EXERCISE: EXPLORING ORDINARY HAPPINESS

Sources of Happiness: *Set a timer for sixty seconds and list the first ten things that come to mind that make you happy and/or would make you happy.*

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

Themes: Sources of Happiness

- **Circle** the items that require *you* to do something different (e.g., go back to school, move).
- Put an **asterisk** (*) next to the items that require *another person to do something* (e.g., get hired, propose) for you to be happy.
- Put an **X** next to items that require the *universe or society to change or rely on chance* (e.g., win the lottery, meet Mr./Miss Right, change a law, stock market change, etc.).

Threats to Happiness: *List the first ten things that are the greatest impediments to experiencing happiness more regularly.*

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

Themes: Threats to Happiness

- **Circle** the items that involve you *to do or not do something* (e.g., fail an exam, manage money poorly, etc.).
- Put an **asterisk** (*) next to the items that involve the *actions of another person* (e.g., someone says or does something hurtful, get fired, etc.).
- Put an **X** next to items that involves the *universe, society, or chance events disrupting your happiness* (e.g., stock market crash, death of loved one, etc.).

Evaluation: How many of the items on your lists require:	**Sources of Happiness**	**Threats to Happiness**
You to do something different		
Another person to do something different		
The universe/situation to change		