

Happiness Pursuit Worksheet

When you first looked at this person, thing, opportunity, or goal, what did you think it would do for you?

What kind of effort did you put into getting or reaching that objective?

How did you feel all during the process of working toward that objective?

Once you reached the objective, built that relationship, or obtained that object, how did it make you feel?

How long did the feelings of enjoyment last?

What other emotions did you start experiencing as time went on?

What kind of disappointments, dissatisfactions, and lack of happiness came to you in the end?
