

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.

- | | | | |
|---------------------|--------------------------|---------------------|--------------------------|
| 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

