

Happiness Within

Name: _____ Date: _____

Happiness doesn't come to you from somewhere else. It comes from within you or it doesn't come at all. Happiness is a choice we can all make every day. This exercise helps your child to think of ways to consciously choose happiness by realizing that happiness doesn't come from our life circumstances. Happiness comes from what we choose to believe and feel about our life circumstances.

In the table below, there is a space for *External* and a space for *Internal* motivations. The key to consistent happiness is to get your happiness from internal beliefs rather than from external circumstances.

In the *External* spaces below, have your child write down some externally-motivated thoughts and beliefs they might have regarding happiness. In the *Internal* spaces below, have your child practice turning those externally-motivated beliefs into internally-motivated beliefs. A couple of the spaces have been filled in to get your child started. Have them complete the rest on their own: If your child isn't old enough to write yet, ask them the questions and write in their responses for them. If your child isn't old enough to understand the exercise yet, practice it yourself, and when your child is old enough to comprehend, practice it again with them.

EXTERNALLY MOTIVATED BELIEFS	INTERNALLY MOTIVATED BELIEFS
<i>"Mom and Dad must make me happy"</i>	<i>"I am responsible for my own happiness"</i>
<i>"That person really annoys me"</i>	<i>"That person can't annoy me unless I choose to let them"</i>
<i>"You really made me angry!"</i>	