

Transforming challenges into growth & success

HAPPINESS SCALE

Circle the point on the scale that	you feel best describes	you. (1 = Least	, 7 = Most)
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In general, I	consider	mvself:
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1	2	3	4	5	6	7
Not very						Very
happy						happy

Compared to most of my peers, I consider myself:

1	2	3	4	5	6	7
Less						More
happy						happy

Some people are generally very happy, they enjoy life regardless of what is going on getting the most out of everything. To what extent does this describe you?

1	2	3	4	5	6	7
Not						A great
at all						deal

Some people are generally not very happy, although they are not depressed, they never seem as happy as they might be. To what extent does this describe you?

1	2	3	4	5	6	7
Not						A great
at all						deal

Total your answers. The average score is 19.2. Two thirds of people score between 15.2 and 23.2.

Scale devised by Sonja Lyubomirsky, Associate Professor of Psychology at the University of California at Riverside.