

**KEEP TRACK
OF YOUR
WELLBEING AND
HAPPINESS**



THE 4 WEEKS HAPPINESS TRACKER

Why tracking your activities in connection with happiness?

The goal of this exercise is to make you aware of patterns in your life. By defining the four most important areas in your life, you are making the first step in setting priorities. By filling out the quarters in connection with your mood at the end of the day will make you aware of the connection within. While daily life situations often influence our mood, our happiness is deeply connected to what is important to us. Make yourself aware of how much time you are spending on things that are truly important to you.

Filled out example & explanations

Fill in the weekdays or the exact date of the day - as you like.

Fill in your overall mood at the end of the day.

What is your overall mood pattern of the week? Do you recognize any connections to the designated fields?

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Work							
Mind							
Social	😊	😊	☹️	😊	😊	😊	😊
Health							

Define the quarters to your own liking. Work, Mind, Health, and Social are just placeholder to what is important to you.

Fill in the quarter with a color when you are feeling great or have payed attention to this area today.
You will find 2 sheets - one already filled out - the other one for your personal definition.

At the end of the week take a look back. How do you feel about this area throughout the week? You can work with different colors or densities to illustrate.

THE 4 WEEKS HAPPINESS TRACKER

WEEK 1

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

WEEK 2

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

WEEK 3

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

WEEK 4

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

Work	Mind
○	
Social	Health

THE 4 WEEKS HAPPINESS TRACKER

WEEK 1

_____	_____	_____	_____	_____	_____	_____	_____	_____

WEEK 2

_____	_____	_____	_____	_____	_____	_____	_____	_____

WEEK 3

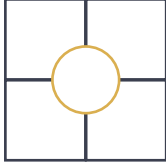
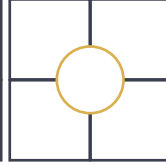
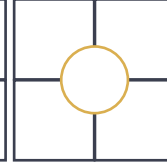
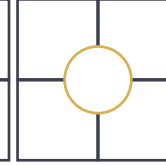
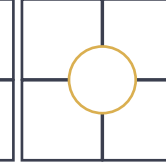
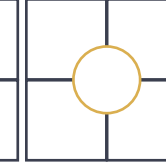
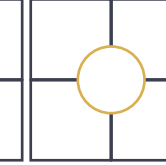
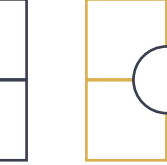
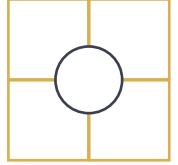
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WEEK 4

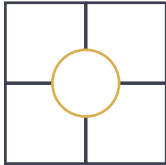
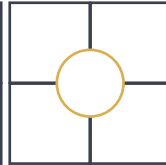
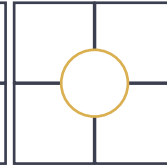
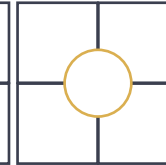
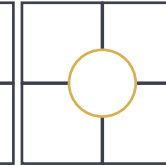
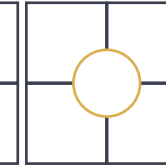
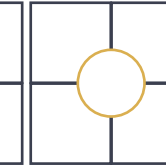
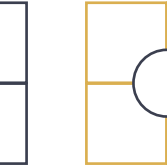
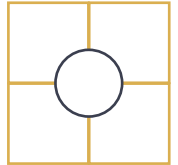
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THE 4 WEEKS HAPPINESS TRACKER

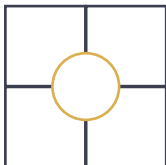
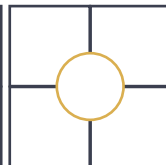
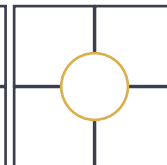
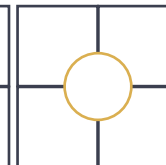
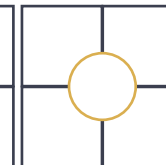
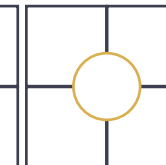
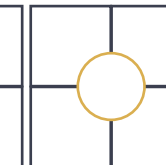
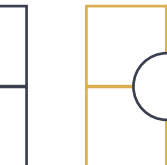
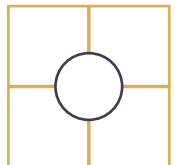
WEEK 1

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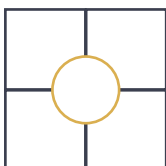
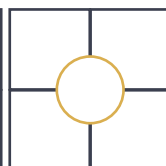
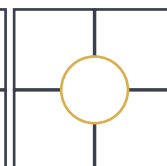
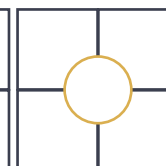
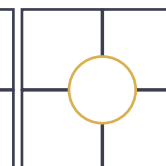
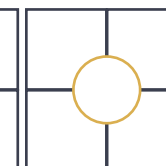
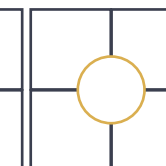

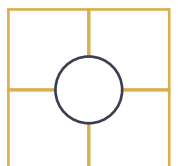
WEEK 2

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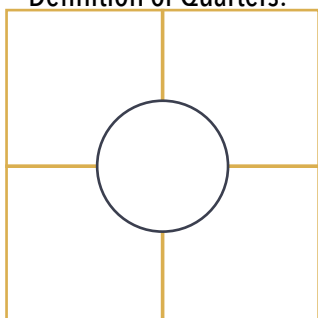
WEEK 3

_____	_____	_____	_____	_____	_____	_____	_____	_____
								

WEEK 4

_____	_____	_____	_____	_____	_____	_____	_____	_____
								

Definition of Quarters:

_____		_____
_____		_____

THE 4 WEEKS HAPPINESS TRACKER

What has happened over the past 4 weeks?

What was the quarter you struggled the most with? Why do you think is that?

What was the quarter you struggled the least with? Why do you think is that?

What can you do so that you are more living aligned with what makes you happy?

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