

**LESSON HANDOUT****Pleasant, Good, Meaningful Life**

Take some time to think of the happiness in your life. List the ways you are happy in the corresponding boxes below:

PLEASANT LIFE

The little things in life that make you happy. Examples: getting a good grade, having fun with friends, eating your favorite food.

GOOD LIFE

What you are good at (a skill) that makes you get lost in the moment and lose track of time; flow. Examples: playing a sport, art, writing.

MEANINGFUL LIFE

Using what you are good at to help others. Examples: cooking a meal for a soup kitchen, writing for a school newspaper, volunteering at a preschool.