

## MEASURING HAPPINESS

Take a look at the following statements and indicate how much you agree or disagree with each one according to this scale:

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = slightly disagree
- 4 = slightly agree
- 5 = moderately agree
- 6 = strongly agree

You can write them on a separate sheet of paper if you wish, but do ensure that you write down the question number too.

1. I feel that life is very rewarding. \_\_\_\_\_
2. I often laugh. \_\_\_\_\_
3. I do not think that the world is a particularly good place. ® \_\_\_\_\_
4. I have warm feelings towards almost everyone. \_\_\_\_\_
5. I do not feel optimistic about the future. ® \_\_\_\_\_
6. I am able to deliberately find time for everything that I want to do. \_\_\_\_\_
7. When I think of my past, it is mostly the bad memories that I remember. ® \_\_\_\_\_
8. I enjoy life, regardless of what is going on. \_\_\_\_\_
9. I don't tend to have much fun with other people. ® \_\_\_\_\_
10. I get the most out of everything. \_\_\_\_\_
11. If I could live my life over again, I would not change very much. \_\_\_\_\_
12. I do not feel especially pleased with the way that I am. ® \_\_\_\_\_
13. Compared to most of my peers I consider myself to be happier than them. \_\_\_\_\_
14. It is rare for me to wake up feeling rested. ® \_\_\_\_\_
15. I feel that there is a gap between what I would like to do and what I have done. ® \_\_\_\_\_
16. In general I consider myself to be quite a happy person.
17. I feel that my direction in life is controlled by other people. ® \_\_\_\_\_
18. I find it relatively easy to make decisions. \_\_\_\_\_
19. If I attend a social function, I often feel I would rather be almost anywhere else. ® \_\_\_\_\_
20. I have a good sense of meaning and purpose in my life. \_\_\_\_\_

Now that you have some figures, you need to do a little bit of work with them. Some of the questions need what's called Reverse Coding. Which means you change a 6 into a 1, 5 into a 2, 4 into a 3, 3 into a 4, 2 into a 5 and 1 into a 6. Questions 3,5,7,9,12,14,15,17 and 19 have an ® next to them to indicate that they need reverse coding.

Done that? Good. Now tot up the score. It will be somewhere between 20 and 120. The higher the score, the happier you currently think of yourself. The average happy person scores about 80 with the more enthusiastic types around 90.

Return to this questionnaire periodically and see what changes you can make.