

## EXERCISE: RAISING THE BAR ON HAPPINESS

**In what areas of your life do you tend to settle and play it safe?**

\_\_\_\_\_ Relationships/friendships

\_\_\_\_\_ Career/work/school

\_\_\_\_\_ Health/sports

\_\_\_\_\_ Adventures/fun/travel

\_\_\_\_\_ Other hopes and dreams

**Take it up a notch:** *Describe one small step you could take to get closer to where you want to be (e.g., take a small risk, try something new, address a problem you are avoiding):*

---

---