

# DEFINING HAPPINESS

In this episode, we are Defining Happiness! But before we can really talk about "Planning a Happy Life," we need to figure out what that means to YOU. Do you know what makes you happy? Today we challenge you to make a "Happy List." Let's figure out what makes you truly happy. Don't be afraid to start small... we did! (Stephanie's first thing she put on her list was peanut butter!)

## MY HAPPY LIST

A large rectangular area filled with a grid of small, light gray dots, intended for writing a list of things that make the user happy.

# SIZE GUIDE

Want to put your worksheets in your Happy Planner®?  
When you're printing out this week's worksheet,  
scale your page to the following percentage:

**BIG**

100%

**CLASSIC**

82%

**MINI**

54%

7"

9.25"

4.625"

7"

**PLEASE NOTE:**

The Plan A Happy Life Podcast worksheets are designed to be printed on US Letter (8.5"×11")