

The Happiness Assessment

	5	4	3	2	1
I love myself and accept who I am					
I spend at least 30 minutes a day doing what I love					
I commit 100% of my time & attention when I am in the company of important people in my life					
I make it a choice to see the positive in all challenging situations					
I am grateful for everything my life provides me. I am blessed by this.					
I move on quickly from hurt, disappointments and past conflicts					
I look after myself, take care of my well being & feel fit and energised					
I feel connected with my soul and being					
I enjoy the small pleasures life beholds & live in the present moment					
I spend time on the things I love & with the people I love being with					
I know I am loved & give that love back in spades					
I love my work and feel fulfilled by it.					
I have exciting, motivating and meaningful goals & see progress regularly					
I am at peace with myself, the world around me and feel balanced					
Total					
Grand Total					
% of Happiness					

5 – Totally

4 – Mostly

3 – Sometimes

2 – Rarely

1 - Never