



Journey To Real Vision

HAPPINESS #2 QUIZ

Use this quiz to understand how happy you are in your life. Using the scale below, rate the response that best represents your relationship with the statements:

3 = Agree

2=Maybe

1=Disagree

- I feel that my life is very rewarding
- I have loving feelings towards everyone
- I always wake up feeling rested
- I find the beauty in all things
- I have a positive effect on others
- I am mentally alert
- I often experience joy
- I have a great deal of energy
- I am considered very healthy
- I easily make decisions

SCORE:

21-30 You are doing a great job at being happy in your life. Keep up the amazing work!

11-20 You could do more things in your life to experience more happiness. Continue working on the courses available. Take small steps each day to being more fulfilled and happier.

1-10 You are struggling with being happy. You could benefit from coaching.