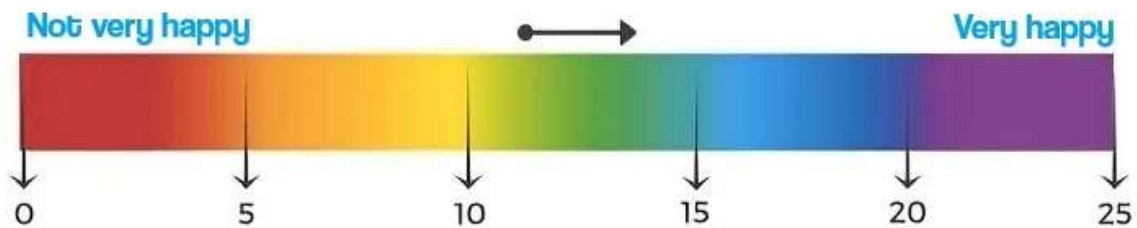


#	Question	Agree	Disagree
1	I spend a lot of my free time doing things that fulfill me.		
2	When someone cuts me off in traffic, I keep my cool and let it go.		
3	I share my feelings openly with others.		
4	After a stressful day at work, I relax by doing within and self-reflecting rather than watching TV, browsing social media, or having a drink.		
5	I am optimistic and can always find the good in every situation.		
6	I smile often.		
7	I go out of my way and do nice things for others often.		
8	I often pay attention to and acknowledge the subtle beauties of life.		
9	I am grateful for what I have and often think about how great my life is.		
10	When I don't feel good, I go shopping and buy something new.		
11	When someone is mean to me, I get really affected by it.		
12	I tend to get angry or impatient when things don't go my way.		
13	Life is a lot more fun with alcohol or drugs.		
14	Bad things always happen to me and life seems really hard.		
15	I have a hard time staying positive when I am stressed.		
16	I always try to get the newest product on the market.		
17	I tend to take other people's opinions of me to heart.		
18	I follow the latest fashion trends.		
19	I have a lot of things in my house that I don't wear or use.		
20	I have a tendency to buy more than I need.		
21	I have a tendency to eat unhealthy foods because they are so delicious.		
22	I would be happier if I had a bigger house or more money.		
23	I hold grudges and do not forgive easily.		
24	I complain a lot about things that annoy me.		
25	When someone hurts my feelings, I have a hard time seeing things from their perspective.		

Scoring:

- Add up how many AGREE'S you have for questions #1-9 _____
- Add up how many DISAGREE'S you have for questions #10-25 _____
- Total Happiness Score: _____

See where you are on the happiness scale:



- Score **20 or higher**. You own your strengths and choose happiness whenever you can. Congratulations!
- Score **between 15-19**. You are headed in the right direction. Keep up the positive thinking!
- Scored **between 10-14**. You're on the right track, but may spend time identifying unhealthy habits that hinder your happiness.
- If you scored **between 0-9**. You're not quite happy. I suggest self-reflection to uncover what holds you back from being truly happy. Consult a psychologist to get a clearer picture.

Disclaimer: This is just a general scale to find out where you are in terms of happiness, so you can make necessary changes and improvements.