

Happiness Assessment

From *Don't Stop Now: Making the Most of the Rest of Your Life*
Jan Fishler & Elle Gianforte



This assessment addresses areas of your life that contribute to your overall happiness. Think about each statement and then rate it on a scale of 1 to 10. A rating of 1 means “This isn’t even remotely true” and 10 means “OMG! It’s like you know me!” The numbers you choose are indicators of your emotional and physical state, and they may vary a bit from day to day. For now, choose the number that best reflects your feelings when you take the assessment.

You might be pleasantly surprised at how much you’ve accomplished and how good you feel about your life.

The goal of this assessment is to identify areas where you can make improvements. By completing the assessments with an honesty that is usually reserved for a wine-fueled evening with your best friend, you just might emerge with a clearer picture of your life, where it seems to be headed, and whether you want to shift course. If all your assessments on a specific topic are in the 9 to 10 range, clearly you are a rock star in that arena of your life. If you fall at the lower or middle end of the spectrum, there’s work that can be done to make your situation better. It’s completely up to you.

PHYSICAL HEALTH

My physical health is good. I can do just about anything and everything I want to do.

1 2 3 4 5 6 7 8 9 10

Although I have some limitations due to a chronic health condition, I know how to work around them.

1 2 3 4 5 6 7 8 9 10

Fitness is an important part of my life and I exercise regularly.

1 2 3 4 5 6 7 8 9 10

I eat healthy, natural foods.

1 2 3 4 5 6 7 8 9 10

I do not drink more alcohol than I should.

1 2 3 4 5 6 7 8 9 10

I do not smoke.

1 2 3 4 5 6 7 8 9 10

EMOTIONAL WELLBEING

I am basically a happy and productive person.

1 2 3 4 5 6 7 8 9 10

When I have problems, I ask for help from a trusted friend.

1 2 3 4 5 6 7 8 9 10

When I am depressed or anxious, I am willing to talk about it.

1 2 3 4 5 6 7 8 9 10

If negative emotions get the best of me for more than a month or so, I seek professional help from a therapist.

1 2 3 4 5 6 7 8 9 10

I make an effort to spend time with people who have a positive outlook on life, because I know it's contagious.

1 2 3 4 5 6 7 8 9 10

I look forward to the future and all it might offer me.

1 2 3 4 5 6 7 8 9 10

FINANCES

I have enough money to live well into my eighties and beyond.

1 2 3 4 5 6 7 8 9 10

The amount of money I have going out does not exceed the amount of money I have coming in.

1 2 3 4 5 6 7 8 9 10

I am confident that my money is being managed competently.

1 2 3 4 5 6 7 8 9 10

I have no debt and I own my own home.

1 2 3 4 5 6 7 8 9 10

I have enough money to leave something to my children, friends, or charities.

1 2 3 4 5 6 7 8 9 10

I am satisfied with my ability to handle money and I am pleased with my financial situation.

1 2 3 4 5 6 7 8 9 10

RELATIONSHIPS

I live in the same area where I grew up, and I am surrounded by my adult children, their families, and friends I've known since kindergarten.

1 2 3 4 5 6 7 8 9 10

I live in a close-knit community with lots of friends and emotional support.

1 2 3 4 5 6 7 8 9 10

I have a life partner who is healthy, and we have a strong social network.

1 2 3 4 5 6 7 8 9 10

I live alone, but I am actively involved in my community/place of worship/meditation group/spiritual group.

1 2 3 4 5 6 7 8 9 10

**I have many interests and hobbies, as well as people to share them with.
I seem to make new friends wherever I go.**

1 2 3 4 5 6 7 8 9 10

HABITS

I have more good habits than most people I know, and I am always trying to make better choices.

1 2 3 4 5 6 7 8 9 10

I am willing to look honestly at my behaviors to identify and change anything that is causing pain or dysfunction in my life or the lives of others.

1 2 3 4 5 6 7 8 9 10

If I can't change a particular behavior on my own, I get the help and support I need.

1 2 3 4 5 6 7 8 9 10

I understand how important it is to stop repeating destructive and/or annoying patterns, and I do my best to contain them.

1 2 3 4 5 6 7 8 9 10

I apologize when my behavior offends or harms someone.

1 2 3 4 5 6 7 8 9 10

I accept the consequences for any and all of my actions.

1 2 3 4 5 6 7 8 9 10

LEARNING SOMETHING NEW

I am a voracious reader of both fiction and nonfiction. I'm in the Mensa society (or should be!) and could win "Jeopardy" with the greatest of ease.

1 2 3 4 5 6 7 8 9 10

I have many interests, and I regularly read magazines and journals on a variety of topics.

1 2 3 4 5 6 7 8 9 10

I spend about an hour each day reading new information online.

1 2 3 4 5 6 7 8 9 10

**I often enroll in online classes as well as classes at my local community college.
I frequently visit my local public library.**

1 2 3 4 5 6 7 8 9 10

My idea of the perfect vacation is to visit a place where I can learn about other cultures.

1 2 3 4 5 6 7 8 9 10

GIVING BACK

I regularly donate to charity, and most of my family members and friends say I'm a very giving person.

1 2 3 4 5 6 7 8 9 10

I offer my time freely and always feel good about it.

1 2 3 4 5 6 7 8 9 10

**Kind words, hugs, and showing appreciation and gratitude come easily to me.
I have no problem finding ways to be helpful to family members and friends.**

1 2 3 4 5 6 7 8 9 10

I seek out ways to give back to my community.

1 2 3 4 5 6 7 8 9 10

If I see a situation where I can be of help—and I have the time and energy to jump in—I volunteer without waiting to be asked.

1 2 3 4 5 6 7 8 9 10

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Don't Stop Now: Making the Most of the Rest of Your Life contains suggestions and steps you can take to up your score. You can also contact me, Jan Fishler, for Happiness Coaching.
www.JanFishler.net/coaching.

52 Ways to Be Happy: from the inside out

1. Accept What Is
2. Speak Your Truth
3. Be Clear About What You Want
4. Dare to Be Yourself
5. Stop Judging
6. Move Your Body
7. Eat Healthy Food
8. Meditate
9. Be Part of a Community
10. Take a Break
11. Give What You Can
12. Be Passionate about Something
13. Get a Dog or Cat—or Even a Horse
14. Keep Learning
15. Develop Good Habits
16. Spend Time in Nature
17. Take Care of a Plant
18. Listen to Music
19. Stop Complaining
20. Have Fun
21. Avoid Toxic People
22. Tidy Up
23. Get a Good Night's Sleep
24. Apologize and Forgive
25. Be Grateful
26. Create and Respect Boundaries
27. Laugh and Smile
28. Develop Compassion
29. Be Flexible
30. Be Curious
31. Tell the Truth
32. Be Patient
33. Trust Your Intuition
34. Be Optimistic
35. Imagine Possibilities
36. Ask for What You Need
37. Respect Yourself and Others
38. Read Uplifting Books
39. Live a Balanced Life
40. Drink Responsibly
41. Be Kind
42. Cultivate Resilience
43. Be Aware of Your Energy
44. Spend Time with Happy People
45. Maintain or Create Traditions
46. Avoid Drama
47. Live in the Present
48. Evolve and Grow
49. Do What You Love
50. Take Chances
51. Appreciate How Far You've Come
52. If Necessary, Rewrite Your Story