

HAPPINESS WORKSHEET



We are surrounded by Anger, Fear, and Sadness. That means that Happiness is outnumbered 3 to 1. The Happiness Worksheet will help us find more Happiness and combat the bad feelings that ruin our days.

- Each day, give a name or title to the thing that angered, scared, or saddened you and jot it down in the space provided. Give it a score of 1 to 10 (10 being the worst!)
- Next, name or title 3 things that brought you Happiness each day and score them from 1 to 10 (10 being the HAPPIEST!)
- Total the scores at the end of each day and try to help Happiness win! Then at the end of the week, write yourself a note about the best parts of your week.
- Help Happiness win 3 weeks in a row & you'll be on the path to Master Happiness!

MONDAY

What ANGERED you today?	<input type="text"/>	1)	<input type="text"/>
What SCARED you today?	<input type="text"/>	2)	<input type="text"/>
WHAT SADDENED you today?	<input type="text"/>	3)	<input type="text"/>
Total <input type="text"/>		Total <input type="text"/>	

WEDNESDAY

What ANGERED you today?	<input type="text"/>	1)	<input type="text"/>
What SCARED you today?	<input type="text"/>	2)	<input type="text"/>
WHAT SADDENED you today?	<input type="text"/>	3)	<input type="text"/>
Total <input type="text"/>		Total <input type="text"/>	

FRIDAY

What ANGERED you today?	<input type="text"/>	1)	<input type="text"/>
What SCARED you today?	<input type="text"/>	2)	<input type="text"/>
WHAT SADDENED you today?	<input type="text"/>	3)	<input type="text"/>
Total <input type="text"/>		Total <input type="text"/>	

SUNDAY

What ANGERED you today?	<input type="text"/>	1)	<input type="text"/>
What SCARED you today?	<input type="text"/>	2)	<input type="text"/>
WHAT SADDENED you today?	<input type="text"/>	3)	<input type="text"/>
Total <input type="text"/>		Total <input type="text"/>	

TUESDAY

What ANGERED you today?	<input type="text"/>	1)	<input type="text"/>
What SCARED you today?	<input type="text"/>	2)	<input type="text"/>
WHAT SADDENED you today?	<input type="text"/>	3)	<input type="text"/>
Total <input type="text"/>		Total <input type="text"/>	

THURSDAY

What ANGERED you today?	<input type="text"/>	1)	<input type="text"/>
What SCARED you today?	<input type="text"/>	2)	<input type="text"/>
WHAT SADDENED you today?	<input type="text"/>	3)	<input type="text"/>
Total <input type="text"/>		Total <input type="text"/>	

SATURDAY

What ANGERED you today?	<input type="text"/>	1)	<input type="text"/>
What SCARED you today?	<input type="text"/>	2)	<input type="text"/>
WHAT SADDENED you today?	<input type="text"/>	3)	<input type="text"/>
Total <input type="text"/>		Total <input type="text"/>	

YOUR WEEK IN REVIEW:
