

HAPPINESS AUDIT

TOP 3 SUCCESSES

1 _____

2 _____

3 _____

WHAT WAS YOUR HAPPIEST MOMENT?

WHAT MADE YOU LAUGH?

WHAT PUT YOU IN THE BEST MOOD?

RECALL

1 _____

YOUR FAVORITE SMELL

2 _____

YOUR FAVORITE SOUND

3 _____

YOUR FAVORITE SIGHT/TOUCH

1 THING YOU COULD HAVE
DONE BETTER.

YOUR EXERCISE



YOUR EATING



SELF-AWARENESS HAPPINESS ASSESSMENT

WHAT TYPE OF PERSON ARE YOU TODAY?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

2 _____

3 _____

I AM HAPPIEST WHEN I...

I AM MOST UNHAPPY WHEN...

3 THINGS THAT INSTANTLY
PUT ME IN A GREAT MOOD.

1

2

3

1 PERSON THAT MAKE ME FEEL
MOTIVATED AND INSPIRED.

2 THINGS THAT
MAKE ME LAUGH.