

HAPPINESS ASSESSMENT

Name: _____

Date: _____

Pleasure:

The foods I love and would like to eat or make and eat more:

These are the things I like to do when I want to totally relax and I would like to do more of:

If I want to go somewhere where I can just enjoy myself without thinking about anything, this is where I like to go and would like to go more often:

My favorite TV shows are, what I might want to watch more of is:

My favorite movies are and what I would really love to re-watch is:

Engagement:

Hobbies that I want to do more often are:

My favorite activities that I would like to increase are:

When I want to play a game I usually want to play:

Games I would like to engage more in are:

My favorite sport to play and to watch are:

The kind of art or craft that I would like to do more of is:

I am really good at:

I am happiest when I am doing this (an activity):

Positive Relationships:

The people that I care about are:

The friends that I want to see more of are:

The ways in which I want to plan to see more of my friends are:

What I want to do to enhance a particular relationship that I am in is:

What my friends like the most about me is:

Achievement:

What I am proudest of doing in my lifetime so far is:

What I am most proud to share with people about what I have done in this life is:

What I sometimes can't even believe I've done is:

Meaning:

I know that I make a difference in some people's lives.
These are the people whose lives I make a difference in:

I am very proud of some of the ways I contribute to this world. These are the ways that I know I've helped the world around me:

If I died I would want people to remember this about me:

Here are the things that I would feel good about having done in this life while I was alive:

The activity I feel best about doing every day is:

What people appreciate the most about me is:

I know that I make a difference in the world because:

HAPPINESS PROCEDURE:

1. Every day I am going to :

2. At least once a week I am going to :

3. At least once a month I am going to :

5. I am going to make efforts to see this person more :

6. Something special I am going to do for myself is:

7. I am going to give myself a gift! Here is the gift I am going to give myself:
