

Happiness Compass

Every now and then we get a little lost. It can be because of the monotony of your routine, complacency in your relationships, or just having low energy. Sometimes we need to check our current bearings and adjust our course ahead.

This exercise is designed to calibrate your compass and plot your path back to what makes you happy.

YOUR TRUE NORTH

Who makes you feel the happiest? When and where are you happiest?
What makes you feel happy even on a bad day?

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YOUR HAPPINESS ROUTE

What steps can you take to reach your true north?