

Name _____ Date _____

How Happy Are You With Your Life Currently?

Rate your happiness.

Unhappy/Unfulfilled

Happy/Fulfilled

1	2	3	4	5	6	7	8	9	10

"Happiness doesn't depend on what we have, but it does depend on how we feel towards what we have. We can be happy with little and miserable with much."

—William Hoard

How Happy Are You In These Areas of Life Currently?

Rate your happiness in the following areas of your life.

Unhappy/Unfulfilled

Happy/Fulfilled

	1	2	3	4	5	6	7	8	9	10
Health & Fitness										
Family Relationships										
Friendships										
Spiritual										
Financial										
Career/Business										
Learning/Growth										
Fun/Recreation										
Living Environment										
Other: _____										

"If you don't like something, change it. If you can't change it, change your attitude."

—Maya Angelou

CONTINUED →

What Can You Do to Increase Happiness and Purpose in Your Life?

Write down three areas of life (1. 2. 3.) that you feel when improved will increase your happiness and reduce stress the quickest. Choose from the following categories: *Health & Fitness, Family, Friendships, Spiritual, Financial, Career/Business, Learning/Growth, Fun/Recreation, Living Environment, Other.*

Then, for each area of life you listed, write down three things (a. b. c.) you feel you can work towards changing and/or accomplishing that will help increase happiness and purpose and reduce stress.

1. _____

a. _____

b. _____

c. _____

2. _____

a. _____

b. _____

c. _____

3. _____

a. _____

b. _____

c. _____

"THE FIRST STEP TOWARDS GETTING SOMEWHERE IS TO DECIDE THAT YOU ARE NOT GOING TO STAY WHERE YOU ARE."