

4 Holistic Tools for Finding your Direction in Midlife

Tool #1: Happiness Meter

Timeframe: 5 min.

Purpose: Collect data on your happiness levels in different aspects of your life.



Instructions:

- A. Draw an arrow on the Happiness Meter for each aspect of your life. You can label each arrow.
 1. Stress Levels
 2. Job/work/business/service
 3. Home or living situation
 4. Health and wellbeing
 5. Friends and community
 6. Relationship or relationship status
 7. Finances
 8. Anything else!
- B. Reflect on your answers.
- C. During your week take random “happiness snapshots”. Notice the good moments and the hard one’s and where there is repetition. Stay curious rather than jumping to conclusions.