

Jot down the times and events that you find yourself in a happy state. Refer back to these notes to determine what times and events make you happy and try to increase the frequency of these events.

Happiness Journal

Time:                      Date:                      Happiness level: (lowest) 1 2 3 4 5 (highest)

Point that I found myself expressing or feeling happiness:

Reason I think this makes me happy:

Happiness Journal

Time:                      Date:                      Happiness level: (lowest) 1 2 3 4 5 (highest)

Point that I found myself expressing or feeling happiness:

Reason I think this makes me happy:

Happiness Journal

Time:                      Date:                      Happiness level: (lowest) 1 2 3 4 5 (highest)

Point that I found myself expressing or feeling happiness:

Reason I think this makes me happy: