

Date: _____ Location of writing: _____

Your Happiness Quotient

What makes *you* happy? What is key in your life that leads to your happiness? I once read a great article on “Happiness Criteria” which steered me away from my *modus operandi* of spontaneously and serendipitously (and what can sometimes feel to be senselessly) seeking happiness. This thought of **creating a happiness criteria** for success and happiness gave me pause and inspired some more concerted thinking and action with a focus on what generates happiness in my life and on what happiness means to me today.

In other words, what am I doing to raise my Happiness Quotient – my HQ?

This journal prompt is about you stretching and seeking and listening with the thought of raising your HQ. So . . . **first**, make a list of Happiness Criteria that critically determine your HQ. Think of general ideas such as *Bring my dog to work*. If you want to add more detail, turn this page over. **Next**, make a check mark next to any of the criteria items that are non-negotiable – items that are *must-haves*.

Happiness Criteria	Non-negotiable?

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What is one *standard* (an idea or thing used as a measure) of happiness for you?

What is one *principle* (a fundamental truth that serves as a foundation) of happiness?

What is one way you *measure* (something used to express the size, amount, or degree of something) feelings of happiness?

What is a *benchmark* (a point of reference against which something may be compared or assessed) of happiness for you?

How do you *know* (be aware, familiar, or friendly with) when you have reached a *benchmark*?

Happy journaling as you discover and implement your Happiness Criteria.

Life is a lively event that requires us to think on our feet with our hearts and our minds. *We grow when we choose.*

(Definitions) above are from "Google's define: _____"