


THE HAPPINESS INSTITÜTE

Weekly Action Plan

At The Happiness Institute we've found that achieving happiness requires nothing more than practicing a few simple disciplines...every day. It's often the "little things" that matter in life and if you can focus on the important "little things" that really matter, the benefits will accumulate like compound interest and you'll reap the rewards of happiness and success.

This short form is designed to help you focus, each and every week, on what you can do to make your life better. Set aside some time every Monday morning to fill out the form and then schedule time in your diary to complete whatever you need to do in the week ahead.

	What's one thing you can do this week to improve in each of these areas of your life?	
Personal Happiness		
Physical Health		
Relationships		
Professional Life		
Finances		
Spirituality		
Other		
Other		

Write down at least one thing you can do in any or all of the relevant life domains and then specify exactly how and when you're going to do it. When you've completed the assigned task, don't forget to give yourself a tick and if appropriate, some other form of reward.

And if you'd like further assistance with anything that would help you achieve your life goals, contact us at The Happiness Institute and we'd be more than happy to discuss relevant coaching and course options.