

# Your Happiness Assessment

How happy are you right now? Pick the options that best describe you most:

## 1. How do you rate your level of joy?

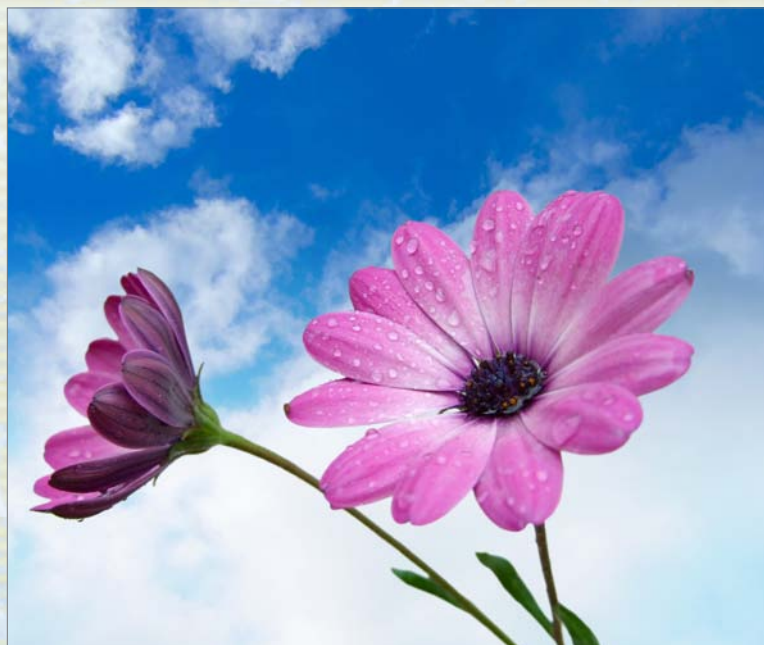
- A. Overall, I'm very joyous and satisfied with my life.
- B. I'll be happier when things get better.

## 2. Overall, how do you view yourself?

- A. I believe in myself despite my faults.
- B. I feel that I'm a big loser.

## 3. What's your circle of friends most like?

- A. I've got at least two people I can rely on completely.
- B. I've got various acquaintances but no one who really knows me.



## 4. How would you define "being a good friend"?

- A. Spending quality time and lending an ear whenever needed.
- B. Sending out holiday cards and calling on friends' birthdays.

## 5. Overall, what kinds of goals do you have?

- A. My goals reflect my values and spirituality.
- B. My goals are to make as much money as I can and to retire early.

## 6. What occupies your daily thoughts?

- A. Consciously identifying positives in my life and in other people.
- B. Seeing negative aspects that must change to allow me to be happy.

## 7. What is your attitude toward volunteering?

- A. I don't volunteer as much as I'd like to, but I do what I can when I can.
- B. I give blood once a year at work.

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## 8. How would you describe your career (being a stay-at-home mom IS a career)?

- A. I'm happy with my career choice for the most part.
- B. I work two jobs: what career?

## 9. How do you define creativity?

- A. Being able to change my routine now and then by trying something different.
- B. The ability to paint, draw or play a musical instrument (none of which I do).



## 10. How often do you take time out for yourself?

- A. I make sure I have some "me time" every week.
- B. I wish I had a second to myself.

## 11. When something bad happens in your life, what's your most common reaction?

- A. I try to change what I can, accept what I can't and use the entire experience as a learning opportunity.
- B. I lament over what should have been done to prevent the situation.

Now add up all your As and Bs. Here's how you score it:

**If you got more B answers than A answers**, you came to the right place! Your happiness prescription is here to provide you with a more fulfilling life.

**If you got more A answers than B answers**, that's great, but your work isn't complete. Any score with less than seven A's indicates that you still have some areas you can work on to get even happier.

**If you got eight or more A answers**, good for you! Use the prescription to further strengthen the happiness habits you already have.

No matter where you are right now, "A Happy You" will teach you how to lead a happier, more fulfilling life.