

By deliberately noticing what makes us feel better & logging it, we can sculpt our daily life: doing more of what helps & less of what doesn't (assuming we have the choice).

	Better	Neutral	Worse		Better	Neutral	Worse
1. Lying in bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29. Learning something new	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30. Going somewhere new	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Traveling in a vehicle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	31. Doing something that scares us (safely)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Going to the cinema	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	32. Using our imagination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Completing a chore	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	33. Recalling a happy time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Going on social media	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	34. Recalling a sad time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Reading, hearing or watching the news	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35. Avoiding what scares us	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Playing games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	36. Writing in a gratitude journal & reading it back.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Having a bath/shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	37. Focussing on what we want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Talking to someone new	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	38. Gossiping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Meeting a friend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	39. Writing a to-do list	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Listening to music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40. Writing down our positive experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Going shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	41. Going to bed early	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Having a hot drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	42. Going to bed late	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Setting life goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	43. Eating/drinking well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Watching something funny	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	44. Giving a compliment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Getting some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	45. Standing up for ourselves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Eating in a restaurant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	46. Engaging in a hobby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Comparing ourselves to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	47. Admiring a tidy room after cleaning it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Being in nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	48.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Dancing to music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	49.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Creating something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Seeing family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	51.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Stroking an animal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	52.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Being kind to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	53.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Having a disagreement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	54.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Entering a competition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
28. Looking after ourselves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				