Are You Happy?

Inspired by Lean Life by Paul Akers.

Use this worksheet to reflect on what matters, notice what helps or gets in the way, and turn your answers into practical next steps.

Name _____ **Date** _____

01 Personal Motto

Write a short phrase you want to live by.

02 Vision Statement

Describe the life and the future you want to build.

03 Mission Statement

What do you want to do, and whom do you want to serve?

04 My Identity

What values, roles, or beliefs describe who you are?

What Shapes Your Days

Statement: what makes you happy or unhappy. Action: the specific step you will take. Target: when or how often you will take it.

05 What Makes Me Unhappy

Name what drains or frustrates you, then choose one thing you can change.

Statement	Action	Target
EXAMPLE I feel rushed when I start the morning unprepared.	Set out what I need the night before.	Weeknights by 9 p.m.

06 What Makes Me Happy

Name what energizes you or gives you a sense of purpose, then make time for it.

Statement	Action	Target
EXAMPLE Time outside clears my head.	Take a short walk after lunch.	Three days a week.

Habits That Support You

Use a specific action you can repeat. Set a target that tells you when or how often you will do it.

07 Daily Healthy Habits

Think about everyday habits that support your physical or mental well-being.

Statement	Action	Target
EXAMPLE I want to stay hydrated.	Fill a water bottle and keep it within reach.	Every morning.

08 Daily Habits

Choose routines that make ordinary days run better.

Statement	Action	Target
EXAMPLE I want a clearer start to my day.	Write down the first task I will tackle tomorrow.	After dinner on weekdays.

Goals & Commitments

Define what you want to accomplish. Then name the boundaries you want to keep as you work toward it.

09 Big Goals

Write the outcome you want, identify a concrete next step, and give it a target.

Statement	Action	Target
EXAMPLE I want to make time for a creative project.	Block a weekly work session and finish a first outline.	Outline by the end of next month.

10 Never — Personal Commitments

Write the boundaries or principles you are not willing to compromise.

Words to Carry With You

Keep the sayings, lessons, and Scriptures you want to return to.

11 Sayings I Like

Record words worth remembering and, if you know it, the source.

12 Lessons I Learned From People

Write who taught you, what you learned, and what you want to put into practice.

13 Favorite Bible Verses and Guiding Scriptures

Record the reference, the verse or passage, and why it matters to you.