

Name:

Here are some reasons why an activity might make you feel happy:

1. It makes you feel like you are having fun and enjoying yourself.
2. It is so absorbing that it makes you lose track of time.
3. It makes you feel like you are doing something meaningful or something that gives you a sense of purpose.
4. It gives you a sense of accomplishment.
5. It makes you feel like you are part of a group and valued by the group.

Based on M.E.P. Seligman, *Flourish: A Visionary New Understanding of Happiness and Well-Being*. New York, NY: Free Press, 2011.

In the left column of the chart below, record some activities that make you feel happy. In the right column, use the numbers from the list above to record why the activity makes you happy. You can write more than one number for each activity.

You can also include activities that you would like to try and why you think those activities would make you feel happy.

Activity	Why It Makes Me Happy