



Journey To Real Vision

HAPPINESS 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 am an animal person and love having them around me
- I enjoy my solitude
- I feel energized after I exercise
- I believe my job is fulfilling
- I am truly connected in my romantic relationship
- I feel at peace and relaxed when I am in nature
- I smile and laugh often
- I have many fun hobbies in my life
- I enjoy caring for others
- I love myself

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.