

The 'Happiness Habit' Worksheet

Scientists tell us that certain activities increase our happiness. These activities, like exercise, meditation, deep breathing, helping others, and reading inspirational stories, stimulate certain biochemical in the brain that elevate our mood. If you looking to create more happiness in your life, you can do any of these activities, but you have to do them on a daily basis for at least 10 to 20 minutes. In other words, you have to make happiness a habit.

The good news is that it typically takes just 21 days to create a positive habit, so three weeks from the day you start, you should find it easier to do the kind of activities that will automatically make you happier. Use this form to record you daily happiness activities. You can do the same activity every day, or you can vary the activities as you like. After each activity, rate your mood from 1 to 10 with 1=Feeling Down and 10=Feeling Great

Day	Date	Time	Activity	Mood Before	Mood Afterwards
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					