

# Happiness Habits Audit

*A Reflection Workbook for Identifying What's Quietly Draining Your Joy*

## How to Use This Audit

This workbook helps you identify which tiny habits are stealing your happiness. Be honest. Write what you actually feel, not what you think you should feel. No one sees this but you.

**Set aside 30-45 minutes in a quiet space.** Silence your phone. Grab a pen if you're printing this. Let yourself be present with the questions.

You don't need to fix everything today. You need to see the patterns clearly first. Awareness creates possibility.

## Part 1: Pattern Recognition

Read each habit description. Rate how strongly it resonates with you on a scale of 1-10.

### Habit 1: Avoiding Your Own Thoughts

**How often do you reach for distraction the moment things go quiet?**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**What thoughts or feelings are you avoiding by staying constantly busy or distracted?**

*Write your honest answer here...*

## Habit 2: Saying Yes When You Mean No

**How often do you agree to things you don't want to do out of fear of disappointing others?**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

**List three recent times you said yes when you wanted to say no. What did each cost you?**

1.

2.

3.

## Habit 3: Living in Planning Mode

**How often is your mind three steps ahead of your body?**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

**When was the last time you were fully present during a meal, conversation, or moment? What did it feel like?**

*Write your honest answer here...*

## Habit 4: Postponing Happiness

**How often do you tell yourself "I'll be happy when..."?**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**Complete this sentence: "I would let myself be happy now if only..."**

*Write your honest answer here...*

## Habit 5: Using Busyness to Avoid Reflection

**How uncomfortable does a completely free day make you feel?**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**What question about your life are you avoiding by staying constantly busy?**

*Write your honest answer here...*

## Habit 6: Forcing Positivity

**How often do you feel pressure to be grateful or positive even when you don't feel that way?**

1

2

3

4

5

6

7

8

9

10

**What emotion are you most afraid to feel fully? Why?**

*Write your honest answer here...*

## Habit 7: Comparing Your Life to Others

**How often does seeing someone else's success make you feel worse about yourself?**

1

2

3

4

5

6

7

8

9

10

**Who do you compare yourself to most often? What does your life look like when you stop measuring yourself against them?**

*Write your honest answer here...*

## Part 2: Weekly Pattern Tracker

Use this tracker for seven days. Each evening, note which habits showed up and how they affected you.

Day	Habits I Noticed Today	How It Affected My Mood	What Triggered It
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Day	Habits I Noticed Today	How It Affected My Mood	What Triggered It
Saturday			
Sunday			

### End of Week Reflection:

Which habit showed up most frequently? What pattern do you notice about when and why it appears?

*Write your reflection here...*

## Part 3: Boundary Scripts

Use these scripts when you need to say no, set a boundary, or protect your peace. Adapt the language to fit your voice.

### Declining an Invitation

*"Thank you for thinking of me. I won't be able to make it, but I hope you have a great time."*

*"I appreciate the invitation. I'm not available, but let's find another time to connect."*

## Setting a Boundary

*"I'm not comfortable with this. I need to step back."*

*"I can't take this on right now. My plate is full."*

## Leaving Early

*"I need to head out now. Thanks for understanding."*

*"I'm going to leave a bit early tonight. I'll catch up with you soon."*

## Asking for Space

*"I need some quiet time this evening to recharge. I'll be more present tomorrow."*

*"I'm feeling overwhelmed. I need to take a step back for a bit."*

## Stopping Unwanted Advice

*"I appreciate your concern. Right now I just need someone to listen."*

*"I'm not looking for solutions right now. I just needed to vent."*

# Part 4: Your Personal Action Plan

## Choose One Habit to Shift This Week

Don't try to fix everything. Pick the habit that resonated most strongly. Focus there.

### The habit I want to shift first:

*Write it here...*

### Why this one matters most to me right now:

*Write it here...*

### One small action I can take this week:

*Be specific. Make it small enough that you'll actually do it...*

## Small Shifts Checklist

Check off each action as you complete it. Progress compounds.

- Create one phone-free hour each evening
- Say no to one thing this week without over-explaining
- Practice presence during one meal by engaging all five senses

- Identify one thing I already have that I used to want
- Block one completely free morning with no agenda
- Replace one gratitude list with an honest emotional check-in
- Unfollow three social media accounts that trigger comparison
- Pause for three seconds before saying yes to any request
- Set three "presence checkpoints" throughout my day
- Use one boundary script from this workbook

## Part 5: Ongoing Reflection Prompts

Return to these questions monthly to track your progress and notice shifts.

**What habit have I interrupted most successfully this month?**

**What small shift created the biggest impact on my happiness?**

**What pattern am I still avoiding? What would it cost me to face it?**

What permission do I need to give myself right now?

How does happiness feel different now compared to when I started?