

Happiness and Joy Worksheet

Blocks to experiencing happiness

1. A sense of lack or needing something to be a certain way, sometimes classically called, "if-only mind."
 - a. Examples:
 - i. "If only I just felt better right now, then it would be OK. If only I wasn't sick, I would be happy."
 - ii. "If only things could be worked out in this relationship, I would be happy."
 - iii. "If only I was in a relationship, then I would be happy."
 - iv. "If only I could reach my ideal weight, then I would be happy."
 - v. "If only I was financially secure, then I would be happy."

Reflection Homework:

1. **What are your "if only" blocks to happiness?** Reflect on it for some time, perhaps within your practice, then get out paper and pen and write them down. (Or use the spaces below.) If we bring them into the light of awareness through Mindfulness, we can work with them.

1. If only _____, I would be happy right now.

2. If only _____, I would be happy right now.

3. If only _____, I would be happy right now.

4. If only _____, I would be happy right now.

5. If only _____, I would be happy right now.

How often do you fall into thinking "something's wrong" and find those thoughts to be blocks to happiness? Do you have patterns of thought around this type of thinking?

If we practice thinking in a different way, inclining our minds toward what brings happiness, then that becomes our habit. In happiness research, one of the common denominators of those who consider themselves to be happy and often experience happiness is that there's a **choosing of happiness**.

It takes an intention to turn towards happiness. You have to say to yourself, "Yes, I'm motivated to be happier".

What makes you happy or fills you with joy? What can you do to turn toward happiness and joy? Where can you direct your mind when you find yourself caught in the "If only..." or "Something's wrong..." mindset of the Negativity Bias?

1. _____
2. _____
3. _____
4. _____
5. _____

Ways we can **CHOOSE JOY**:

1. Mindful Movement. Getting the body moving in whatever way we can to activate the release of endorphins.
2. Cultivating Gratitude

