

EXERCISE: EXAMINING YOUR MAP FOR HAPPINESS

Where Have You Been?

First, let's examine what has brought you happiness and unhappiness over the years.

1. Identify reliable *internal factors* that have contributed most to your *happiness* as a child and now (attitude, thoughts, behaviors): _____

2. Identify reliable *external factors* that have contributed most to your *happiness* as a child and now (others, places, situations, etc.): _____

3. Identify reliable *internal factors* that have contributed most to your *unhappiness* as a child and now (attitude, thoughts, behaviors): _____

4. Identify reliable *external factors* that have contributed most to your *unhappiness* as a child and now (others, places, situations, etc.): _____

Guiding Principles

Let's examine your beliefs about happiness and unhappiness:

1. To be truly happy, I need—at minimum—the following five things in my life:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
2. What three things do you believe are key to finding happiness?
 1. _____
 2. _____
 3. _____

3. What three things are most likely to cause unhappiness?

1. _____

2. _____

3. _____

4. Why do you believe you are not happier more often?

Reflecting on Your Map

1. Identify three common themes (getting what you want, getting away from daily life, high points in life, etc.):

1. _____

2. _____

3. _____

2. What type of external factors tend to be essential for your happiness (being in a certain place, with a person, achieving a goal)? _____

3. What type of internal factors tend to be critical for your happiness (attitudes, beliefs, behaviors, etc.)? _____

4. Are you doing what you know you need to do to create happiness in your life? How so, or why not? _____

5. What are your greatest obstacles to happiness and how do you deal with them?
