






The Happiness Advantage Scorecard








Name: _____

Date: _____

						
Criteria	1	2	3	4	5	Total
Clean Sleep	Hardly slept at all. All nighter or only 1-3 hours. Either working or stayed up binge watching TV show or movies. I'm exhausted and have serious brain fog.	3-5 hours of sleep. Woke up in the middle of the night and couldn't get back to sleep so stayed up and started my day at an insanely early hour; Or slept too long and feel groggy, sleepy, tired, and/or grumpy.	Go to bed on time but wake up in the middle of the night and can't fall back asleep or don't try to. Stay awake to start my day. I only get 5-6 hours of sleep.	6-7 hours of sleep. My sweet spot. Wake up feeling refreshed, rested, and with good energy. .	More than 7 hours of sleep but not more than 9 (which would be oversleeping for me). Quality of sleep is good and still feel refreshed and rested.	
Hydration Station	No water first thing in the morning and barely getting 1 20 oz. Yeti bottle of water. (total 20 oz).	Drank 20 water first thing in the morning, but only drank 1 more 20 oz. Yeti bottle (total 40 oz.)	Drank 20 oz of water first thing in the morning and also 2 more bottles (total 80 oz).	Drank 20 oz of water first thing in the morning and also 3 more bottles (total 80 oz).	Drank 20 oz. first thing in the morning and also drank to 100-120 Drink a total of 100-120 oz water during day.	
Miracle Morning	Got up too late to do it. Morning is frantic and fixated on how lazy I am, regretting not getting up earlier, and certain day will be filled with challenges and can't wait for it to end already. I want to take a long walk off a short bridge.	Got up early enough to do it but decided to do work instead by getting distracted by email or other work I think is more important in the moment.	Was able to read Daily Stoic reflection, but had a difficult time coming up with 3 gratitudes and didn't journal at all.	Read Daily Stoic and did gratitudes and affirmation but didn't do any free journaling.	Took time to read Daily Stoic reflection; write at least 3 gratitudes; wrote out my Affirmations; spent at least 15 minutes free journaling	
Meditate to Levitate	Too busy to meditate at all.	Did at least a 5 minute .meditation	10 minute morning meditation	15 minute meditation and possibly another mini-meditation or deep breathing exercise during the day.	20 minutes of mediation and shorter meditation in the middle of day and then a nighttime meditation.	
Exercise	Too busy and tired to exercise - it just seems like too much work. No motivation at all.	Thinking about exercise and being motivated to do it, but don't prioritize it so it doesn't happen.	30-45 minutes of walking (on my desk treadmill or outside)	30-45 minutes of exercise with elevated heart rate (run, bike, swim, hike)	60 min+ of elevated heart rate (run, bike, swim, hike) or 60+ min yoga session	
Cards & Calls	I don't want to talk to anyone; just want to hide from people. Can't think of anything to write.	I am open to calling or writing cards but just seem to busy. I at least wrote down who I wanted to call or send a card for tomorrow.	I was able to either call one client or referral partner or write one card	Able to write one card to family or friend or gave them a call instead; AND wrote 1 card to referral partner or client and called 1 client or referral partners	Wrote 2 cards to family, 2 cards to client or referral partner, and 2 calls to referral partner before 10 a.m.	
Night Re-Cap	Too tired to do it. Just want to go to bed,	Think about my day in my mind, but don't write anything down or journal.	Write down my 3 gratitudes and maybe some other journaling. No GLP review.	Write down gratitude, wins and list what I learned or improvements. General journaling. No GLP review.	Write gratitude, wins, and what I learned; Did GLP review. No devices in bed.	
Tackle Tolerations	Too overwhelmed to even know what to tackle.	Think about what I should tackle.Thought is fleeting and it can wait until tomorrow.	Actually look at what I want to tackle, write it in my GLP.	Took action steps towards getting a toleration done but not complete it.	Completed a toleration today. Yay!	
Family Time is the Best Time	I am swamped so family time needs to wait until I get all this work done. It's never a good time to hangout when I'm in workaholic mode.	I really want to hang out with my family but my workhorse German/Portuguese DNA wins again. Ignore my Dad/husband hat.	Spend some family time but I was distracted or feeling overly anxious.	Fully present with family. Had a good convo with kid(s) or did an activity not involving TV.	Present for kids and enjoyed some 1-on-1 time or a really fun family night or activity outdoors ((hiking, golf, 5K));	
Romancing the Stone	What romance? We are ships passing in the night. Talk just about home/work logistics or grumpy, pissed off at each other, or big fight. .	First Base! At least 1 kiss for 6 seconds. Had a conversation beyond just logistics	Did something today to let Carolyn know how much I love her with a card or some act of service (her love language)	Had a micro-date of some sort that includes coffee, lunch, or a great conversation (not about logistics).	Had a date night or some activity that took us away from home or work for 2-3 hours to ourselves.	

SCORE = _____

						
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Me Time	No time for me today	Took at least 10 minute break	Did something for me for 30 min - lunch, walk, etc.	I was able to read or draw or write today or some small fun activity.	I was able to hang out with some friends today or do a big activity.	

Top 3 Insights		

	Top 3 Actions	d