

How happy do you want to be?

Perhaps you want to move house and are weighing up a bigger home in the country over a smaller flat in the city. Is owning a larger home really the most important factor to you? The answer could be yes – but it could also be that you'd get a hit of happiness from looking out over fields or from having the benefit of city museums right on your doorstep.

We often focus on one detail and miss the bigger picture – and this can make us less happy.

Think about:

3 times you felt really happy.
What were the reasons?

3 times you felt useful.
What did you achieve?

Now think about the whole of last week, and anything you spent more than three hours doing. Score yourself using the table.

What were you doing?	Joy (0-5) how happy you were	Purpose (0-5) how useful you felt
Total		