

WORKSHEET

REGAIN AUTONOMY

Autonomy (simply put: the freedom to make our life's choices) is one of the most important factors for Happiness, to some extent even more important than money.

This worksheet offers you some QUICK-FIXES to regain the feeling of control over your daily life following "[Regain Autonomy](#)" article on the Happiness Academy blog.

DAILY ROUTINES

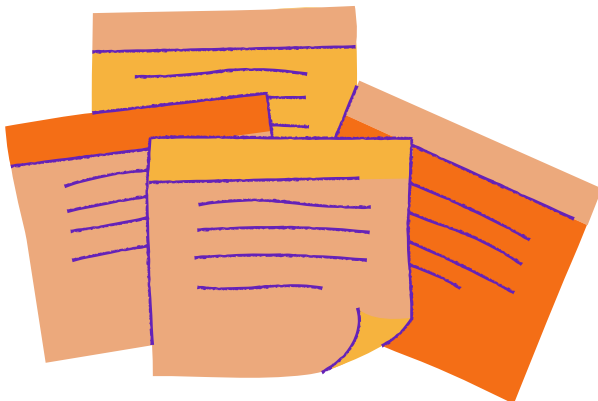
- Think about what aspects of your life you still have control over (what you eat, how you spend your free time, how much time you spend watching news or in the social media, how you dress, how much you exercise and s.o.)
- You might be surprised that the list will not be so short.



SET GOALS

Make a decision, which aspects of your daily routine you want to change for the better. For example reduce news time or Facebook time; exercise at least 20 min per day and s.o. Set 3 goals and make them SMART. When you have achieved a goal, check it and be proud.

S	Specific
M	Measurable
A	Achievable
R	Relevant
T	Time-related



WRITE DOWN YOUR GOALS

GOAL:

1.....

2.....

3.....

ACHIEVED:

WEEKLY CHECKLIST

AUTONOMY QUICK-FIXES

MON

TUE

WED

THU

FRI

SAT

SUN

Did you make a plan for the day?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Did you dress up for the day?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Did you spend your designated free time the way you have decided?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Did you organize a special fun activity (min. once a week)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Did you succeed to draw a distinct line between work and leisure?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Notes

What can I do better?