



How Happy are you *REALLY*???

QUESTIONNAIRE

Answer the questions on the following pages
to help discover how happy YOU truly are!!!

BY HEATHER MCNALLY

Simply live
positive 

Hey there, Beautiful Soul! 🌸

Do you remember the last time you felt truly alive and excited about life? When was the last time your heart felt light and your spirit free? Life has a way of wearing us down sometimes, but guess what? Your spark hasn't vanished—it's just waiting to be reignited! 🌟

Take this quiz to find out how happy you are really feeling these days!

Heather McNally

ABOUT ME

Hi! I'm Heather. I'm a Mom of 2 boys, a Mom to 6 fur babies (3 dogs and 3 cats), and have been married to my husband for 28 years.

I am a Life and Happiness Coach, an Educator, and a Speaker. My goal is to help YOU find your happy! We can all feel lost, get off track, and just want to feel ALIVE again. *I've been there!* Let's find your happy together!



Rediscover your Spark

How Happy are you *REALLY*???



01 How often do you wake up feeling excited about your day?

- 1 - Never
- 2 - Rarely
- 3 - Sometimes
- 4 - Often
- 5 - Always

02 What's your go-to way to de-stress?

- 1 - I don't have time to de-stress
- 2 - Watch TV or scroll social media
- 3 - Exercise or take a walk
- 4 - Spend time with loved ones
- 5 - Engage in a hobby or passion

03 How would you describe your work-life balance?

- 1 - What balance? 🤔
- 2 - It's a constant struggle
- 3 - It's manageable, but not ideal
- 4 - 've got it pretty much figured out
- 5 - have an excellent work-life balance

04 How frequently do you find time for activities that make you feel alive?

- 1 - Never
- 2 - Once a month
- 3 - A few times a month
- 4 - Weekly
- 5 - Daily

05 How often do you laugh genuinely?

- 1 - Rarely, if ever
- 2 - Only when something is really funny
- 3 - A few times a week
- 4 - Almost every day
- 5 - Multiple times a day

06 Do you feel like you have a strong sense of purpose?

- 1 - Not at all
- 2 - A little bit
- 3 - Somewhat
- 4 - Strongly
- 5 - Absolutely



THE RESULTS



Your results are **IN...**

Add up the numbers next to each of your corresponding responses to all of the questions. Then look below for your Happiness Score.

Score 6-12: In Need of Spark

"Girl, it's time to get that spark back. You deserve a life full of laughter, love, and purpose."

Score 13-18: Dim Glow

"You're on your way, beautiful. There's a light in you that's just waiting to shine brighter."

Score 19-24: Shimmering Light

"Your light is shimmering but imagine what's possible if you turn up that glow!"

Score 25-30: Full Blaze

"You're on fire, sister! You're a radiant light in this world, and your happiness shines through."



WANT TO LEARN MORE?



Are you ready to get your *spark* back???
Let's look at your results together and come up with a plan!
I have several options I can share with you!!!

E-MAIL ME
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