Exercise: “Happiness House”

2. Self-Esteem 11. Love (or Love Relationship)
3. Goals – and – Values (Philosophy of Life) 12. Friends (or Friendships)
4. Spiritual Life 13. Relatives
5. Money (Standard of Living) 14. Children
6. Work 15. Home
7. Play (or Recreation) 16. Neighborhood
8. Learning 17. Community
9. Creativity

Only areas important to your happiness or quality of life prioritized here.

Exercise: “Happiness House”

- “Happiness House” (Miller & Frisch, 2009) is a method to prioritize life areas.
- Choose from 17 life areas which ones are important to your happiness, fulfillment, or quality of life then put the names of the most important on the 1st floor of a house picture, the second important on the 2nd floor, and the third on the top floor.
- You may draw your own house on a piece of paper and fill in the floors based on the following definitions.
- Some areas may not apply for you.