

Worksheet 3: Happiness Drains Checklist (5 minutes)

Date: _____

From Parts I, II, and IV. For each drain, mark: 0 (not present), 1 (present but minor), or 2 (significantly affecting my life):

- Rumination: repetitive negative thinking that goes nowhere (Chapter 11) _____
- Chronic stress or burnout (Chapter 12) _____
- Poor sleep (Chapter 1) _____
- Loneliness (Chapter 26) _____
- A harmful relationship, or chronic futile arguments (Chapter 27) _____
- Social comparison and envy (Chapter 24) _____
- Perfectionism, or an unrecovered failure, or languishing (Chapter 25) _____
- Substance or behavioral reliance: alcohol, drugs, gambling, gaming, pornography, compulsive scrolling or shopping (Chapter 28) _____
- Unprocessed grief (Chapter 29) _____
- Clutter and information overload (Chapter 23) _____

Any item scored 2 needs attention before you invest heavily in new positive practices: fix the drain before running more water. Start with the highest-scoring drain, and give it a few weeks before turning to the next. If several items score 2, or any feels unmanageable, professional support is the intelligent next step.

From Cultivating Happiness: Everyday Habits, Deep Practices, and the Science of Lasting Well-Being by Sanjiv Sahay (Happiness Media, 2026). Free to print and reuse for personal use. The full set of worksheets, the thirty-day starting plan, and the companion app are at myhappiness.com.