

# Week 4 – Video 10 Homework

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- ✓ Journal about happiness
  - What makes you happy?
  - When do you feel happy?
    - How can you increase your happiness?
    - Is there anything you can do today?
- ✓ Journal about emotions
  - What emotions have you felt recently?
  - What emotions would you like to feel more of?
    - How can you elicit the emotions you desire?
- ✓ Reflect on goals
  - How will achieving these goals affect your emotions?
  - How will achieving these goals affect your subjective well-being?
- ✓ Continue on your value-based goals
  - Have you been using your graded exposure plan?
- ✓ Continue on your exercise goals
  - Have you been using an activity tracker?
- ✓ Quick read on happiness: <https://positivepsychology.com/happiness-quotes/>