



The Secret to Happiness: Let Go of the Desire to Be Happy

This worksheet will help you define what happiness means to you and then figure out how to create your own happiness.

What are the first words that come to mind when you think of happiness or being happy?

Now, picture someone who is happy and describe them in as much detail as possible?

Write your definition of happiness -- based on what you've written so far but boiled down to the root level.

Are you satisfied with this definition? Is this state of being something you would like to obtain? Why or why not?

If not, what specifically would you like to change about the definition so that it is more meaningful to you?

Rewrite your definition here if you'd like.

What aspects of your life are keeping you from realizing happiness in the way that you just defined it?



Which of these aspects **DO** you have control over?



Which of these aspects **DON'T** you have control over?



You'll have to work on letting go of the aspects you don't have control over. This post could help you with that; copy this URL into your browser:

<https://theexpectationgaps.com/the-simplest-way-to-conquer-your-greatest-enemy/>

For the aspects you do have control over, name 2 or 3 things you could do immediately to start creating your own happiness according to your definition.

Schedule time to do what you just outlined. Or, write them on sticky notes and place them where you'll see them often. Whatever works for you so you don't forget about them.

Then, go through the same process with 2 or 3 things that are long-term goals for creating your happiness.

When you feel your happiness slipping away, come back to this worksheet and reassess. Your definition of happiness is bound to change over time.