

Science of Happiness Badge

Purpose: Learn how to use the science of happiness to make your world the happiest place it can be.

Step 1. Make yourself happier

Happiness starts with gratitude. For one week in a journal or video, record five things each day that you are grateful for. Try to be very specific and not too general. For example, you might be grateful for your family, but more specifically, you might be grateful for family game night. Look hard to find the little things in life to be grateful for—you might be surprised how many you have, and they all add up to a lot of happiness.

Step 2. Think differently for happiness

Sometimes situations or circumstances are out of our control. What we can control is how we react to them. Do we assume the worst outcome, or do we try to see it from a more optimistic perspective? For one week, when you start to feel negative about something, write it in your journal. Think about how you feel about the situation and what the realistic outcome of it might be. Then think about what strategies you can use to help resolve the issue. If you can't resolve it, then use those strategies to manage your reaction to that situation. The goal is to find a positive way to see the situation.

Step 3. Get happy through others

Doing something kind for someone else is a great way to stay engaged and having meaningful relationships with others. When we make someone else feel special and appreciated, it in turn makes us feel good! Write a letter or make a card for someone you want to say thank you to. Let them know what specific things they did to make you feel appreciated or special. Maybe they helped you at a hard time; let them know how much that meant to you.

Step 4: Do a helpful happiness experiment

Take a poll of at least five people asking them how happy they were at three different times of the day. Ask them what they were doing and who they were with. Scientists say people are generally happier when they are doing something they care about with people they care about. Chart their responses and see if this holds true in your poll.

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Girl Scout Cadettes





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Step 5: Create a happiness action plan

Look back at your list of gratitude from the week. Use photos, magazines, newspapers, or other sources to create a visual collage of the things you were grateful for. This visual reminder of what makes you happy will be helpful in reminding you every day to look for a reason to be thankful. Make this collage fun, colorful, and encouraging. Include quotes to inspire you or a checklist to remind you of the things that make you happy. Practicing happiness will help you to be at your best with the energy and mindfulness to help others be happy too.

Congratulations! You've earned the Science of Happiness badge!

