

# HAPPINESS CHECKLIST

Use this checklist to identify the gaps that you have yet to fulfill in order to be happier. Some of the recommendations are habitual and some are one-time activities. For the habit recommendations, turn them into actionable and measurable goals. Only check them once you've set up these actionable and measurable goals.

## POSITIVE EMOTIONS

- ☐ Create a gratitude journal
- ☐ Praise someone
- ☐ Perform kind acts
- ☐ Meditate
- ☐ Identify the noise and eliminate by 5%

## ENGAGEMENT

- ☐ Identify your signature strengths
- ☐ List your flow activities and identify your flow profile
- ☐ Design your life around these strengths and flow activities

## MEANING

- ☐ Identify the Who
- ☐ Identify the What
- ☐ Identify the Why

