

MAP YOUR HAPPY

Use this chart to plot out your sources of positive emotion, engagement, positive relationships, meaning, and accomplishment. What areas are strongest? Where could you add more to really flourish?

POSITIVE EMOTIONS: What brings you positive emotions?

ENGAGEMENT: What activities do you get completely absorbed in?

POSITIVE RELATIONSHIPS: What relationships bring you joy and support? What do you do to nurture them?

MEANING: What larger purpose or cause do you feel drawn and connected to?

ACCOMPLISHMENTS: what would you like to accomplish in the next week, month, year?

TAKEAWAYS: What areas are your strongest? Where could you give more attention to really flourish? What's your biggest takeaway from this exercise?