

# Beauty

**True beauty**  
in the eye of the beholder  
deep ? shallow

**Stress release**  
time, moments, relaxation,  
endorphins, breath,  
mindfulness, now, flow

**Look for beauty**  
senses, colour, shape, sunsets,  
flowers, dance, sport, music,  
art, literature

**BlissBombs**  
boredom, laziness, give up,  
put things off, too much TV,  
disinterest



Extremely unhappy



Mildly unhappy



Neutral



Mildly happy



Extremely happy

Date.....

# Love

## Loving others

Giving: understanding,  
time, caring, gifts, support,  
attention

## Feeling loved

Receiving: compliments, gifts,  
hugs, time, support, advice,  
attention

## Looking after me

exercise, sleep, diet, time-out,  
massage, hike, balance,  
self-care

## BlissBombs

selfishness, hatred, greed,  
meanness, fear, heartlessness,  
suffering



Extremely unhappy



Mildly unhappy



Neutral



Mildly happy



Extremely happy

Date.....

# Interest

## Goals & plans

short term

long term

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## Curiosity

enthusiasm, motivation, love  
of learning, involvement,  
open mind

## Activities

hobbies, talents, gifts, cultural  
interests, leisure, gym,  
relaxation, rejuvenation

## BlissBombs

boredom, laziness, give up,  
put things off, too much TV,  
disinterest



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# Social

## Balance

home ..... school  
self ..... others  
rest ..... activity  
leisure ..... work

## Fun

laughter, endorphins, in the  
flow, basic human need,  
stress release

## Social skills

empathy, humility, friendliness,  
fairness, cooperate, help,  
include, self-control, forgive

## BlissBombs

pride, boredom, fear, no hope,  
judgmental, bad moods, fearful,  
mean, unfair



Extremely unhappy



Mildly unhappy



Neutral



Mildly happy



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Date.....

# Spirit

## Values

fairness, courage, kindness,  
thankfulness, creativity, best  
effort, love etc...

## Becoming a character

confident, courageous, calm,  
persistent, stable, a leader,  
honest, philosophical

## Hopes

visions, dreams, goals, aims,  
inspiration, heroes, guidance,  
missions

## BlissBombs

pride, boredom, fear, no  
hope, judgmental, bad moods,  
anxiety, meanness



Extremely unhappy



Mildly unhappy



Neutral



Mildly happy



Extremely happy

Date.....