

Wheel of Well-being

introduction to happiness: 168 Hours



Everyone has the same amount of time – 168 hours every week. Becoming more aware of how we spend our time helps to identify where we want to make changes. This week, colour in the boxes that show when you were **feeling happiest**. Make a note of what you were doing.

	12am	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm						
monday	you should be asleep!																													
tuesday																														
wednesday																														
thursday																														
friday																														
saturday																														
sunday																														

My happiest times & experiences this week

- 1.
- 2.
- 3.

Positive activities that I intend to do more of in the weeks to come

- 1.
- 2.
- 3.

