

What Makes You Happy?

	Total Points Earned
20	Total Points Possible
	Percentage

Name _____

Date _____

Class _____

Directions: If you were to create a list of things that make you happy, what would that list include?



1. In column one, create this list by describing five activities you enjoy.
2. In column two, briefly explain why that activity makes you happy.
3. In column three, do one of the following:
 - a. Place two dollar signs by those activities that directly cost money, meaning money must be used to participate in that activity.
 - b. Place one dollar sign by activities that indirectly cost money, meaning activities that may not cost money at the time but did cost money at some point.
 - c. Place a star by activities that cost no money to do.
4. Leave column 4 blank until instructed to complete.

WHAT ARE FIVE ACTIVITIES THAT MAKE YOU HAPPY?	WHY DOES THIS ACTIVITY MAKE YOU HAPPY?	\$\$ = ACTIVITY DIRECTLY COSTS MONEY \$ = ACTIVITY INDIRECTLY COSTS MONEY ★ = ACTIVITY COSTS NO MONEY	WHAT WELL-BEING DOMAIN(S) DOES THIS ACTIVITY CONTRIBUTE TO?
1.			
2.			
3.			
4.			
5.			