

# The Happiness Skills Workbook

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How to develop, grow, and maintain  
your personal well-being

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***The Berkeley Well-Being Institute***

Berkeley, CA

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# Contents

## FREE PREVIEW

INTRODUCTION.....	4
1. HAPPINESS ASSESSMENT.....	6
2. HAPPINESS DEFINITIONS.....	7
3. HAPPINESS BELIEFS.....	12

## END PREVIEW

**The activities below are included in the Full eBook, which can be purchased here: <http://www.berkeleywellbeing.com/store>**

4. MENTAL TIME TRAVEL.....	17
5. HAPPINESS VALUES.....	19
6. PRIORITIZING POSITIVITY.....	23
7. EMOTIONAL MEMORY.....	26
8. EMOTIONAL ATTENTION.....	28
9. SAVORING.....	29
10. BEST POSSIBLE SELF.....	31
11. GOALS.....	32
12. SELF-COMPASSION.....	34
13. POSITIVE PERSONALITY TRAITS.....	36

14. IDENTIFYING PERSONAL STRENGTHS.....	40
15. SEIZING OPPORTUNITY.....	41
16. HEALTHY EMOTIONAL PROCESSES.....	42
17. MINDFULNESS MEDITATION.....	45
18. STOPPING UNHEALTHY EMOTIONAL PROCESSES.....	46
19. EMOTION REGULATION.....	52
20. RESILIENCE AND BENEFIT FINDING.....	54
21. GRATITUDE LIST.....	56
22. GRATITUDE LETTER.....	57
23. ALTRUISM.....	58
24. ACTS OF KINDNESS.....	60
25. EMPATHY.....	63
26. ACTIVE LISTENING.....	65
27. ASSERTIVENESS.....	66
28. REFLECTING ON PROGRESS.....	69
29. CUSTOMIZING YOUR HAPPINESS PLAN.....	81
30. CREATING YOUR HAPPINESS PLAN.....	85
31. COMMITTING TO HAPPINESS.....	86
32. FINAL ASSESSMENT.....	87
CONCLUSION.....	88

# Introduction

## What is the science behind this workshop?

This workbook is based on *The Berkeley Method for Well-Being*. *The Berkeley Method of Well-Being* is a unique blend of scientifically-supported activities shown to improve mental health and well-being. It is drawn from discoveries in the fields of positive psychology, emotion science, clinical psychology, and neuroscience - discoveries that each offer unique insights into the science of improving the human condition.

A seminal aspect of the method is the emphasis on translating discoveries from these fields into experiential learning activities. Therefore, in addition to integrating well-being research across different fields, this method relies upon science-based pedagogical approaches that enhance student learning, motivation, and engagement.

## How does scientific research inform this workbook?

- You will notice that this workbook involves very little information directly teaching you about happiness. This is because research has shown that people learn better through experiences. This is why most of the knowledge you will gain from this workbook will be through engaging in practice activities, self-exploration, and critical thinking.
- The activities you will engage in have been specially selected. They cover a broad range of skills and happiness dimensions. Some may be more fun; others may be more challenging. Just keep in mind that each of these activities is based on peer-reviewed empirical research and each one is designed to increase happiness.
- Although you will likely experience a happiness boost after this completing this short workbook, keep in mind that you must continue doing these types of activities to ***maintain*** your happiness. If you wanted to get physically healthy, you would have to keep exercising and eating right. Happiness works in a very similar way.
- This workbook focuses on happiness, well-being, and thriving. Although these skills are often helpful for individuals with more severe

mental health issues, they should not replace professional guidance from a trained therapist. The information is intended for general use, and not intended to diagnose, treat or prevent any disease/condition. For more information, please see:

<http://www.berkeleywellbeing.com/terms.html>

# Overview

This workbook includes a wide selection of activities designed to help you better understand and increase your own happiness. These activities are in the following formats.

- **Activities** (e.g., quizzes and writing assignments)
  - These will help you learn about and practice using happiness skills.
- **Notes, Reflections, and Questions**
  - Throughout this workbook, you will see boxes that are labeled “notes, reflections, and questions”. These boxes are for you to write down anything you think of during the course that you don’t want to forget.
- **Dashed boxes**
  - Throughout the workbook, you will see boxes that have a dashed outline with a scissors picture. These sections are the key take-aways. If you choose, you can cut them out and keep them handy.



# Happiness Assessment

## What is your happiness starting point?

We have developed and validated an assessment to measure 20 happiness skills. Before you begin, please take a few minutes to take the survey online. <http://www.berkeleywellbeing.com/well-being-survey.html> By doing so, you will get a better understanding of the different happiness skills, you will learn about your strengths and weaknesses, and you can track your progress.

**Notes & Reflections on your scores:** What happiness skills are your strengths? What are your weaknesses? What skills do you most want to improve? Keep these answers in mind as you complete the next activities.

# What is Happiness?

## PART 1

### What is happiness?

Rate how much you believe each of the following dimensions contribute to **your** happiness. These are just some of the many skills that can contribute to happiness, so you will have the opportunity to add more skills in the next activity. Remember, everyone is different and there are no wrong answers.

### How much do these skills contribute to your happiness?

Self-awareness: The ability to attend to and acknowledge thoughts, emotions, and behaviors.

1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Self-regulation: The ability to control and manage thoughts, emotions, and behaviors.

1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Gratitude: The tendency to be thankful for people, experiences, and things, and to show appreciation for the kindness of others.

1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Empathy: The ability to understand and share the feelings of another person.

1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Assertiveness: The ability to be self-assured in advocating for your own needs.



1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Resilience: The capacity to cope with or recover quickly from difficult events.

1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Positive Thinking: The capacity to have attitudes that focus on the bright side of things.

1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Decision Making: The ability to easily make important decisions and follow through with them.

1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Social Skills: The ability to interact and communicate with others in effective and successful ways.

1-----2-----3-----4-----5  
not at all      a little bit      somewhat      a lot      tons

Which 3 dimensions above **most** contribute to your happiness?

- 1.
- 2.
- 3.




# What is Happiness?

## PART 2

### What is happiness?

In addition to the dimensions of happiness just described, there are many more dimensions of happiness, some of which may be very important to you. Below, please list and describe 4 additional happiness dimensions. For each one, please describe it and rate how much it contributes to **your** happiness.



**Features of my happiness:**

1.

2.

3.

4.

Feature 1:

Definition:

How much does this contribute to my happiness?

1-----2-----3-----4-----5  
not at all    a little bit    somewhat    a lot    tons

Feature 2:

Definition:

How much does this contribute to my happiness?

1-----2-----3-----4-----5  
not at all    a little bit    somewhat    a lot    tons

---

Feature 3:

Definition:

How much does this contribute to my happiness?

1-----2-----3-----4-----5  
not at all    a little bit    somewhat    a lot    tons

---

Feature 4:

Definition:

How much does this contribute to my happiness?

1-----2-----3-----4-----5  
not at all    a little bit    somewhat    a lot    tons

---

# What are Your Happiness Beliefs?

## PART 1

**What are your happiness beliefs?**

**Please rate the following questions:**

I can't control my emotions.

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

I can't really improve my ability to change my emotions.

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

Even when I try, I can't really change the emotions that I have.

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

**Add up your score. My score is \_\_\_\_\_**

We will come back to this score later.

# What are Your Happiness Beliefs?

## PART 2

**What are your beliefs about learning?**

**Please rate the following questions:**

I can't learn new things (for example, riding a bike).

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

I can't learn math (for example, addition and subtraction).

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

I can't learn a new skill even when I try my hardest.

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

**Add up your score. My score is \_\_\_\_\_**

We will come back to this score later.

# What are Your Happiness Beliefs?

## PART 3

Take a few moments to think about a time you learned something that was difficult. Maybe you learned calculus. Maybe you learned to do a back flip. Or maybe you learned how to build a house.

Feel free to make notes on your experiences and anything you learned from others to better understand your learning style.

One time I learned something difficult was:

# What are Your Happiness Beliefs?

## PART 4

Now, describe a time you learned a happiness skill. This is a little trickier because we aren't accustomed to thinking about happiness in this way.

Feel free to make notes on your experiences and anything you learned from others to better understand your *happiness* learning style.

One time I learned a happiness skill was:

# What are Your Happiness Beliefs?

PART 5

**What are your happiness beliefs?**

**Please rate the following questions:**

I can't control my emotions.

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

I can't really improve my ability to change my emotions.

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

Even when I try, I can't really change the emotions that I have.

1-----2-----3-----4-----5  
not at all true   a little bit true   somewhat true   a lot true   extremely true

**Add up your score. My score is \_\_\_\_\_**

**Did your score change? Do you feel more able to change and grow your happiness skills?**



Now that you know that happiness is a skill that can be learned, take a few moments to reflect on any happiness beliefs that you think may be preventing you from optimizing your happiness.

Remember: You can really improve your ability to control and change your emotions. All it takes is effort.

Notes & Reflections:

# You've reached the end of this free preview. I hope you enjoyed it!

If you want to learn more happiness skills, the Full eBook can be purchased here: <http://www.berkeleywellbeing.com/store>

If you enjoyed this workbook, you may also enjoy these:



**PERSONALIZED RESULTS TOOL**

What are your strengths and what are your weaknesses?

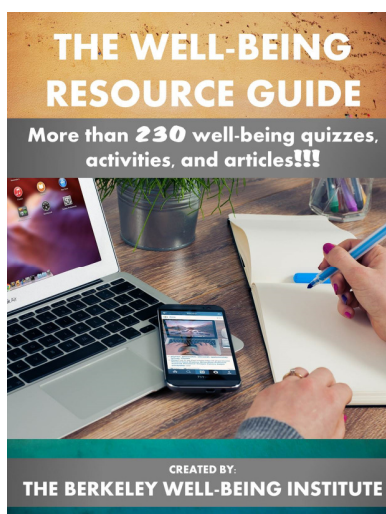
Strengths: Darker Blue; Weaknesses: Darker Red (color key above)

Clarity	7	Self-views	6	Controlling Ruminations	4	Rejection Tolerance	3
Non-judgement	4	Resisting Worry	3	Empathy	7	Gratitude	6
Reappraisal	6	Benefit Finding	5	Relationships	5	Kindness	6
Planning	6	Growth	7	Purpose	5	Expressivity	6
Behavioral Regulation	6	Experiential Engagement	4	Autonomy	6	Assertiveness	6

+ **FIND OUT:**

- What is your happiness skill level?
- What are your strengths and weaknesses?
- Which skills would be most beneficial for you to learn?

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