



# FünSheet

My Happy Moments



## Happiness is Bigger Than You Think – Practical Happiness Principle Four

To help people expand their definition of happiness so they can notice more happy moments, the Secret Society of Happy People identified **31 Types of Happiness**.

**Today's happiness hunt is to identify or notice 5 or more of the 10 Types of Happiness.** And, yes, you can have more than one happy experience from any of the types of happiness listed. Take a moment to briefly note what happened today that made you feel Blessed, Nostalgic, Playful or any other Type of Happiness.

If you'd like to read a short definition of any of the types of happiness, just click on each emoji.

*Our app, that you can find in your app store, also has our 31 Types of Happiness Counter.*



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