



HAPPINESS ACADEMY WORKBOOK



by Aimee Bucher

visit aimeebucher.com for the full academy course





Hello Friend!

I'm so excited you are starting the Happiness Academy! So many people are just going through the motions every day and not fully living. But not you! You are ready to take the next step!

This course is designed to help you discover where you're blocking your happiness so you can take action to fully live the life you deserve and want to live!

I would LOVE to hear about your experiences as you go through this course!

Join the conversations at facebook.com/aimeebuch!



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Intro to Happiness — How Satisfied are You with Each Area of Your Life?

Rank your satisfaction with each life area on a scale of 1 to 10. (1 = not even remotely satisfied. 10 = completely satisfied with this area of life.)

Physical Health & Fitness	1	2	3	4	5	6	7	8	9	10
Daily Habits & Routines	1	2	3	4	5	6	7	8	9	10
Physical / Living Environment	1	2	3	4	5	6	7	8	9	10
Intimate Relationships	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Other Family	1	2	3	4	5	6	7	8	9	10
Social Relationships	1	2	3	4	5	6	7	8	9	10
Career / Work	1	2	3	4	5	6	7	8	9	10
Mind & Intellectual Development	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Personal & Spiritual Development	1	2	3	4	5	6	7	8	9	10
Giving Back / Volunteering / Service	1	2	3	4	5	6	7	8	9	10
Fun, Enjoyment, Recreation, & Entertainment	1	2	3	4	5	6	7	8	9	10
Legacy / Hopes & Dreams / Bucket List	1	2	3	4	5	6	7	8	9	10

Intro to Happiness — Wrap Up

What new thoughts, ideas, or insights have come up during this module?

INSIGHT

Are there actions you want to take as a result of this insight?

ACTION

INSIGHT

ACTION

INSIGHT

ACTION

BIG TAKAWAYS

List one big insight from each module here

HAPPINESS SCORE MOD 1: _____

HAPPINESS SCORE MOD 18: _____

MODULE 1

MODULE 2

MODULE 3

MODULE 4

MODULE 5

MODULE 6

MODULE 7

MODULE 8

MODULE 9

MODULE 10

MODULE 11

MODULE 12

MODULE 13

MODULE 14

MODULE 15

MODULE 16

MODULE 17

MODULE 18