Name: _____ Class: _____



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Happiness

Happy. It's something we all want to be. What does happiness mean to you? _____

_____

Everyone has their own idea of happiness. For some people happiness is a giant ice cream sundae. For others it's a quiet stroll through a forest. Some people's idea of happiness is the thrill of jumping out of an airplane or riding a roller coaster. That sounds like terror to others, who would rather cuddle up on the couch with someone they love. What types of things make you happy?

_____

_____

Happiness comes in the form of both grand gestures and little everyday joys, Describe a little everyday joy that makes you happy:

_____

Now describe a grand gesture or event that would make you happy:_____

_____

It would be nice if we could be happy all the time, but that's not how life works. Like all feelings, happiness is fleeting – it comes and it goes. It's like the grandma who stops by bearing gifts and brightening our lives for a few hours before she has to bid farewell. We must savor the moment and enjoy it while it lasts, but eventually happiness fades away. We can then cherish the memory while eagerly awaiting the next joyful moment to come along.

Describe one or two of your happiest memories: _____

_____

_____

It might seem sad to think that joyful moments don't last, or that we can't be happy all the time. But it's really not. After all, if you were happy all the time, then there wouldn't be anything special about happiness. Life is about balance and variety: There are struggles mixed with triumphs, sadness and disappointment mixed with happiness.