

The Happy List

Happiness can be calm, playful, proud, or peaceful.

Knowing what makes you happy helps you build energy, confidence, and mental wellness. Use this worksheet to gather ideas, memories, and moments that lift you up, reminders you can return to anytime you need a boost.

Warm Up: Notice the Good	Your Happy List
<p>Think about something that made you smile, feel calm or happy recently (a song, a person, a nice pair of socks, etc.)</p> <p>What was it?</p> <p>What made it nice?</p>	

Finding Happiness in the Everyday	Your Happy List
<p>What foods make you smile?</p> <p>What drinks help you relax or feel cozy?</p> <p>What songs make you energized? Relaxed?</p> <p>What shows or movies always lift your mood? What ones do you like to rewatch?</p> <p>What times of day feel easiest or happiest for you?</p> <p>What kinds of weather make you feel good?</p> <p>What's one small thing that has always brightened your day?</p>	

Finding Happiness in People	Your Happy List
<p>Who can always make you laugh?</p> <p>Who helps/has helped you feel calm or understood?</p> <p>What do you like doing with friends, family, or pets?</p> <p>Who has done something kind that stayed with you?</p> <p>What's something kind that you have done for someone?</p> <p>Who would you love to catch up with soon?</p>	

Finding Happiness in Creativity	Your Happy List
<p>What kind of music, art, or videos make/have made you feel inspired?</p> <p>What do you like to make, fix, or organize?</p> <p>What's something you've learned about just for fun?</p> <p>What hobby or project makes you proud?</p> <p>What's something new you'd like to try this coming year?</p>	

Finding Happiness in the Senses	Your Happy List
<p>What smells instantly make you happy?</p> <p>What texture feels good to your skin?</p> <p>What tastes do you always enjoy?</p> <p>What's one sensory comfort you could add to your day?</p>	

Finding Happiness in Quiet Comforts

Your Happy List

What has helped you relax after a busy day?

What has helped you rest or recharge?

What small routines have helped your day feel steady? Are there any you want to try?

What spaces feel safest or most comfortable to you?

What helps/has helped you feel grounded when things get stressful?

Is there a quote or saying that brings you comfort?

Your Happy List Toolkit

Now that you've started your Happy List, use this space to fill with the memories, feelings and experiences that bring you joy, peace, pride, calm and a sense of happiness. These are the building blocks of your Mental Wellness toolkit. What are some ways you can incorporate them into your life more often? Try circling 1-3 things from your Happy List that you can do or create space for this week.

