

The Pursuit of Happiness

It's right there in the Declaration of Independence: we have the right to "life, liberty, and the pursuit of happiness." But what is happiness? There are so many versions and varieties. Is being a megastar with tons of money happiness? Is having lots of friends? Is happiness something you have to pursue by always trying to get more, or is it something you realize? Is it in the future or in the moment? Can drugs, money, love, cars, and big houses make you happy? Complete the chart below. On one side, think of ten times in your life you were truly happy. On the other side, list ten things you want to get out of life, things you hope will make you happy.

A time I remember being really happy, or an experience I had that made me happy:	Ten things I want in life that will make me happy (a hot date, money, good job, Ferrari, anything you want):
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Circle your top two happiest memories and the top two things you want the most in life. Are there any similarities between your top two things in the past and in the future? How are they different?

