

# Happiness Footprint Chart

## Sample Chart

<b>TIME</b>	<b>ACTIVITY</b>	<b>EMOTIONAL EXPERIENCE</b>	<b>IMPACT ON SELF</b>	<b>IMPACT ON OTHERS</b>	<b>IMPACT ON NATURAL ENVIRONMENT</b>
8:00	Breakfast: coffee, toast, cereal	- rushed, thinking about the day, not very present	- didn't taste the food - healthy meal - whole wheat bread would have been a better choice	- coffee was fair trade coffee: so positive for coffee workers - bread from farmers' market: good for local producers - cereal: not sure how it impacts others	- fair trade coffee: care taken for environment - bread: made locally so not transported very far - cereal: highly processed and transported a long way
8:30	Carpooled to class /work	- enjoyed talking with friends	- saved money; less stress; feel good about it	Less air pollution, would be better to be able to cycle or walk	- better than driving alone but still my best option given where I live