

# the HAPPY<sup>2</sup> worksheet

Wendy Fisher  
workyourhappy.com  
workyourhappy@gmail.com

1. Start with YOLO for each of the 5 Focus Areas: Dream your dreams and write them down!

2. Work your way through the Happy<sup>2</sup> Grid in whatever order makes the most sense to you – and don't be afraid to leave one or two spaces blank to return to in the next week or so.

3. Your P/P square – “people practices” is the heart of your Happy<sup>2</sup> Grid. Pay attention and cultivate the community that supports encourages you!

\*\*\*

Share your process and insights with #workyourhappy on social media.

email your experience and questions to Wendy at workyourhappy@gmail.com

© Wendy Fisher 2019

|                  | <u>H</u> ealth | <u>A</u> ssets | <u>P</u> eople | <u>P</u> urpose | <u>Y</u> ourself |
|------------------|----------------|----------------|----------------|-----------------|------------------|
| <u>H</u> abits   |                |                |                |                 |                  |
| <u>A</u> ction   |                |                |                |                 |                  |
| <u>P</u> ractice |                |                |                |                 |                  |
| <u>P</u> lanning |                |                |                |                 |                  |
| <u>Y</u> OLO!    |                |                |                |                 |                  |