

*Set Yourself Up for  
Long Term Happiness*



# Accumulating Positive Emotions: Long Term

**A**ccumulate positive emotions in the long term to build a “life worth living.”

That is, make changes in your life so that positive events will occur in the future.

## Step 1. Avoid avoiding.

Start now to do what is needed to build the life you want. If you are not sure about what to do, follow the steps below.

## Step 2. Identify values that are important to you.

ASK: What values are really important to me in my life?

*Examples:* Be productive; be part of a group; treat others well; be physically fit.

## Step 3. Identify one value to work on now.

ASK: What is really important to me, right now, to work on in my life?

*Example:* Be productive.

## Step 4. Identify a few goals related to this value.

ASK: What specific goals can I work on that will make this value part of my life?

*Examples:* Get a job where I can do something useful.

Be more active keeping up with important tasks at home.

Find a volunteer job that will use skills I already have.

## Step 5. Choose one goal to work on now.

Do pros and cons, if necessary, to select a goal to work on now.

*Example:* Get a job where I can do something useful.

## Step 6. Identify small action steps toward your goal.

ASK: What small steps can I take to get to my goal?

*Examples:* Visit places and look for job openings on the Internet in my area.

Submit applications for jobs at places I want to work.

Write résumé.

Check out benefits at places I might want to work.

## Step 7. Take one action step now.

*Example:* Go on Internet and check for jobs in my area.

## Values and Priorities List

In my own Wise Mind, I believe it is important to:

**A. Attend to relationships.**

1.  Repair old relationships.
2.  Reach out for new relationships.
3.  Work on current relationships.
4.  End destructive relationships.

Other: \_\_\_\_\_

**B. Be part of a group.**

5.  Have close and satisfying relationships with others.
6.  Feel a sense of belonging.
7.  Receive affection and love.
8.  Be involved and intimate with others; have and keep close friends.
9.  Have a family; stay close to and spend time with family members.
10.  Have people to do things with.

Other: \_\_\_\_\_

**C. Be powerful and able to influence others.**

11.  Have the authority to approve or disapprove of what people do, or to control how resources are used.
12.  Be a leader.
13.  Make a great deal of money.
14.  Be respected by others.
15.  Be seen by others as successful; become well known; obtain recognition and status.
16.  Compete successfully with others.
17.  Be popular and accepted.

Other: \_\_\_\_\_

**D. Achieve things in life.**

18.  Achieve significant goals; be involved in undertakings I believe are significant.
19.  Be productive.
20.  Work toward goals; work hard.
21.  Be ambitious.

Other: \_\_\_\_\_

**E. Live a life of pleasure and satisfaction.**

22.  Have a good time.  
23.  Seek fun and things that give pleasure.  
24.  Have free time.  
25.  Enjoy the work I do.  
 Other: \_\_\_\_\_

**F. Keep life full of exciting events, relationships, and things.**

26.  Try new and different things in life.  
27.  Be daring and seek adventures.  
28.  Have an exciting life.  
 Other: \_\_\_\_\_

**G. Behave respectfully.**

29.  Be humble and modest; do not draw attention to myself.  
30.  Follow traditions and customs; behave properly.  
31.  Do what I am told and follow rules.  
32.  Treat others well.  
 Other: \_\_\_\_\_

**H. Be self-directed.**

33.  Follow my own path in life.  
34.  Be innovative, think of new ideas, and be creative.  
35.  Make my own decisions and be free.  
36.  Be independent; take care of myself and those I am responsible for.  
37.  Have freedom of thought and action; be able to act in terms of my own priorities.  
 Other: \_\_\_\_\_

**I. Be a spiritual person.**

38.  Make room in life for spirituality; live life according to spiritual principles.  
39.  Practice a religion or faith.  
40.  Grow in understanding of myself, my personal calling, and life's real purpose.  
41.  Discern and do the will of God (or a higher power) and find lasting meaning in life.  
 Other: \_\_\_\_\_

**J. Be secure.**

42.  Live in secure and safe surroundings.  
43.  Be physically healthy and fit.  
44.  Have a steady income that meets my own and my family's basic needs.  
 Other: \_\_\_\_\_

**K. Recognize the universal good of all things.**

45.  Be fair, treat people equally, and provide equal opportunities.

46.  Understand different people; be open-minded.

47.  Care for nature and the environment.

Other: \_\_\_\_\_

**L. Contribute to the larger community.**

48.  Help people and those in need; care for others' well-being; improve society.

49.  Be loyal to friends and devoted to close people; be committed to a group that shares my beliefs, values, and ethical principles.

50.  Be committed to a cause or to a group that has a larger purpose beyond my own.

51.  Make sacrifices for others.

Other: \_\_\_\_\_

**M. Work at self-development.**

52.  Develop a personal philosophy of life.

53.  Learn and do challenging things that help me grow and mature as a human being.

Other: \_\_\_\_\_

**N. Have integrity.**

54.  Be honest, and acknowledge and stand up for my personal beliefs.

55.  Be a responsible person; keep my word to others.

56.  Be courageous in facing and living life.

57.  Be a person who pays debts to others and repairs damage I have caused.

58.  Be accepting of myself, others, and life as it is; live without resentment.

Other: \_\_\_\_\_

**O. Other:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# REFLECTING ON HAPPINESS

