

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 :
