

# Happiness Timeline



Happiness



Career

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Starting on the left hand side of the graph, draw a line the best represents your level of happiness throughout the years. The higher the line, the happier you were during that period in your career. The lower the line, the less happier you were at that point in your career. Once you have your line drawn, take time to reflect on your highs and lows. Focus on what was going well on the peaks and what you could have done differently in the valleys.