



**SUPERHUMAN
ACADEMY**

Creating A Meaningful Life
And Developing Habits of Happiness



**Happiness Habits
Worksheet**

The Practices of Happy People

1. Happy people want the benefits of a life of happiness and commit to it with everything they've got.
2. Happy people prioritize people. They interact, love and express appreciation. An attitude of gratitude for loved ones is key.
3. Happy people use their 5 senses and notice all that is lovely and good in front of their noses.
4. Happy people have a purpose in their life that they are working towards.
5. Happy people know their skillset and throw themselves into projects or causes that make a difference. This makes the individual feel competent, successful and that their gifts are well placed.
6. Happy people are kind even when others are not so they can reap the benefit of the good feeling that brings.
7. Happy people remember that more of our feelings of goodness and joy come from how we feel than how others feel about us. They take things less personally and have more perspective or can access it when needed.
8. Happy people remember that the only one you can change is yourself.
9. Happy people blame and judge less and instead choose curiosity and understanding. They know that their strong reaction to another might be a window into themselves or an opportunity to learn about a different vantage point entirely.
10. Happy people make happiness the goal and remind themselves of the desire for change towards happiness when little stuff like traffic or paperwork or people get on our last nerve.

1. Which of these habits do you subscribe to and how are they working for you?

2. Which of these habits do you not subscribe to? Please comment in any way that feels appropriate about this.

3. What is 1 thing that would make you happier right now?

4. What are you willing to do to establish Happiness Habits right now?
