



FünSheet



Happiness Zappers Zap Everyone – Practical Happiness Principle One

Studies show about the same number of unhappy experiences happen to people who consider themselves happy or unhappy. So, what makes the difference? It's how they manage their Happiness Zappers:

- Unhappiness
- Stress
- Chaos
- Annoyances
- Competitive Happiness
- Technology Inundation

Today's happiness hunt is to identify a few of your happiness zappers, list the type of zapper, and mark if it's controllable, uncontrollable or a bit of both.

Happiness Zapper	Type of Zapper	Controllable	Uncontrollable	Bit of Both
<i>Example:</i> <u>Rush Hour Traffic</u>	<u>Annoyances</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
1. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>