The Happiness Project: College Edition

18 questions

based on the book
The Happiness Project
by Gretchen Rubin

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com

1. Overall how would you say your life is going right now?

2. How do you feel? Any health concerns?
Are you willing to work on it?

3. What area of your life, right now, makes you feel the best?
Which area makes you feel the worst? Why?

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com

4. How do you feel about your education? How can your education help you make the world a better place?

5. Can you think of your dream job? What would you love to end up doing? Who is your dream employer?

6. Where do you stand on relationship? Do you feel comfortable with where you are now?

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com

7. Do you believe and feel confident that you can achieve your goals? Why or why not?

8. What can you do to develop a more positive mindset? (Thoughts, habits, influences, relationships...)

9. Where does fear show up the most for you in your life? Where do you think that fear comes from?

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com

10. Think of your perfect day. Does the way you are spending your days right now resemble your best day a little, a lot, or not even close at all?

11. What activities, habits, or thoughts do you need to change so you can start living your best day every day?

12. If there any grudge holding you back? What can you do to overcome it?

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com

13. Let's jump forward a year. What would you like to have achieved in the past year?

14. Have you found your passion? What makes you happy?

15. Have you found your Purpose? Can you think of anything you'd like to devote your life to?

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com

16. How do you want to be remembered in life?

17. Imagine you're in your 90s. What memories would you like to have? What stories do you want to tell?

18. How can everything written above contribute to you Happiness project?

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com

Evaluate Your Life

Reflect on the different areas of your life and circle the # that best represents how much joy, growth & confidence you feel in that area. 1 means not satisfied at all and 10 means extremely satisfied. Write a few words below each section to describe why do you feel the way you do and have given it that rating.

Health

1 2 3 4 5 6 7 8 9 10

Romantic relationship

1 2 3 4 5 6 7 8 9 10

Spiritual

1 2 3 4 5 6 7 8 9 10

Personal growth

1 2 3 4 5 6 7 8 9 10

Family relationships

1 2 3 4 5 6 7 8 9 10

Financial

1 2 3 4 5 6 7 8 9 10

Fun/hobbies/me time

1 2 3 4 5 6 7 8 9 10

Friendships

1 2 3 4 5 6 7 8 9 10

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com

Things I will work on in 2018:

This PDF is free and is meant to be used for personal use only. Provided by EssaysWriters.com