



# LIFE SATISFACTION

Cultivating life satisfaction will have numerous benefits, but there is no single key to life satisfaction. Think instead of a recipe with many ingredients. Social relationships and personal goals based on one's values play a crucial role in developing a strong sense of satisfaction. The following questions will help you reflect on and build your satisfaction with life.

How do you define happiness? What exactly does it mean to you?

Why is achieving happiness important to you?

What brings you the most happiness in your personal life?

What thoughts, actions, circumstances, or behaviors currently undermine your happiness in your personal life?

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List three things that make you happy and three things that do not.

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3

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Is there a specific issue that is diminishing your happiness? If so, is this in your per/social life or elsewhere?

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In what ways do you think you invest in your happiness, whether personal or professional?

Do you think your happiness will improve if others change their attitudes or behavior? Do you think you can change others and their reactions toward you? If yes, how sure are you that the change will be permanent?

Self-acceptance, empathy, and compassion promote wellbeing and healing from emotional trauma. List five acts or thoughts that can enhance your empathy and compassion toward yourself.

1

2

3

4

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Kindness is seen to create positive ripples that affect your social circle, workspace, and other areas of interaction. List five things you can do to show and spread kindness toward others.

1

2

3

4

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What are some daily rituals that bring comfort and happiness to your life? List a few here (such as eating healthy, exercising, meditating, playing a game with friends etc.)

1

2

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What activities and strategies can you develop to experience a deeper sense of happiness and strength in your life?

1

2

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Who makes you go about your life with ease and comfort? You may think of more than one person who helps you in this way. How have you expressed your gratitude toward them?