

Finding Happiness Practices Best Aligned With You

A worksheet on the research behind lasting happiness

Research shows that 40% of your life satisfaction may come down to one thing: what you intentionally think, feel, and do. Researcher Sonja Lyubomirsky identified twelve science-backed practices shown to increase life satisfaction. But research also shows something easy to miss: a practice only builds lasting happiness when it genuinely fits who you are.

This isn't about doing more. It's about doing what's actually aligned for you.

Some practices will feel natural and enjoyable ~ others may quietly feel like an obligation.

The wrong fit doesn't just fail to help ~ it can measurably lower your happiness.

This worksheet has three short parts. First, you'll rate how natural, enjoyable, and valuable each activity feels. Next, you'll rate how much guilt or outside pressure is behind it. Finally, you'll bring both together to find which practices are the best fit for you right now.

There's no right answer here, just an honest look at what's true for you.

Part 1: Natural, Enjoy & Value Scores

Consider each of the following 12 happiness activities. Reflect on what it would be like to engage in each activity every week, for an extended period of time. Then rate it from 1 to 7 (1 = not at all true for you, 7 = completely true for you, any number between is fine too) on these three terms, which describe different reasons why you might choose to engage in a given activity:

Natural: You'll keep doing this because it will feel natural to you, and you'll be able to stick with it.

Enjoyment: You'll keep doing this because you'll enjoy it ~ you'll find it interesting and engaging.

Value: You'll keep doing this because you value and identify with it, even when it's not enjoyable.

Add your three ratings for a Total, then divide by 3 for your Average.

Activity	Natural	Enjoy	Value	Total	Average ($\div 3$)
1. Expressing Gratitude					
2. Cultivating Optimism					
3. Avoiding Overthinking & Social Comparison					
4. Practicing Acts of Kindness					
5. Nurturing Relationships					
6. Developing Coping Strategies					
7. Learning to Forgive					
8. Increasing Flow Experiences					
9. Savoring Life's Joys					
10. Committing to Your Goals					
11. Practicing Religion & Spirituality					
12. Caring for Your Body					

Part 2: Guilt & Situation Scores

Consider each of the same 12 happiness activities again. Reflect on what it would be like to engage in each one every week, for an extended period of time. Then rate it from 1 to 7 (1 = not at all true for you, 7 = completely true for you, any number between is fine too) on these two more terms, which describe two more reasons why you might choose to engage in a given activity:

Guilt: You'll keep doing this because you'd feel guilty, ashamed, or anxious if you didn't.

Situation: You'll keep doing this because your circumstances compel you to, or because someone else wants you to.

Add your two ratings for a Total, then divide by 2 for your Average.

Activity	Guilt	Situation	Total	Average ($\div 2$)
1. Expressing Gratitude				
2. Cultivating Optimism				
3. Avoiding Overthinking & Social Comparison				
4. Practicing Acts of Kindness				
5. Nurturing Relationships				
6. Developing Coping Strategies				
7. Learning to Forgive				
8. Increasing Flow Experiences				
9. Savoring Life's Joys				
10. Committing to Your Goals				
11. Practicing Religion & Spirituality				
12. Caring for Your Body				

Calculate Your Alignment Score

For each activity, bring over your Average from Part 1 and your Average from Part 2, and subtract Part 2's average from Part 1's average to find your Alignment Score. Part 1 reflects genuine, positive pull; Part 2 reflects guilt or outside pressure.

The higher the Alignment Score, the more likely that activity is to feel natural, be easy to sustain, and genuinely build your happiness.

Activity	Average from Part 1	Average from Part 2	Alignment Score (Part 1 – Part 2)
1. Expressing Gratitude			
2. Cultivating Optimism			
3. Avoiding Overthinking & Social Comparison			
4. Practicing Acts of Kindness			
5. Nurturing Relationships			
6. Developing Coping Strategies			
7. Learning to Forgive			
8. Increasing Flow Experiences			
9. Savoring Life's Joys			
10. Committing to Your Goals			
11. Practicing Religion & Spirituality			
12. Caring for Your Body			

My Top Three Best-Aligned Activities

Look back across your Alignment Score column, and circle the three highest. Write them here:

You don't have to start all three at once. One small, well-fitting practice is enough to begin.

A gentle reflection

There's no need to rush into all three at once. If you'd like, sit with this a little longer:

Which one feels most like the right place to start this week?

What might it look like to try it, even in a small way?

Why does this one feel right for you, in this season?

*These are the kinds of reflections I hold space for ~
the real ones, the ones worth doing slowly,
the ones that help you build a life that actually aligns with you.*

You don't have to figure this out alone.

*If you'd like support putting these aligned activities into practice,
I'd love to talk it through with you.*

With warmth,

Kristin

Book a free conversation at sparklingpositivity.com
or reach out directly at kristinb@sparklingpositivity.com