

My Understanding of Happiness

Name: _____ Date: _____

Place a DOT (●) inside the box that best describes your beliefs about each statement. Then connect the dots in each consecutive line to form a line graph. What kind of statements do you strongly agree with? Which ones do you strongly disagree with? What kind of pattern do you see? What observations can you make about your view of happiness?

	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1. True happiness comes from within.					
2. It is my choice to be happy or unhappy.					
3. Everyone deserves to be happy.					
4. I consider myself a happy person.					
5. I smile often, even at people I don't know.					
6. I have positive thoughts and words.					
7. I think about my actions, why I've done them and how they make me feel.					
8. I am honest with myself about how I am feeling, even when it's difficult.					
9. If I am feeling bad, I try to understand why, rather than pretend I don't feel that way.					
10. If I am around people I am angry with I can usually hold back my anger and act in a positive way.					
11. I recognize the connection between the choices I make and how happy I am.					
12. I think before I act to make sure my actions can help others, not hurt them.					
13. I make ethical choices; I choose to do the right thing, even when it's difficult.					
14. I recognize how my happiness affects other people's happiness.					
15. I care about other people's needs, rights and happiness.					
16. I feel happy when I make someone else happy.					
17. I can feel empathy for others, as though I am walking in their shoes.					
18. I can accept others regardless of our differences.					
19. I realize that what makes one person happy, may not make another person happy.					
20. I believe no external factor, like material things, can bring about lasting happiness.					

Try this again at the end of Project Happiness. What beliefs remained the same? What changed? Why?