Template: Happiness planner

Pleasure	Meaning	Engagement
1 What happiness boosting activities do I currently incorporate into my life?		
(e.g. play video games; go out with friends)	(e.g. volunteer at a charity; post about my research on social media)	(e.g. go running; bake cakes)
2 What else I can do to fill any gaps?		
 Remember to prioritise meaning and engagement over pleasure. It might help to think about things you enjoy but have neglected during your PhD. 		
3 Choose happiness activities for the next week and schedule them into your calendar.		
Happiness activity		Date/time