

Shifting from Sadness to Happiness

timeline your sadness

Go back to your reflection worksheet from earlier in this program. Continue to ask yourself these questions, going further and further back. Pocket any experiences, instances, incidents or even thoughts that you can remember into the age that they occurred. By the end of this exercise, you will be able to see the timeline of your sadness and identify the patterns and behaviors that go along with it.

YEARS 0-10

YEARS 10-20

YEARS 20-30

YEARS 30-40

YEARS 40-50

YEARS 50-60





LOOKING AT YOUR TIMELINE, DO ANY PATTERNS EMERGE?

WHAT BEHAVIORS CAN YOU CONNECT WITH YOUR SADNESS?



WHAT WAS YOUR BIGGEST TAKEAWAY FROM THIS EXERCISE?

