HAPPINESS ASSESSMENT

Name:_______________________________________

Date:_______________________________________

Pleasure:

These are my favorite foods:

______________________________________________

______________________________________________

These are the things I like to do when I want to totally relax:

______________________________________________

______________________________________________

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

______________________________________________

______________________________________________

My favorite TV shows are:

______________________________________________

______________________________________________

My favorite movies are:

______________________________________________

______________________________________________
Engagement:

My real hobbies are:
______________________________________________________________
______________________________________________________________

My favorite activities are:
______________________________________________________________
______________________________________________________________
When I want to play a game I usually want to play:
______________________________________________________________
______________________________________________________________

My favorite game is:
______________________________________________________________
______________________________________________________________

My favorite sport is:
______________________________________________________________
______________________________________________________________

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

______________________________________________
______________________________________________

My friends’ names are:

______________________________________________
______________________________________________

What I like to do most with my friends is:

______________________________________________
______________________________________________

What I would like most for a relationship with another person is:

______________________________________________
______________________________________________

The qualities I like the most in another person are:

______________________________________________
______________________________________________

What my friends like the most about me is:

______________________________________________
Achievement:

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

What I like to tell people that I have done in my 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 things I do in the world.
This is what I am proud of:
______________________________________________
______________________________________________
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:
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________