

## How to Create Sustainable Happiness

Sustainable happiness is about recognizing that your happiness is interconnected with other people and the natural environment. Our daily actions and choices can contribute to our own well-being, and that of others. However, our choices can also detract from our well-being, the well-being of other people or the natural environment. Sustainable happiness can lead you to a healthy, [sustainable lifestyle](#) and greater life satisfaction.

### 1

**Create your happy list.** Take 10 minutes to write down all the things that make you happy, including people, places, nature, pets, accomplishments, work, physical activity, etc. Just write freely without censoring yourself.

- Once you are finished, take a look at your list and ask yourself if you are embracing these aspects of your life that make your heart sing. Perhaps there is something that you enjoy that you could do more often. Perhaps there is a relationship that is important to you that you have been neglecting.
- Take another look at your list and ask yourself if there is anything on the list that makes you happy but is not contributing to your well-being or is potentially harmful to other people or the environment. Is there anything on your list that you might want to change so that you are contributing to sustainable happiness? For example, think about your morning coffee/tea. If it is fair trade coffee then you know that workers were paid fairly and the coffee was grown with care for the environment? Or perhaps you have a habit that isn't healthy for you.

### 2

**Chart your sustainable happiness footprint for a week.** Use the headings in the sample chart above to track your activities. For each activity, fill in how it made you feel, its potential impact on you, on other people, and the natural environment. The chart helps you to identify opportunities in your daily life where you can make a shift towards sustainable happiness.

- Some people discover that they could help themselves and the environment by eating less junk food (better for their health and less waste), or that by walking for short trips they could bring more physical activity into their life and reduce the harm from car travel. Try to find at least one thing that you could shift to create more sustainable happiness for yourself and others.

(Reference: [wikihow.com](http://www.wikihow.com))