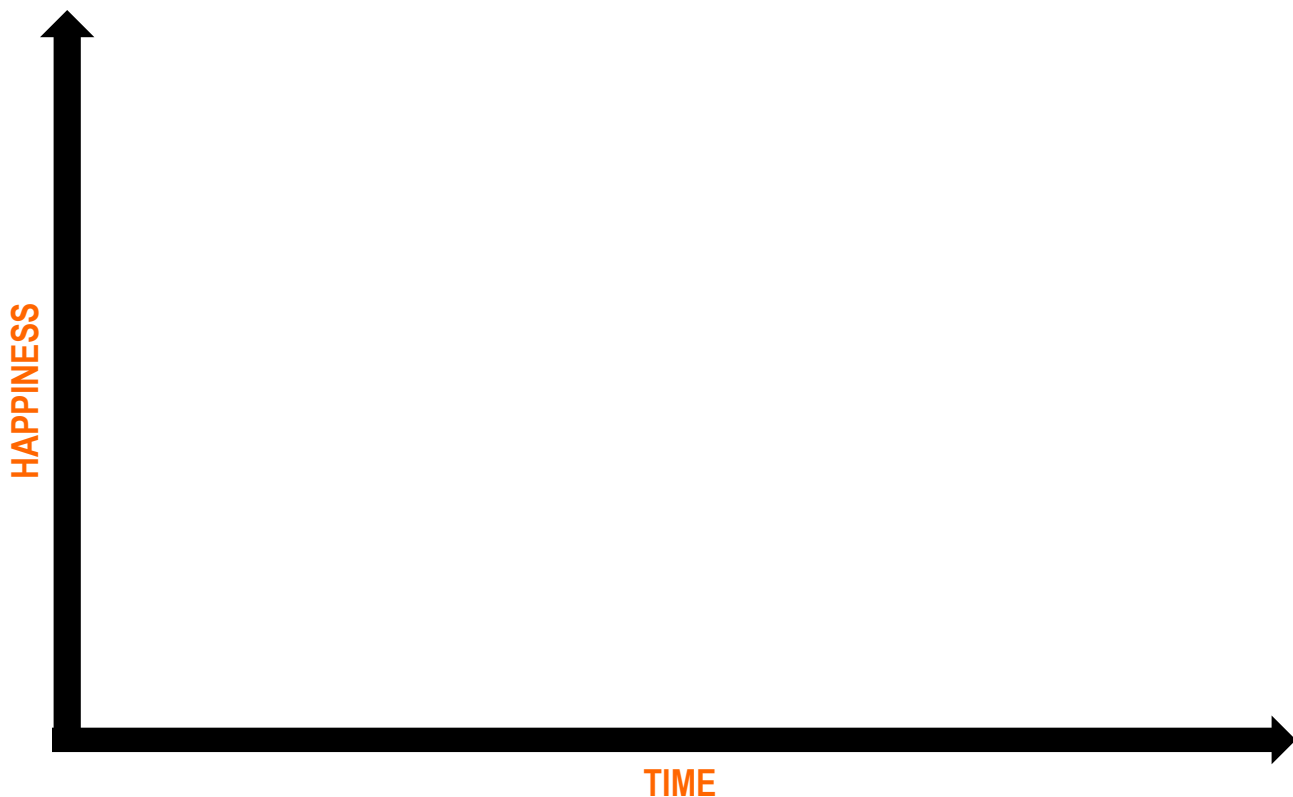


Positivity & Social Connection



What's My Why?

The below graph has two axes: happiness and time. Imagine the horizontal axis spans the 12 months of the past year and the vertical axis represents how happy you were each month. Plot the events that affected your happiness every month. Events that made you happy (e.g., getting a promotion) should be marked high on the vertical axis, while those that didn't make you happy (e.g., a disagreement with a friend) should be marked lower. Draw a line between the events to clearly visualize the high and low points of the year. What type of markers dominate your graph—Family? Work? Health? Regardless of whether they made you happy or unhappy, those “meaning markers” are an indication of what's truly important to you.



Source: Happify (www.happify.com)