Your Personal Happiness Plan

*This self help tip sheet was adapted from George W Burns and Helen Street (Ph.D), “Standing without Shoes”, Pearson Education Australia Pty Ltd 2003

What are seven steps (from the 12 Steps to Happiness) you will practice in the coming week?

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<th>Step 1:</th>
<th>Action:</th>
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Day one Reflections:

What difference did practicing your first happiness step make to your day?

How did you feel/what was your mood like before, during and afterwards?

What were the positive impacts of practicing the step?
Day two Reflections:
What difference did practicing your second happiness step make to your day?

How did you feel/what was your mood like before, during and afterwards?

What were the positive impacts of practicing the step?

Day three Reflections:
What difference did practicing your third happiness step make to your day?

How did you feel/what was your mood like before, during and afterwards?

What were the positive impacts of practicing the step?
Day four Reflections:
What difference did practicing your fourth happiness step make to your day?

How did you feel/what was your mood like before, during and afterwards?

What were the positive impacts of practicing the step?

Day five Reflections:
What difference did practicing your fifth happiness step make to your day?

How did you feel/what was your mood like before, during and afterwards?

What were the positive impacts of practicing the step?
Day six Reflections:
What difference did practicing your sixth happiness step make to your day?

How did you feel/what was your mood like before, during and afterwards?

What were the positive impacts of practicing the step?

Day seven Reflections:
What difference did practicing your seventh happiness step make to your day?

How did you feel/what was your mood like before, during and afterwards?

What were the positive impacts of practicing the step?
Weekly Reflections

What was the impact of practicing the steps for you this week?

What changes did doing the steps bring about?

Which of the steps were the most helpful in increasing your overall happiness? Which ones are worth doing more of in the future?

The 12 Steps to Happiness Assessment Questionnaire

Looking back over the last week, including today, rate how well you have been doing with each of the 12 steps, where marks to the left represent low levels and marks to the right indicate high levels.

**Being active:**
(How active and engaged are you in your life?)

|---------------------------------------------------------------|

**Being outgoing:**
(How well do you connect with others in your life?)

|---------------------------------------------------------------|

**Being flexible:**
(How often do you step out of routine, try doing something differently or try thinking differently?)

|---------------------------------------------------------------|
Being passionate:
(To what extent to the things you currently have in your life fuel your passion and enthusiasm?)

Being compassionate:
(How often do you practice kindness and compassion towards others?)

Being focussed:
(To what extent are you able to be “in the moment”, in the “here and now” when you are doing something or with someone?)

Being positive:
(How positive or optimistic are you about life in general?)

Being aware of possibilities:
(To what extent do you see the possibilities and options in your life? To what extent do you feel that you are able to make positive choices?)

Being a problem solver:
(How effective are you at being a good problem solver?)

Being a sensory seeker:
(How much do you stimulate your five senses in your everyday life?)

Being connected:
(To what extent do you feel a part of something bigger than yourself – a community; having a sense of spirituality?)

Behaving in a happy manner:
(To what extent are you able to act in a happy manner?)
Scoring the questionnaire:

- Each line measures 10cm.
- Measure where your mark falls on the line (to the nearest millimetre, for example, 2.4) to give you a score out of 10 for each step
- Add the scores for each step together to give you a total score out of 120
- Divide your total by 120 and multiply by 100
- This is your percentage score and your personal gauge of the extent to which you currently practice the 12 steps to happiness in your life
- Think about this percentage. Is it an accurate reflection of the percentage of happiness or joy that you currently experience in your life? Could it use some improvement?
- Test yourself at regular intervals to see if you can get your score to grow and therefore increase the levels of happiness in your life

What is your score today?

Step One: Be Active

- That is – doing something rather than nothing.
- The something can be something very gentle or simple (meditation, going to an art gallery, signing up for a class in photography) or something very intense and vigorous (an aerobics class, bushwalking, skydiving!)
- Exercise is always a great option (research has shown that it can keep us emotionally healthy as well as physically healthy).

Assistance in this area and many others can be obtained from the RMIT Student Counselling Service. The RMIT Counselling Service offers free and confidential counselling to all RMIT students. Counsellors may help you to explore your concerns, both personal and academic.

The RMIT Counselling Service can be contacted at 9925-4365 between 9am and 5pm.