

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 size actually what's most important? Maybe the focus should be on the pleasure you get from looking out over fields, or your love of big-city museums.

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?	Pleasure (0-5) how happy you were	Purpose (0-5) how useful you felt
Total		