



# FünSheet



## **Happiness Is Personal** – Practical Happiness Principle Two

We instinctively know that what makes us happy is unique to each of us – therefore, happiness is personal. Of course, some of the same things will make others happy, too.

When we hunt for happiness, sometimes it's nice to remember the things that make us happy.

Today's happiness hunt is to identify a few things that make us personally happy and if we've done it recently.

### Happiness Makers

Has this Happiness Maker been part of your past 90 days?

What's your favorite food: \_\_\_\_\_

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

What person do you speak with who makes you smile: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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What song do you like to listen to over and over again: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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How do you de-stress: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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What color do you get compliments when you wear it: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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What are you proud to have done recently: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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What's a goal you are working toward: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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How would you spend a mental health sick day: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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Where is your favorite local outdoor spot: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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Who's your favorite author: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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Who's your newest friend: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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What's your favorite smell: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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Something personal: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>
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Sometimes, we forget to do the things that make us happy. If you haven't done one of your smile makers recently, then do a few of these things in the next week.