

The How of Happiness

by Sonja Lyubomirsky

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ ⁰¹ **Run a seven-day experiment**

Pick one happiness activity and score mood, connection, and meaning each day.

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☐ ⁰² **Write three good things**

Name three good events and why each one happened.

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☐ ⁰³ **Do one hidden kindness**

Help someone concretely without seeking credit or announcing it.

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☐ ⁰⁴ **Savor for two minutes**

Describe one pleasant moment with sight, sound, touch, smell, and taste.

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☐ ⁰⁵ **Choose a fitting practice**

Pick an activity that feels natural enough to repeat, not impressive enough to post.

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☐ ⁰⁶ **Vary the format**

Change the timing, location, or style of a practice before it goes stale.

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☐ ⁰⁷ **Reconnect intentionally**

Send one specific appreciation to someone you value.

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☐ ⁰⁸ **Link a goal to a value**

Write the value served by one goal you are pursuing.

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