

THE FORMULA FOR HAPPINESS

BLUEPRINT = LIFE CONDITIONS
(EXPECTATIONS) (REALITY)

QUESTIONS

- 1) What is an area of your life that you are really happy or satisfied with?

- 2) Why are you happy with this area of your life?

- 3) What is an area of your life that you are unhappy or unsatisfied with?

- 4) Why are you unhappy or unsatisfied with this area of your life?

5) In order for you to feel happy in this area of your life what must change? Circle One

Blueprint Life Conditions

6) What will changing in this area of your life provide or make possible that you don't have now?

7) Why is changing this a must for you?

8) What has interfered with you making this change in the past? What has kept you from following through?

9) What is your 3 to 5 step action plan to make that change now?

10) Who can and will help you with this?

“When we are no longer able to change a situation, we are challenged to change ourselves.” *Viktor Frankl.*