



Step within a Badge

Science of Happiness – Cadette

Step One: Make Yourself Happier

“The purpose of our lives is to be happy.” –Dalai Lama

Everyone wants to be happy, but what makes us happy? Is it the material things, like clothes, toys, money, or cool vacations? Or is it your thought and actions that lead to long term happiness? Experts say it is the second option.

We can increase our happiness by focusing on three areas.

- 1) Doing things we enjoy.
- 2) Feeling interested in the activities and connecting to others.
- 3) Feeling like what we are doing matters.

Changing your thoughts and actions will help you be happier.

Activity One: Thoughts - Gratitude Journal

Recording the good that is happening around you can help focus your thoughts. For two weeks keep a gratitude journal. Keep going after the two weeks, studies have shown that it takes an average of 66 days for a habit to form and an action to become automatic.

(<https://www.spring.org.uk/2009/09/how-long-to-form-a-habit.php>)

Step One:

Every morning record at least three things you are grateful for, write, draw, record video/audio, any form you want. This will help you start your day in a positive way.

Step Two:

Every evening take time to think about your day, what happened, who helped you, and who did you help. Record at least three things that went well and why they are blessings.

Activity Two: Actions - Strengthen Relationships

According to a 75-year study by Robert Waldinger, director of the Harvard Study of Adult Development, good relationships keep us happier and healthier.

Step One: Take time each day to spend time talking with a family member, friend or neighbor. This can be in-person, over the phone, or video chat. Use these prompts to learn something new about the people in your life and share something about you.

- What special traditions or holiday celebrations does your family observe?
- Do you have anyone in your life that has acted as a mentor to you? Have you ever helped someone else out in this way?
- What bad habit would you like to change?
- Which do you prefer: sunrise or sunset? Why?
- What do the clothes you are wearing now say about you?
- What kinds of items fill your bookshelves?
- What is standing in your way right now?
- What is something you have learned in the past few days?
- Name three things you have in your bathroom right now.
- What is the weirdest job you've ever had?
- What is a personality trait you admire in other people?
- Would you rather spend the day at an art museum, science museum, or history museum?
- Do you prefer to dance with no one watching, with a group of friends, or with one person?
- What is your mom like?
- Describe a "first day" in your life (school, work, summer, etc.).
- When was the last time you felt needed?