

Increase Your Happiness with
Good Self Care
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WORKSHEET
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One of the positive habits noted for increasing happiness is good self care. Explore some ideas for developing this habit below.

List five things you enjoy doing to treat yourself or just for fun.

- 1.
- 2.
- 3.
- 4.
- 5.

List some people who enjoy doing these things with you, but do not drain your emotional energy.

- 1.
- 2.
- 3.
- 4.
- 5.

- ▶ Of the things listed above, list one that you can do in the next week, ie. get a pedicure or massage?

- ▶ Which of the things listed above could you do within the next month?

- ▶ Choose someone from the list to contact about getting together. Call her/him and schedule a time to do something fun.

- ▶ If there are barriers to doing the things listed above, how can you resolve them? For example, save money from my next check or find things you enjoy that are free or low cost.

- ▶ Make a commitment to do something for yourself every week – even if it just involves an uninterrupted bubble bath.