Happiness in One Day in Your Life For the Reflective Journal, I would like you to keep a journal of one day in your life.  It should begin in the morning when you wake up and continue throughout the day until you go to bed.  Keep your journal in a notebook, so that when you're finished you can type the information into the space provided.  Don't do an attachment.

Here is what you should keep record of:

a)  What in the course of the day made you happy? What was your reaction?

b)  What in the course of the day made you unhappy? What was your reaction?

c)  How did you spring back from unhappy moments in your life?

From my observations of past journals, here are some suggestions:  Focus on details, record them throughout the day, there should be many.  Avoid "remembering" a past day and then analyzing it.  This journal is about this day you are experiencing from morning until night, all the little things that we usually ignore, but which bring us happiness and unhappiness.

At the end of the journal entry, I'd like you to do an Assessment of this one day of your life and what it indicates about your experiences of happiness and unhappiness.  In your assessment, discuss how your findings connect to two of the films for this Unit 2 (choose from Great Gatsby, Valley of the Dolls, Wolf of Wall Street, and Wall street) and five of the Course documents.

Journal Guidelines.  The best way to do submit the journal is as an essay, with one half being about the day you chose and your experiences, and the second half being an analysis of how your day and experiences connect with happiness theories.  Some people like to list the experiences they had during the day, others like to deal with them in paragraph form.  It's important to avoid just a general summary or a general recall of a day.  The power in a journal is in the details.  How long, about the length of a developed response essay--3 pages, double spaced, MLA format.