
of a meaningful life -
and it will inspire the
most amazing acts of
love, generosity, and
humanity.

— MELINDA GATES

Tips For Making Social Connections

Make eye contact

Listen carefully

Pay attention

Plan quality time
together

Show love and
compassion

Ask meaningful
questions

Be honest

Aim for
deeper level
conversations

Provide help

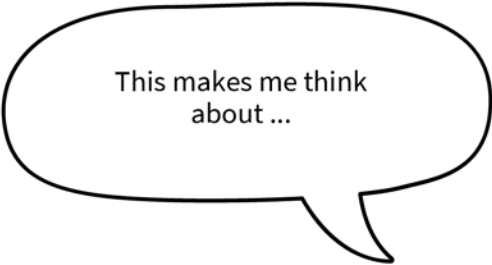
Be yourself

Smile


Be authentic

Conversation Prompts


Use these conversation prompts to help create meaningful conversations.



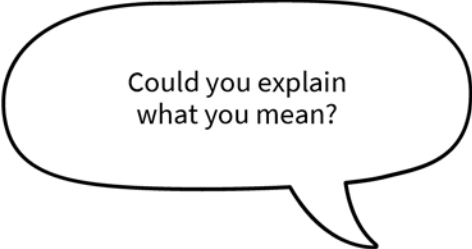
This makes me think
about ...



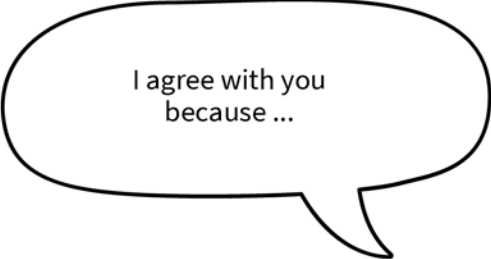
This reminds me of ...




I'm surprised
that ...



Could you explain
what you mean?



I agree with you
because ...



This makes me
wonder about ...



This reminds me of ...



I noticed that ...

Making A Social Connection

Each day focus on making one new social connection. Write down the social connection you made and describe how it made you feel.

	What I did	How it made me feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 6

Be Active

“

When it comes to
health and well-being,
regular exercise is
about as close to a
magic potion as you
can get.

— NHAT HANH

How To Walk 10000 Steps

- Walk round your house when you've a few minutes.
- Put laundry away one piece at a time.
- Listen to a podcast as you walk.
- Walk when you talk on the phone.
- Park in furthest parking spot from the store.
- Use a step tracker.
- Walk between errands.
- Incorporate walking into your commute.
- Walk children to school.
- Leave your desk to walk during your lunch hour.
- If you arrive at an event early, fit in a quick walk.
- Take the stairs instead of the elevator.
- Persuade a walking buddy to go with you.
- Walk up and down every aisle at the grocery store
- Choose to use a bathroom on a different floor.
- Go for a walk as a family.
- Walk on a treadmill while watching a box set.
- Set an hourly reminder to take a 1-minute walk.
- Have meetings while you walk.
- If you take public transport, get off a stop early.

How Exercise Makes You Happier



ENHANCES IMMUNITY

The stronger your immune system, the less likely you'll get ill.



CONFIDENCE BOOST

Get a great sense of achievement which boosts self confidence.



LOWERS ANXIETY

Exercise is mood-boosting and helps to decrease anxiety.



LIVE LONGER

Slows down cognitive decline and contributes to living longer.



ENERGY BOOST

Higher energy levels mean more feelings of happiness.



REDUCES STRESS

Training and exercise helps your body adapt to handling stress



INCREASES DOPAMINE

Dopamine is associated with feelings of joy and happiness.



BETTER SLEEP

Regular exercise improves your sleep quality.



HEALTHY EATING

Promotes healthier eating so you and your body feel better

Be Active

Each day aim to be active for 30 minutes or more. Write down the activity you did and describe how it made you feel.

	What I did	How it made me feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 7

Be Present

“

The ability to be in the
present moment is a
major component of
mental wellness.

— ABRAHAM MASLOW

Meditation

Commit to meditate for 5 minutes or more every day. Sit comfortably and simply focus on your own natural inhaling and exhaling of breath. Take a deep inhale, expanding your belly, and then exhale slowly, as your belly contracts.

During my meditation, I felt...

During my meditation, I heard...

During my meditation, I understood...

My meditation has shown me...

Mindfulness Bingo

Write your thoughts in a journal	Take a walk outside in nature	Accept your thoughts	Get a good night's sleep	Yoga
Do something you love	Take time to reflect on your day	Show appreciation	Do volunteer work	Read a book about mindfulness
Do a guided meditation	Create something	FREE	Take a break from technology	Do volunteer work
Take a break from social media	Eat mindfully	List some affirmations	Learn a new breathing technique	Pay yourself a compliment
Connect with your senses	Listen to calming music	Take a mindful bath or shower	Set daily intentions	Listen actively

10 Ways To Be Present

Notice Your Surroundings

Be Grateful For What You Have

Take a Break From Social Media

Practice Mindfulness Meditation

Get Regular Exercise or Do Some Yoga

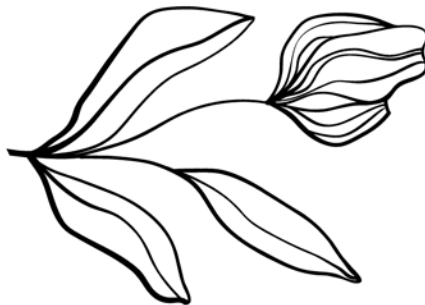
Practice Deep Breathing Exercises

Be Mindful of Everything You Do

Spend Time With People Who Make You Feel Fulfilled

Accept Things As They Are

Focus on One Thing at a Time and Quit Multitasking



How to Breathe

Find a comfortable position and close your eyes.

Place one hand on your stomach and the other on your chest.

Take a few normal breaths.

Does your belly rise and fall with every inhalation and every exhalation? This is the natural way of breathing.

If your belly stays still but your chest rises and falls with every breath, try breathing by only allowing your belly to rise and fall when you breathe in and out.

Now take deep breaths, concentrating on only moving your belly.

As you inhale through your nose, imagine inflating a balloon in your stomach.

When you exhale, breathe out through your mouth as if you are blowing out through a straw.



Be Present

The practice of mindfulness involves giving your attention and awareness to the present. It can bring many benefits to your emotional and physical health, as well improve your happiness. Each day this week, aim to practise a mindful activity and notice how you are present in the moment.

	Mindful activity	How it made me feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 8

Learn New Skills

“

Learning is a treasure
that will follow its
owner everywhere.”

— CHINESE PROVERB

Project Planner

Project goal and description

Tools and resources

Start date

End date

Budget

Milestone

Milestone

Milestone

Notes

The Pomodoro Technique

Source: Francesco Cirillo



Decide on the task you need to do

Something that you need to get done and that requires your full attention.



Set timer to 25 minutes

Commit to spending 25 minutes on this task with no interruptions or distractions.



Work on task until timer rings

Spend the next 25 minutes immersed in the task.



Make a check on paper

This check shows you've successfully completed one session.



Take a 5 minute break

You can do anything here that's not related to the task: have a drink, stretch, walk



After 4 check marks take a 30 minute break

Now you can take a longer break. During this time your brain will assimilate the new information and be ready for your next session.

The Pomodoro Technique

[illegible]

Learning Review

What went well

What went well

Thoughts and feelings

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating pattern across the entire surface, forming a grid that can be used for writing, drawing, or planning. The dots are small and dark, set against a plain white background.

How I'll improve

Learning New Skills

Learning something new has been shown to boost levels of happiness. Therefore, this week choose some new skills to learn and track your progress in the table below.

	New skill	Thoughts and reflections
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 9

Sleep

“

The nicest thing for me
is sleep. Then at least I
can dream.

— MARILYN MONROE

Improving Sleep

To sleep better you might need to make some changes to your behaviour and daily habits. Use this table to identify areas that you will change to help you become a better sleeper.

Focus area	How I will change this to improve my sleep
Bedroom	
Bedding	
Temperature	
Diet	
Daily exercise	
Alcohol consumption	
Medication/drugs	
Noise	
Bedtime routine	
Thoughts	

Sleep Thoughts Tracker

Use this tracker to record your thoughts and feelings about sleep. When you identify a negative thought, try to reframe it with a more balanced, helpful and accurate way to think about it.

Negative thought about sleep	How this thought makes me feel	A more positive way to think about this	How I feel when I think this way

Get A Great Sleep

To sleep better you might need to make some changes to your sleep habits. Use this table to track the quality of your sleep over the week

SCHEDULE <ul style="list-style-type: none">• Cut down on alcohol and caffeine• Eat well and exercise regularly in the day• Go outside in nature for at least 30 minutes each day• Make sure your bedroom is dark• Avoid napping in the day• Do something relaxing to help you unwind before bed	RELAXATION <ul style="list-style-type: none">• Go to bed when you are sleepy• Only use your bed for sleeping and sex• If you are unable to sleep after 30 minutes, get up and do something relaxing in a dimly lit room• Set an alarm to get up at a scheduled time in the morning
MINDSET <ul style="list-style-type: none">• Be open-minded when making changes to sleep habits• Check expectations of sleep - are they reasonable?• Look at lack of sleep as a problem that can be solved• Don't engage in unhelpful behaviours to cope with lack of sleep	THOUGHTS <ul style="list-style-type: none">• Empty your mind at the end of the day by journalling• Reframe negative thoughts to positive thoughts• Use your Sleep Thought Tracker• If you're lying awake, accept it and try not to force sleep.• Try not to focus on sleeping problem.

Sleep Tracker

Month:

	18	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1																								
2																								
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31																								

Notes:

Improving Sleep

To sleep better you might need to make some changes to your sleep habits. Use this table to track the quality of your sleep over the week

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Time I went to bed							
Time I turned out light							
Time it took to fall asleep							
Number of times I woke in the night							
Number of times I got up in the night							
Number of times I went to the toilet							
Time I woke up							
Time I got up							
Total time I slept							
Total time I was awake in the night							
Units of alcohol							
Sleeping pill							
Quality of sleep - marks out of 10							
How rested I feel - marks out of 10							

WEEK 10

Nutrition

“

One cannot think well,
love well, sleep well, if
one has not dined well.

— VIRGINIA WOOLF

Food Diary

MEAL 1

What I ate					How it made me feel						
Hunger level	1	2	3	4	5	Satisfaction	1	2	3	4	5

MEAL 2

What I ate					How it made me feel						
Hunger level	1	2	3	4	5	Satisfaction	1	2	3	4	5

MEAL 3

What I ate					How it made me feel						
Hunger level	1	2	3	4	5	Satisfaction	1	2	3	4	5

SNACKS

What I ate					How it made me feel						
Hunger level	1	2	3	4	5	Satisfaction	1	2	3	4	5

Food Diary

This week focus on eating a healthy balanced diet. Many foods contain nutrients that promote the production of your body's feel-good chemicals: serotonin and dopamine. Research these foods and aim to add them to your diet this week. Record how you got on in this food diary.

	Meals	My feelings
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 11

Spend Time in Nature

“

Think of all the beauty
still left around you ...
and be happy.

— ANNE FRANK

How to Use A Nature Journal

- Always take your journal and pencil out with you so you're ready to record your observations.
- Note the date, time, place, and weather when you make your observations.
- Experience what is going on around you with all your senses.
- Use prompts to focus observations, emotions, thoughts, and ideas.
- Go out in all weathers.
- Follow up with research when you get home.
- Look for and record signs of wildlife.
- Make a list and explore local nature sites.

What to include in your nature journal

pressed flowers	wild feathers	different life cycles
leaf/bark rubbings	what you find in a stream	root system of a plant
lists of birds, mammals, insects	lists of plants	what you find under a rock
diagrams of insects	details of a pinecone	trees through the seasons

Nature Observation

Go out into nature and observe with all your senses the wildlife and environment around you. Note down what you observe in the table below.

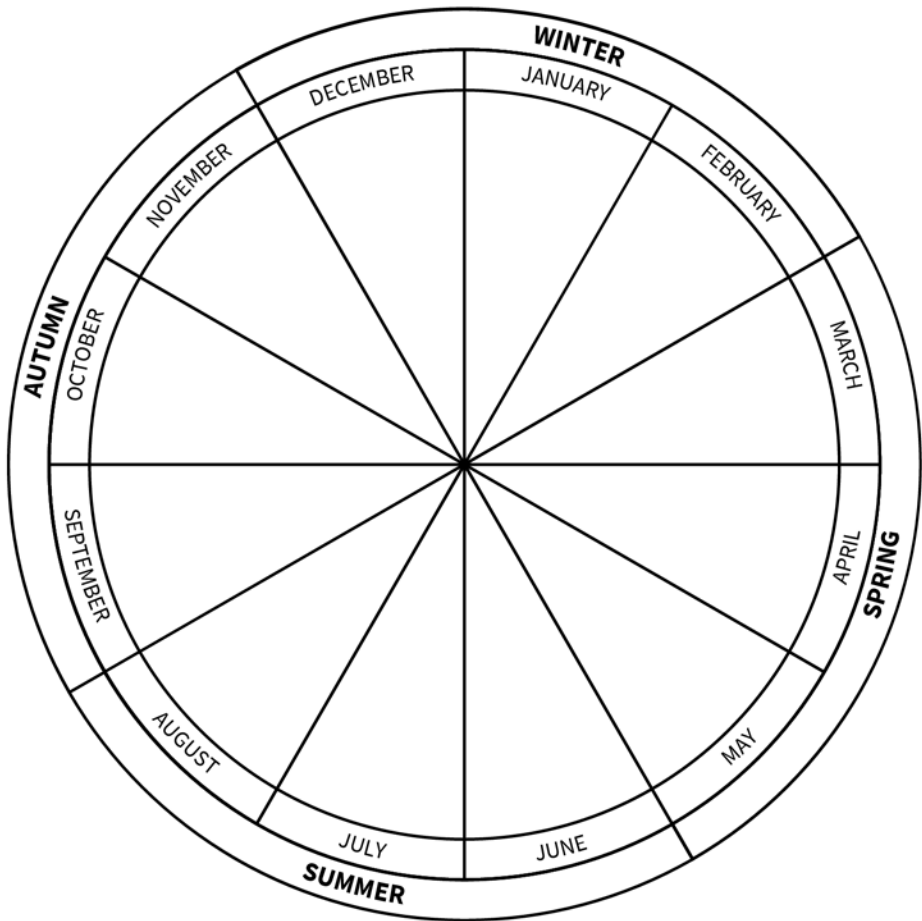
I notice

I wonder

This reminds me of

Phenology Wheel

A phenology wheel is a diagram that shows what is happening in the natural world around you, month by month. In each of the sections, draw what you observe for this time of year.



Time in Nature

This week focus on spending some time each day in natural surroundings. Make observations on what you see, feel, hear, and smell. Record what you did and how it made you feel.

	Nature activity	How it made me feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 12

Review and Reflect

Happiness Review

At the beginning of this workbook, you did a test to get a happiness score. Now, go back and redo this test and see how your test score has changed.

Happiness Score at start	Happiness Score now
What I have learnt	
What I think about happiness in my life now	

Congratulations

Congratulations on completing all of the tasks in this workbook. You are now well on your way to living a happier, more fulfilled life.

At the beginning of your journey, you carried out some happiness tests. Now, go back and redo these tests and see if the scores have changed. I think you'll be really happy with the results!

I hope that now you have focused on taking steps to address different areas of your life, your life feels more balanced and in tune with who you want to be. Thank you so much for choosing this happiness journal! I hope that it has helped you boost the happiness in your daily life.



