

# Happiness Inventory

## Objective

To identify happiness factors in your life to clarify the areas where you feel fulfilled and areas that could benefit from more attention.

## What to Know

Happiness results from many factors influencing how you feel daily and throughout your life. Research shows that about two dozen factors produce happiness, including relationships, engaging in activities, and managing emotions. Understanding what makes you happy can help you make intentional choices to increase your well-being.

The inventory included in this worksheet will guide you through several prompts and questions to help you assess different areas of your life linked to happiness. Remember, happiness is not just about momentary pleasure but also involves long-term satisfaction, engagement in meaningful activities, and maintaining healthy relationships.

This worksheet is designed to help you explore happiness factors in your own life, gaining clarity on the areas where you feel fulfilled and areas that could benefit from more attention.

## What to Do

Social connection is one of the strongest predictors of happiness. People who have strong, supportive relationships tend to feel more fulfilled and content.

Rate your satisfaction with your social connections on a scale of 1-10, where 1 = very dissatisfied, and 10 = completely satisfied.

Close relationships (family, friends, partner): \_\_\_\_\_

Community involvement (clubs, groups, activities): \_\_\_\_\_

Professional relationships (career, work, academic): \_\_\_\_\_

Which relationships in your life bring you joy? List them.

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Which connections feel unfulfilling or even draining? What could you do to strengthen your connections or create more meaningful interactions? Be specific.

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Engaging in physical activity releases endorphins, natural chemicals that elevate your mood. Regular exercise and taking care of your health can significantly boost happiness.

How often do you engage in physical activities (e.g., walking, exercise, sports)? \_\_\_\_ times/week

Do you feel energized after these activities? Yes / No  
Why or why not?

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Are there small changes you can make to incorporate more physical activity into your routine? Explain.

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What activities bring you the most joy and energy? List them.

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Acts of kindness and engaging in meaningful work can trigger the brain's reward system, giving you a sense of purpose and long-lasting satisfaction.

How often do you engage in acts of kindness (helping others, volunteering, etc.)? \_\_\_\_ times/week

Do you feel a sense of purpose in your work or personal life? Yes / No  
Why or why not?

What types of activities or work make you feel the most fulfilled? \_\_\_\_\_

\_\_\_\_\_

How can you incorporate more acts of kindness into your daily routine? Explain.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How you handle your emotions and stress significantly impacts your overall happiness. Developing emotional resilience and practicing self-compassion are key.

On a scale of 1-10, how well do you feel you manage stress? \_\_\_\_

(1= I don't manage stress well at all, and 10 = I manage stress exceptionally well)

How often do you practice mindfulness, relaxation, or other stress-relieving activities?

\_\_\_\_ times/week

What emotions or stressors feel overwhelming? How might you approach them differently? Be specific.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What self-care practices make you feel calm and centered? \_\_\_\_\_

\_\_\_\_\_

Immersing yourself in activities where you lose track of time, known as "flow," leads to greater happiness. This often happens when you're engaged in hobbies or tasks that challenge you in positive ways.

How often do you experience "flow" while engaging in activities (hobbies, work, creative pursuits)? \_\_\_\_ times/week

What activities bring you into a state of flow? List them below.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Are there hobbies or activities you could engage in more often to feel more fulfilled? Explain.

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What new challenges could you explore to increase your sense of engagement?

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Reflect on the areas you rated the highest and those you feel could improve. Use the space below to write down three actions you can take to increase your happiness in the coming weeks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

By regularly checking in with yourself and focusing on the factors that bring happiness, you can make positive changes that enhance your overall well-being.

### **Reflections on This Exercise**

Did anything surprise you about this activity? If so, describe.

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How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?