JOURNAL

Understanding Happiness

This is a space to reflect, explore, and nurture the things that bring you joy. Through simple prompts, you'll uncover moments of gratitude, growth, and positivity to help you build a deeper, more fulfilling sense of happiness in your everyday life.



Name _____ Date _____

1 What does happiness uniquely mean to you, beyond general definitions or social norms?

Think about what truly brings you joy and fills you up, separate from external validations or short term pleasures.

2 Now remember a moment where you felt an overwhelming sense of happiness.

What were you feeling in your senses, was anyone there, why was it memorable?

3 What would you say gets in the way of your happiness, how might you overcome these obstacles?

What blocks your happiness? Consider different ways to address these obstacles.

4 Thinking about relationships with friends or loved ones, how do they bring you joy?

How do they contribute to your well-being and happiness?

5 Now think about your personal growth, what effect has this had on your happiness?

How have you grown as a person and what impact has this had on your sense of joy and fulfilment.

6 Finally, describe an ideal future where you're truly fulfilled and happy.

Think about what truly matters to you. The things that will bring you a fulfilled life :)

This worksheet supports work with a therapist. It does not replace it.

Prefer an interactive version?

Scan the code to open Understanding Happiness on your phone, or go to **www.offloadweb.com/tools/understanding-happiness**