

The Happiness Project: Assignments, Resources, and Thoughts to Ponder

Week 1:

READ: A Note to the Reader, Getting Started, and January: Boost Energy (pp. xvii-37)

ACTIVITY: Take the [Four Tendencies Quiz](#)

PONDER:

- Check out the first line of the book (p. 1) Why is it important for Gretchen to realize she won't outgrow her limitations?
- On Page 2, Gretchen sees a person through the bus window and thinks, "That's me." If you saw a similar person through your own bus window, what would that person look like, be doing, be carrying?
- Gretchen decides it isn't important to define or measure happiness -- do you agree?
- Gretchen's first commandment is to "Be Gretchen." What does it mean to Be You?
- Start thinking about what areas you'd like to work on for our mini-project and what specific resolutions you might want to tackle for each. We'll talk about this more when we meet.

OPTIONAL: Listen to [Episode 120 of the Happier Podcast](#), which discusses the Four Tendencies.

Resources you might enjoy:

Books:

Happier at Home: Kiss More, Jump More, Abandon Self-Control, and My Other Experiments in Everyday Life by Gretchen Rubin

Better Than Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life by Gretchen Rubin

The Four Tendencies: The Indispensable Personality Profiles That Reveal How to Make Your Life Better (and Other People's Lives Better, Too) by Gretchen Rubin (Coming in September)

The Wellness Project: How I Learned to Do Right by My Body, Without Giving Up My Life by Phoebe Lapine

The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It by Kelly McGonigal

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing by Marie Kondo

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert

Self-Compassion: The Proven Power of Being Kind to Yourself by Dr. Kristin Neff

Bird by Bird: Some Instructions on Writing and Life by Anne Lamott

Switch: How to Change Things When Change Is Hard by Dan Heath & Chip Heath

Podcasts:

The Happier Podcast ([how to subscribe](#))

[Happier in Hollywood](#), co-hosted by Gretchen's sister Elizabeth

[By the Book](#), co-hosted by the producer of Gretchen's podcast, Kristen Meinzer