



GENERAL HAPPINESS SCALE

This questionnaire considers happiness from your own perspective. You are making an overall judgment on the extent to which you are happy or unhappy. The purpose is to get a baseline look at your happiness and how it compares to others.

Instructions: For each of the following statements and/or questions, please mark the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

NOT A
VERY HAPPY
PERSON

1

2

3

4

5

6

7

A
VERY HAPPY
PERSON

2. Compared to most of my peers, I consider myself:

LESS HAPPY

1

2

3

4

5

6

7

MORE HAPPY

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

NOT AT ALL

1

2

3

4

5

6

7

A GREAT DEAL

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

A GREAT DEAL

1

2

3

4

5

6

7

NOT AT ALL

See next page for scoring and recording instructions.



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Scoring: Add up your scores from all four questions then divide by four to find your average score.

The General Happiness Scale lies on a range from 1–7, with higher scores reflecting greater happiness. The average score ranges from 4.5–5.5.

The average score of students tends to be below 5, while working adults have an average score of 5.6. To interpret your score, consider which group you belong to. If you are a working adult and your score is higher than 5.6, you can consider yourself happier than most people. Scores below 4 are considered low and seeking professional help and/or intervention is recommended.

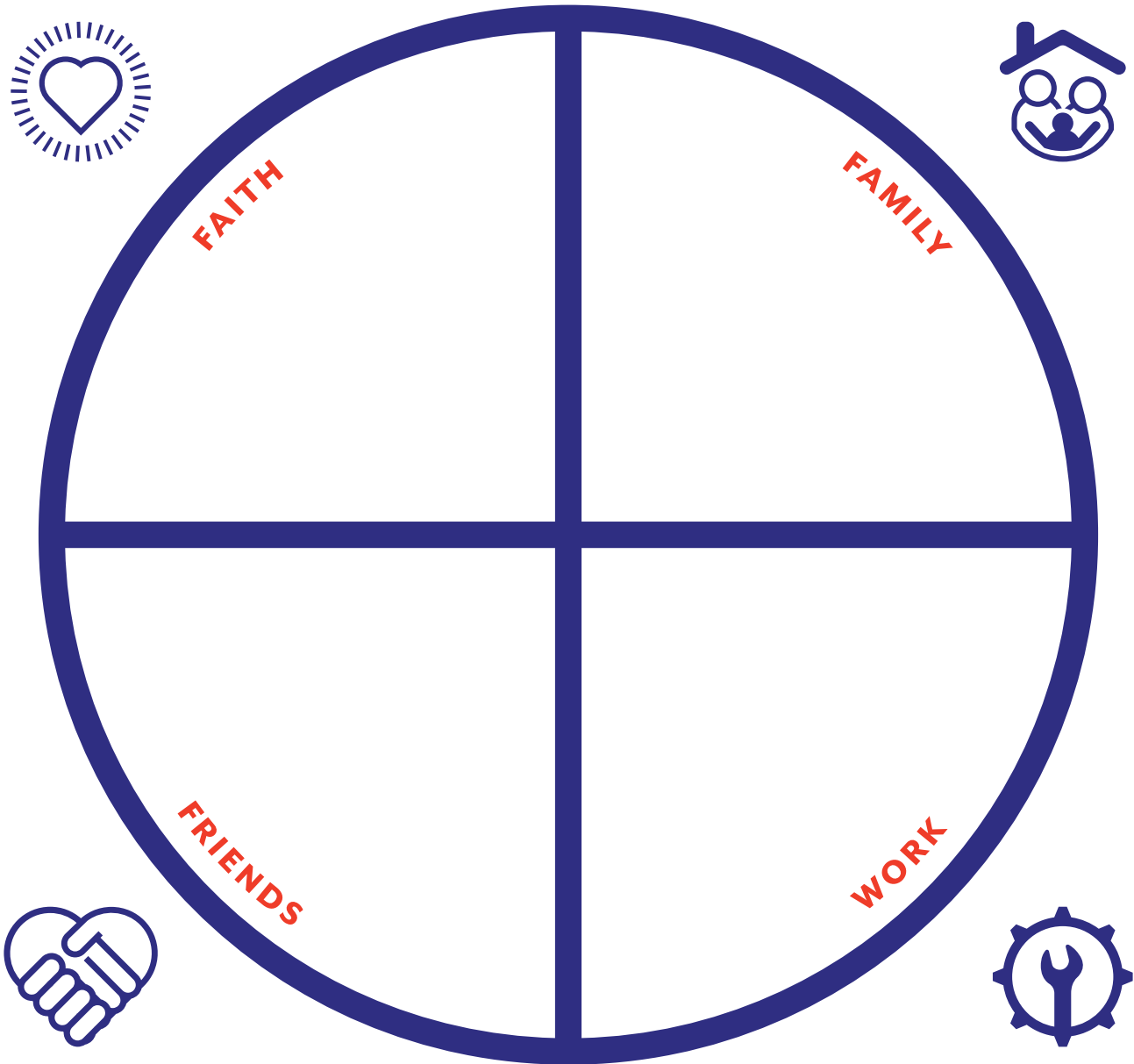
DATE	SCORE	REFLECTION

Record your results as you reflect on your life and your happiness.
Repeat this exercise again in six months and one year.



ASSESSING YOUR HAPPINESS

Reflect on the following areas during an average week. What percentage of your time do you dedicate to each area? Jot down a few meaningful things you do with your time in each category.



Where are you strongest? _____

Where are you weakest? _____

What has held you back in the areas where you are weakest? _____



CITATIONS & SOURCES

Pages 1 and 2: Lyubomirsky, S., & Lepper, H. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137–155. The original publication is available at www.springerlink.com.