

Date:

Hey love let's see where we are today and how we feel! This Questionnaire inspired by the Oxford Happiness Survey will help us track the process of Choosing happy and our work together with me as your Happy Helper.

Below are a number of statements about happiness. Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale:

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

Please read the statements carefully, because some are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "wrong" answers (and no trick questions). The first answer that comes into your mind is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

- 1. I don't feel particularly pleased with the way I am. \_\_\_\_\_
- 2. I am intensely interested in myself and I feel ok with it. \_\_\_\_\_
- 3. I feel that life is very rewarding. \_\_\_\_\_
- 4. I have very warm feelings towards almost everyone. \_\_\_\_\_
- 5. I rarely wake up feeling rested. \_\_\_\_\_
- 6. I am optimistic about the future. \_\_\_\_\_
- 7. I find most things amusing. \_\_\_\_\_
- 8. I am always committed and involved and focused. \_\_\_\_\_
- 9. Life is good for with automatically. \_\_\_\_\_
- 10. I do not think that the world is a good place. \_\_\_\_\_

