



FünSheet



Happiness Changes as We Change – Practical Happiness Principle One

It's the most obvious of all of the Practical Happiness Principles – **Our Happiness Changes as We Change**. Age, experience and unexpected events are usually the catalyst that redefine what makes us happy.

Today's happiness hunt is to identify some of our past happy experiences and compare them to what makes us happy now.

Some of the things that made you happy in the past may still be on your happiness maker list, while others may have changed. It's always good for us to take a happiness comparison inventory from time to time, so we can make sure we're letting past happiness become part of our nostalgic happiness. If we're hanging onto the past, it's hard to make new happy memories.

Past Happiness

Present Happiness

Did you like to finger paint when you were 4:

What was your favorite song when you were in high school:

Who was your first kiss:

Where did you go on a vacation five years ago:

Who was your best friend in the first grade:

Where was your first paying job:

What was your favorite "adult" beverage before you were legal to have one:

What was your favorite social activity 10 years ago:

Do you like to finger paint now:

What's your favorite song now:

Who do you kiss now:

Where do you want to go on a vacation now:

Who's your best friend now:

Where do you work now:

What's your favorite "adult" beverage now:

What's your favorite social activity now:
