

Happy, or Happier? Handout A

What makes us happy? There may be certain things, which, if we obtain, would make us happier. Perhaps part of being happy is acquiring certain things which we do not currently have.

Instructions: Think about things which would make you happier. These are usually things which you may not necessarily possess at the moment, but will perhaps make you happier once you acquire or them. List down ten things that you think would make you happier.

I would be happier if I had...

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