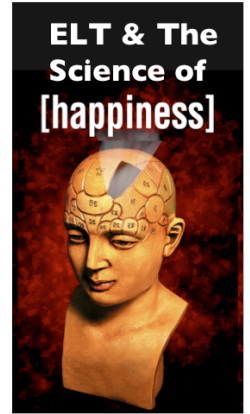


# Happiness Journal



Positive Psychology is sometimes called “The science of happiness.” Scientists study mental health. They want to know what happy people do. One interesting fact: people who notice good things in their lives are happier. They can be wonderful things (somebody has a baby) or simple things (flowers blooming, playing with your pet).

Try taking a few minutes each week to think of 3-5 things good things in your life. It is best to choose the same time to think (for example, Sunday evening). Try to write different things every week.

We know that people who are happy learn more and do better at school. So I want you to be happy, too.

I will collect this “happiness journal” a few times during the course. You will get extra points for everything you write. *Great! You get extra points for being happy.*

Week 1: \_\_\_\_\_  
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Week 2: \_\_\_\_\_  
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Week 3: \_\_\_\_\_  
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Week 4: \_\_\_\_\_  
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Week 5: \_\_\_\_\_  
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Week 6: \_\_\_\_\_  
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**Ideas:**  
• something nice someone said or did. • a good time you had  
• a pet • something you did that made you feel good. • something  
delicious • little things that you like. • someone you love (parents,  
friends) • something that made you smile • being healthy • learning  
new things • someone who cares about you • nice weather • knowing you  
are special • a cold drink on a hot day • a smile when you needed one

Week 7: \_\_\_\_\_  
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Week 8: \_\_\_\_\_  
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Week 9: \_\_\_\_\_  
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Week 10: \_\_\_\_\_  
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Week 11: \_\_\_\_\_  
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Week 12: \_\_\_\_\_  
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Week 13: \_\_\_\_\_  
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Week 14: \_\_\_\_\_  
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Week 15: \_\_\_\_\_  
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These are suggestions for being happy, based on the work of Dr. Sonya Lyubomirsky of the University of California – Riverside.

These are the ideas:

1. Remember good things in your life. This “happiness journal” is one way to do that.
2. Practice kindness: do nice things for people. It makes you happier.
3. Thank someone who has helped you. Who has been important in your life?  
A teacher, a parent, a coach, someone else. Write them a letter or tell them.  
Explained what they did for you. Say “thank you.”
4. Take time with your friends and family. They love you. You love them.  
Spend time with them. Let them know you appreciate them.
5. Learn to forgive. When someone does something bad to you, don't hold the anger inside. Let go of the anger.
6. Take care of your body. Get enough sleep and exercise. Do stretching, smiling and laughing.
7. Notice life's joys. When something good happens, stop. Make a picture in your mind.  
OR Tell yourself what happened. OR Remember the feeling.  
This way, you can save the moment.
8. Learn ways to deal with problems and your stress. Remember, we all face problems.  
Learn to move past them.

To read a very short article on these ideas, go to: <http://tinyurl.com/84happiness>



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