

HAPPINESS COUNTER

The Secret Society of Happy People identified 31 Types of Happiness to help you identify more of the happy moments that are already part of your day. Some of them are even happening as you read this. We challenge you to count them for 30 minutes, an hour or even a day.

- | | | | |
|---------------------|--------------------------|---------------------|--------------------------|
| AMUSED | <input type="checkbox"/> | JOYFUL | <input type="checkbox"/> |
| ANTICIPATION | <input type="checkbox"/> | KINDNESS | <input type="checkbox"/> |
| AWESTRUCK | <input type="checkbox"/> | LIVELY | <input type="checkbox"/> |
| BALANCED | <input type="checkbox"/> | LOVE | <input type="checkbox"/> |
| BLESSED | <input type="checkbox"/> | MELLOW | <input type="checkbox"/> |
| CELEBRATE | <input type="checkbox"/> | MOTIVATED | <input type="checkbox"/> |
| CHEERFUL | <input type="checkbox"/> | NOSTALGIC | <input type="checkbox"/> |
| CONFIDENT | <input type="checkbox"/> | OPTIMISTIC | <input type="checkbox"/> |
| CONTENT | <input type="checkbox"/> | PEACEFUL | <input type="checkbox"/> |
| ENTHUSIASM | <input type="checkbox"/> | PLAYFUL | <input type="checkbox"/> |
| GIVING | <input type="checkbox"/> | RELIEVED | <input type="checkbox"/> |
| HELPFUL | <input type="checkbox"/> | SATISFACTION | <input type="checkbox"/> |
| HONORABLE | <input type="checkbox"/> | SOCIAL | <input type="checkbox"/> |
| HOPEFUL | <input type="checkbox"/> | SPIRITUAL | <input type="checkbox"/> |
| HUMOR | <input type="checkbox"/> | THANKFUL | <input type="checkbox"/> |
| INSPIRED | <input type="checkbox"/> | | |

TOTAL HAPPY MOMENTS: _____



Want to know more about the 31 Types of Happiness?
Check out the
Secret Society of Happy People's 31 Types of Happiness Guide
www.sohp.com

