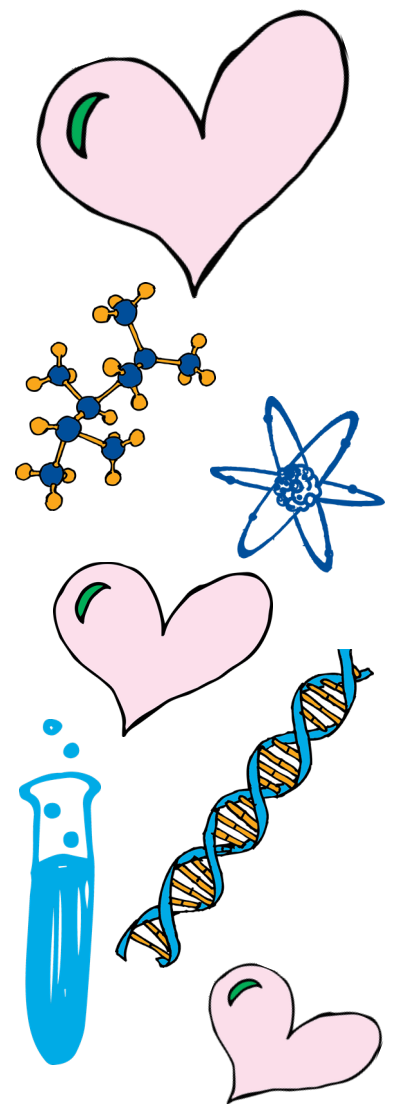


Cadette Science of Happiness Badge

STEPS

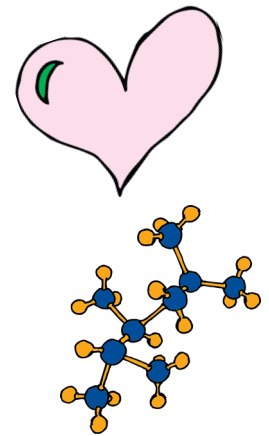
1. Make yourself happier
2. Think differently for happiness
3. Get happy through others
4. Do a helpful happiness experiment
5. Create a happiness action plan



**When you've earned this badge, you'll know
how to use the science of happiness to make
my world the happiest place it can be.**



In this badge, you are the test subject and your life is your laboratory. You'll find out how scientists measure happiness, and you'll put their results into action. You'll also get to perform a happiness experiment with your friends or family—all with the goal of making your world a happier place.



STEP 1: MAKE YOURSELF HAPPIER

What would make you happiest? Money? Cool clothes? Living in a mansion on a tropical island? Such things may make you happy for a while, but science shows that they aren't what keep you happy in the long run. What is? Pleasure (doing things you enjoy), engagement (feeling interested in your activities and connected to others), and meaning (feeling like what you do matters). In this step, practice getting more engagement and meaning in your daily life.

Stop and smell the roses! What makes you happy? Sometimes it's the little things that make us happy. Write, journal, draw, or make a video of some things that make you happy. It could be your family, a pet, food, or even a sunset, whatever makes you happy!

STEP 2: THINK DIFFERENTLY FOR HAPPINESS

Sometimes you cannot change what happens in your day, but you can change how you react to it. Scientists say people who stay positive, or are "optimistic," are happier, even if more bad things happen to them! For two weeks, try the exercise below.

Focus on what is realistic. Sometimes our worries make us focus on the worst outcome, even when that is pretty unlikely to happen. During your two weeks, when you start to feel negative about something that's coming up, write down what you think the worst part could be, what the best part could be, and what you think will most likely happen. When you look at all sides realistically, does it help you feel more comfortable? .

STEP 3: GET HAPPY THROUGH OTHERS

One of the most common ways to find engagement and meaning is in our relationships. A good way for you to be happy on the inside is to care about others and focus on relationships with people on the outside. In steps 1 and 2, you worked on yourself, so now it's time to work on your relationships with others. Try the below activity at least twice so you know if it works for you. Record your results.

Make something meaningful. Make a collage, video, painting, or write a poem that shows how much someone means to you. Explain to them why you made it and what it means. Once you give it to them, see how you feel. What was hard or easy about this? How long did the feeling last?

STEP 4: DO A HELPFUL HAPPINESS EXPERIMENT

The science of how you think, or psychology, used to focus only on mental illnesses. Now scientists also try to find out what makes people stay well—just as exercising keeps your body strong, staying happy keeps your spirit strong. So “positive psychologists” test people’s happiness. In this step do the experiment.

Try quick polling. Through email, text, or verbal questions, ask 10 people to rate how they feel at 3 different moments throughout the day on a scale from 1 to 5, with 5 being very happy and an 1 meaning they’re not happy at all. Also, ask them what they are doing at each moment and who they are with. The science says if they’re doing something they find meaningful with the people they care about, they’ll be happier than if they’re alone or disinterested. Is that true for your group? Afterward, make a chart to share your findings. Explain what you measured and share ideas about what could make them even happier.

STEP 5: CREATE A HAPPINESS ACTION PLAN

Now that you are becoming an expert in what makes you happy, take what you’ve learned about yourself and put it into action. Look back at all your work as you do this step.

Find a happiness helper. Share what you discovered with a friend or family member, and together make a list of five ways that person can help you stay happy. In the process, list five things that make your helper happy, too—so you can look out for each other’s happiness.

