

The Pathway to Happiness

WORKSHEET

1. Write up a grateful list.

Make a list of things about which you're grateful in your life. Give thanks for them daily. Invite the people closest to you in your life to help you.

2. Small pleasures. Make a list of small things that give you great pleasure. Notice other small pleasures as you go through your day. Be more conscious of these small things.

3. Kindness toward others. Practice random acts of kindness and compassion. Do it anonymously. Help those in need. Volunteer to help others. List here what your first act might be.

4. Love. Make an intimate connection with your loved ones. Develop your friendships. Spend time with them, converse, understand them, make them happy. List three names.

5. Simplicity. Try making a list of small ways you could simplify your lifestyle and daily routines. Take one small step each day. When we live more simply, we also live more sustainably. And this opens up for us the chance to help the suffering and poor. What will your first step be in this direction?

6. Meaning. It's often useful to find meaning, either through a church or spiritual way, or through those we love in life or through the things we're passionate about. Give yourself a purpose. Let your Core Priorities gradually grow and shift to include things that bring meaning into your life.

7. Know yourself. Become attuned to what brings you happiness. Study yourself. Learn about what you love, and about your ability to love. Increase your capacity for compassion.