

# The Happy Feminist Challenge

## Workbook



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# Day 1

## WHAT IS HAPPINESS?

Today we learned there are two kinds of happiness.

1. Happiness as a temporary emotion of joy, pleasure, and contentment that you feel in your body.
2. Happiness as a way of describing an evaluation of the overall levels of contentment, satisfaction, and fulfillment you are experiencing in your life.

Today your exercise is just to get more familiar with the two types of happiness as you do — or don't — experience them.

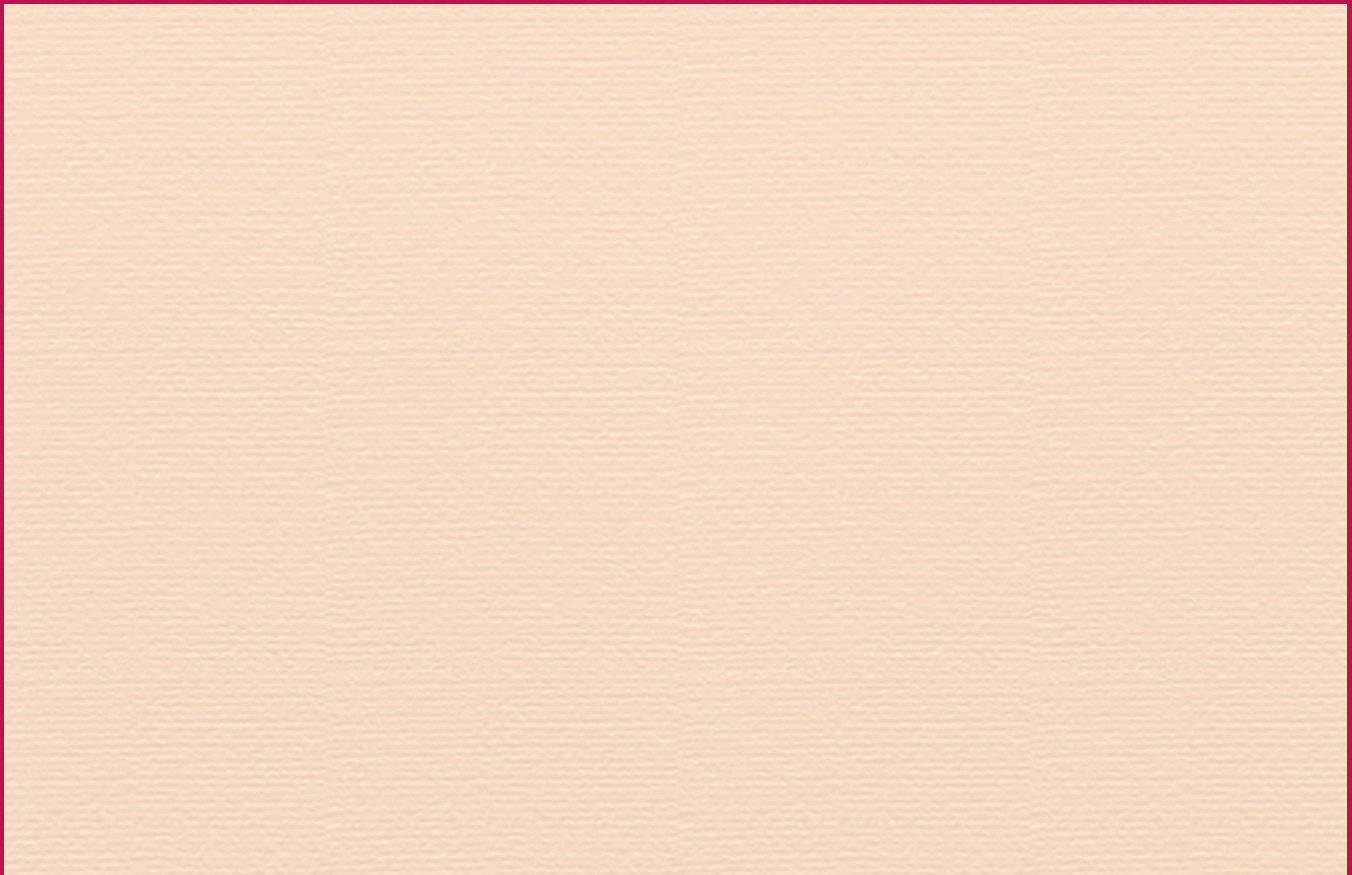
You have two assignments today, should you choose to accept them.

## Assignment 1:

First, notice any moments that you feel happiness in your body today. It may feel warm, expansive, light, or pleasurable.

Write down any such moments here. Include not only what you were doing, but what you were thinking at that moment.

Example: Snuggling with my kid watching a movie. I was thinking, "I just love this kiddo so much."



## Assignment 2:

Spend a few minutes answering this question. Don't overthink, judge, or edit yourself — just write whatever comes to mind.

Am I happy in my life? Why or why not?

