

# Tennis Happiness Project Scorecard

Week Ending: \_\_\_\_\_

**Boost Energy.** Prioritize consistent sleep and restore physical and mental vitality.

- Met my set bedtime most nights
- Minimized screen time or doom-scrolling before bed
- Slept a consistent number of hours

**Reflection prompt:** *Did better sleep improve my tennis focus, patience, or recovery this week?*

**Passion.** Reconnect with what makes tennis enjoyable and meaningful.

- Did at least one tennis activity purely for enjoyment
- Tried or learned something out of curiosity
- Avoided treating hobbies as obligations

**Reflection prompt:** *Where did passion show up this week?*

**Eternity.** Cultivate gratitude and long-term perspective.

- Wrote down one thing I am grateful for
- Noted one “eternity moment” that anchored perspective
- Practiced grace toward myself or others

**Reflection prompt:** *What mattered beyond the moment?*

**Declutter.** Reduce friction by simplifying physical and mental spaces.

- Tackled one small area of physical clutter
- Removed or fixed one recurring annoyance
- Completed one lingering “nagging task”

**Reflection prompt:** *What felt easier because my spaces or processes were less cluttered?*

**Friendship & Community.** Strengthen relationships that enrich tennis and life.

- Reached out to a tennis friend or teammate
- Expressed appreciation or encouragement
- Avoided unnecessary conflict

**Reflection prompt:** *Who added joy to my week?*

**Technology.** Use digital tools deliberately rather than mindlessly.

- Set intentional boundaries around tech use
- Used technology to support improvement
- Avoided defaulting to tech as an escape

**Reflection prompt:** *Did my tech habits support or undermine happiness?*

**Contentment.** Practice satisfaction instead of chasing “more, better, next.”

- Noted one moment of genuine satisfaction
- Redirected a negative comparison
- Savored one small joy in tennis or daily life

**Reflection prompt:** *Where did contentment make things feel lighter?*

**Spend Out.** Use resources intentionally instead of hoarding or saving “for later.”

- Used or enjoyed something I tend to save
- Spent time, energy, or money on something that improves life
- Avoided unnecessary stockpiling

**Reflection prompt:** *What did I finally “spend out” that improved my week?*

**Order.** Establish routines that minimize chaos and improve predictability.

- Followed a tennis or household routine
- Prepared in advance for something that usually causes stress
- Applied a systems-thinking fix to one ongoing problem

**Reflection prompt:** *Where did structure make life smoother?*

# Tennis Happiness Project Scorecard (Continued)

**Pay Attention.** Increase awareness and reduce autopilot behavior.

- Logged food choices or eating patterns
- Brought intentionality to a repetitive task
- Noticed emotional or physical cues without judgment

**Reflection prompt:** *What changed when I deliberately paid attention?*

**Lighten Up.** Bring humor, joy, and levity into the week.

- Laughed or embraced playfulness
- Redirected perfectionism
- Let go of something not worth the emotional energy

**Reflection prompt:** *Where did lightness make a difference?*

**Boot Camp Perfect.** Review, reinforce, and integrate all habits.

- Reviewed this scorecard at least once
- Identified one habit to strengthen
- Celebrated a habit that is now second nature

**Reflection prompt:** *What stood out when reviewing the whole year in one place?*

## End-of-Week Summary

**Happiness This Week:** 1 2 3 4 5 6 7 8 9 10 (Circle One)

**Most successful habit:** \_\_\_\_\_

**Most neglected habit:** \_\_\_\_\_

## Notes and Reflections