

## Personal Pursuit of Happiness

Your personal pursuit of happiness is a commitment to try some activity or practice that you believe will have an impact on your level of happiness/well-being.

**Watch/Read:** Martin Seligman's presentation on positive psychology and/or read the transcript

### Presentation Notes:

Which ideas feel important to you? Which ideas would you be interested to try?

*Try something that is outside of your "norm." If you are already sleeping well or exercising often, try out a different happy science idea.*


### Select Idea:

### Materials/Resources Needed:

What additional materials/resources will you need to access or utilize?

### Make a Daily Plan (Who/What/When/Where/How long):

Monday	Tuesday	Wednesday	Thursday	Friday

Note: You can collect data for more than five days.

### Research Question:

(e.g. What happens when I make a gratitude list every day for 7 days?)

What happens when...

### Hypothesis:

What do you predict will happen? Why do you think that?

Experiment Title: \_\_\_\_\_

Research Question: \_\_\_\_\_

Name:	Day # _____
<b>Daily Entries: Description</b>	
Describe your experiment(s) today. What did you do? Describe your actions as well as the environment in which you did them.	
<b>Daily Entries: Observation</b>	
What did you notice? <ul style="list-style-type: none"><li>● Physical effects (Any noticeable changes in your body)?</li><li>● Mental (What did you think)?</li><li>● Emotional (How did you feel)?</li><li>● Social (Did this change how you relate/interact with others)?</li></ul>	

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