

Happiness Habits Form

Use this form to record your daily happiness activities. You can do the same activity every day, or you can vary the activities as you like. Before and after you complete each activity, rate your mood from 1 to 10, with 1 = I feel down, to 10 = I feel amazing! Write down the date and time, rate your mood, describe the activity, and note the total time spent doing the activity.

Day	Date and Time	Mood Before	Activity	Time Spent	Mood After
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Notes: _____
