

# QUIZ: How Happy Are You?

**Circle the answer that best reflects how you truly are in real life. Be as honest as you can be.**

1. I spend a lot of my free time doing things that fulfill me.

AGREE      DISAGREE

2. When someone cuts me off in traffic, I keep my cool and let it go.

AGREE      DISAGREE

3. I share my feelings openly with others.

AGREE      DISAGREE

4. After a stressful day at work, I relax by going within and self-reflecting rather than watching TV, browsing social media, or having a drink.

AGREE      DISAGREE

5. I am optimistic and can always find the good in every situation.

AGREE      DISAGREE

6. I smile often.

AGREE      DISAGREE

7. I go out of my way and do nice things for others often.

AGREE      DISAGREE

8. I often pay attention to and acknowledge the subtle beauties of life.

AGREE      DISAGREE

9. I am grateful for what I have and often think about how great my life is.

AGREE      DISAGREE

# How Happy Are You?

10. When I don't feel good, I go shopping and buy something new.

AGREE      DISAGREE

11. When someone is mean to me, I get really affected by it.

AGREE      DISAGREE

12. I tend to get angry or impatient when things don't go my way.

AGREE      DISAGREE

13. Life is a lot more fun with alcohol or drugs.

AGREE      DISAGREE

14. Bad things always happen to me and life seems really hard.

AGREE      DISAGREE

15. I have a hard time staying positive when I am stressed.

AGREE      DISAGREE

16. I always try to get the newest product on the market.

AGREE      DISAGREE

17. I tend to take other people's opinions of me to heart.

AGREE      DISAGREE

18. I follow the latest fashion trends.

AGREE      DISAGREE

19. I have a lot of things in my house that I don't wear or use.

AGREE      DISAGREE

20. I have a tendency to buy more than I need.

AGREE      DISAGREE

# How Happy Are You?

21. I have a tendency to eat unhealthy foods because they are so delicious.

AGREE      DISAGREE

22. I would be happier if I had a bigger house or more money.

AGREE      DISAGREE

23. I hold grudges and do not forgive easily.

AGREE      DISAGREE

24. I complain a lot about things that annoy me.

AGREE      DISAGREE

25. When someone hurts my feelings, I have a hard time seeing things from their perspective.

AGREE      DISAGREE

## SCORING:

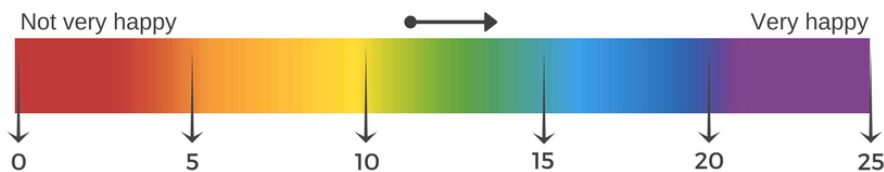
ADD UP HOW MANY AGREE'S YOU HAVE FOR #1-9 \_\_\_\_\_

ADD UP HOW MANY DISAGREE'S YOU HAVE FOR #10-25 \_\_\_\_\_

TOTAL HAPPINESS SCORE: \_\_\_\_\_

## SEE WHERE YOU ARE ON THE HAPPINESS SCALE!

### *The happiness scale*



This is just a general scale to gauge where you are so that you can make necessary changes and improvements. **If you scored between 0-9**, I would highly recommend self-reflecting and trying to uncover what is holding you back from being truly happy. **If you scored between 10-14**, you're on the right track, but I would still spend time identifying unhealthy habits that are hindering you. **If you scored between 15-19**, you are definitely headed in the right direction; keep up the positive thinking! **If you scored 20 or higher**, you are owning your power and choosing happiness whenever you can. Congrats to you!

Thanks for taking the quiz! Check out <http://www.followyourownrhythm.com/> for more resources!