



PROJECT HAPPINESS

This worksheet is intended to help you identify your idea of happiness and to encourage you to be happier. Be honest with yourself and complete the prompts below.

Define Happiness

Favorite Happy Quote

Positive Affirmation

3 People Who Make You Happy

3 Places That Make You Happy

5 Songs On Your Feel Good Playlist

5 Things That Make You Happy

What gets in the way of your happiness?



Be Happy Quiz

1. Do you have a hobby? Yes or No
2. Do you celebrate the success of others? Yes or No
3. Do you have a positive mantra or motto?
Yes or No
4. Are you assertive with others? Yes or No
5. Do you express gratitude and kindness? Yes or No

Happy people may do all of the above.