

My Philosophy of Happiness

Reflection #1

How do you define happiness? What do you think makes for a happy life? Try to write out your own philosophy of happiness, and what makes a happy life.

Try not to worry about the form of your writing, but do include details and specifics. What would a happy life look like? How would it feel? What sorts of habits would someone have to practice? Would it matter what kind of environment someone lived in? Why or why not?

Say too where your ideas about happiness came from. What in your own life makes you think this is what it means to be happy? Was it something you learned from someone else or read in a book? Include as many details as you can.

Happiness: Writing with Music
Happiness Journal: Reflection #2

Think about the way music impacts your mood or emotions. First, list songs that are “emotional triggers.” Think of songs that make you feel happy, songs that make you feel nostalgic, songs that make you just want to dance, songs that remind you of a good moment or a good friend.

Don’t worry about the description yet. Just write it down any songs that come to mind and trigger feelings of joy or happiness. Start anywhere, and write as quickly as you can.

After you have a list of several songs, choose one to describe in detail. Describe how the song makes you feel. Say too what it reminds you of. Tell what you hear, what your inner feelings are, and what things seem like when you listen to or think of this song. If possible, listen to the song as you write.

The Experience of Combating Stress
Happiness Journal: Reflection #3

When you are stressed (positive and negative), how do you experience the stress in your mind or your body? What kind of “internal monologue” do you notice, or what other indicators tell you that you are stressed? How do people know that you are stressed? Has the way you have handled it this year been productive? Have you learned productive ways to handle yourself around others when you are stressed/frustrated/sad/angry or other negative emotion? Describe a situation where you experienced stress and its outcome when you have tried a more productive way to handle the situation.