**How Happy Are You?**

Feel free to print this page or write your answers on a separate sheet of paper. The information on this page is provided for informational purposes and is in no way a diagnosis. It is designed to gage your perceived level of happiness.

Score yourself on a 1-7 scale with one = not true and seven = very true. If you prefer, you can use partial points like 5.5, 4.7 etc. Try to think of your life as a whole and not just how you are feeling today. Because today you may be having a good or bad day emotionally and this could skew your results.

**Score Question**

1. \_\_\_\_\_ I have close relationships where I feel genuinely loved.
2. \_\_\_\_\_ In most ways, I feel my life is close to being ideal.
3. \_\_\_\_\_ I feel the conditions of my life are excellent.
4. \_\_\_\_\_ I love who I am, my true self.
5. \_\_\_\_\_ I have so many things in my life for which I am grateful.
6. \_\_\_\_\_ So far, I have most of the important things I want in life.
7. \_\_\_\_\_ I feel connected spiritually to something greater.
8. \_\_\_\_\_ If I could live my life over, I would change very little.
9. \_\_\_\_\_ I feel my life has true meaning/purpose.
10. \_\_\_\_\_ I live in the present moment, not dwelling in the past or worrying about the future.

Total your score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. See the scoring key below

Scoring Key

60-70 **Extremely happy**

40-59 **Fairly happy**

21-39 **Occasionally happy** - you have some work to do if you want to improve your happiness.

10-20 **Dissatisfied** – look closely at your life to determine why you are not happier. You have some work to do if you want to improve your happiness.

At times, everybody gets down in the dumps, but if life is consistently getting you down and your lows are making it hard to function, please consult with your doctor or a mental health professional as soon as possible.