



# Happiness

*Those who seek happiness seldom find it.*

*Those who seek goodness find happiness.*

Place a check mark ✓ next to each statement below that reflects something you already are doing.  
Place an arrow → next to one or two items that you did not check, that you would like to be able to check this time next year. Use this worksheet to remind yourself to work on this item or two.

## **Wisdom:**

- \_\_\_\_\_ I remain open to learning something new every day.
- \_\_\_\_\_ I use what I learn to live a healthier life.
- \_\_\_\_\_ I allow myself to be curious and creative.

## **Courage:**

- \_\_\_\_\_ I'm honest with myself and with others.
- \_\_\_\_\_ Even when life is difficult and I feel afraid, I bravely pursue my goals.

## **Kindness:**

- \_\_\_\_\_ I am a friend to others without expecting anything in return.
- \_\_\_\_\_ I share.

## **Justice:**

- \_\_\_\_\_ I support efforts to build a healthy community.
- \_\_\_\_\_ I practice teamwork and fairness.

## **Temperance:**

- \_\_\_\_\_ I avoid excess.
- \_\_\_\_\_ I manage my emotions.
- \_\_\_\_\_ I forgive others.

## **Transcendence:**

- \_\_\_\_\_ I develop relationships that are meaningful.
- \_\_\_\_\_ I appreciate beauty.
- \_\_\_\_\_ I'm grateful.
- \_\_\_\_\_ I allow myself to play and laugh.



## My Happiness Plan

- ✓ I'm thankful for this minute
- ✓ I will balance my negative thoughts with positive thoughts
- ✓ I recognize that when life feels out of control, there are still parts of my life over which I have control
- ✓ I remind myself that the past does not dictate my future
- ✓ I accept responsibility for my actions; I do not blame myself for what others say or do
- ✓ I accept that life can be complex, without clear answers
- ✓ I set aside a moment each day to experience gratitude
- ✓ I may not be perfect, but I value \_\_\_\_\_ about myself
- ✓ I practice kindness
- ✓ I pursue goals in life that are meaningful to me
- ✓ I savor positive experiences

*Using the list above for inspiration, write a word or phrase of encouragement to yourself in the box below. Decorate this box, hang it up where you can see it every day, and use it to remind yourself to be happier!*

