



31 Types of Happiness Inventory

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Place a mark by each type of happy moment you experience in a day, week, or month.

Date: _____

Amused		Joyful	
Anticipation		Kindness	
Awestruck		Lively	
Balanced		Love	
Blessed		Mellow	
Celebrate		Motivated	
Cheerful		Nostalgic	
Confident		Optimistic	
Content		Peaceful	
Enthusiasm		Playful	
Giving		Relieved	
Helpful		Satisfaction	
Honorable		Social	
Hopeful		Spiritual	
Humor		Thankful	
Inspired			

Total

Want to know more about the 31 Types of Happiness? Check out the
Secret Society of Happy People's 31 Types of Happiness Guide

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