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:
   
   ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________