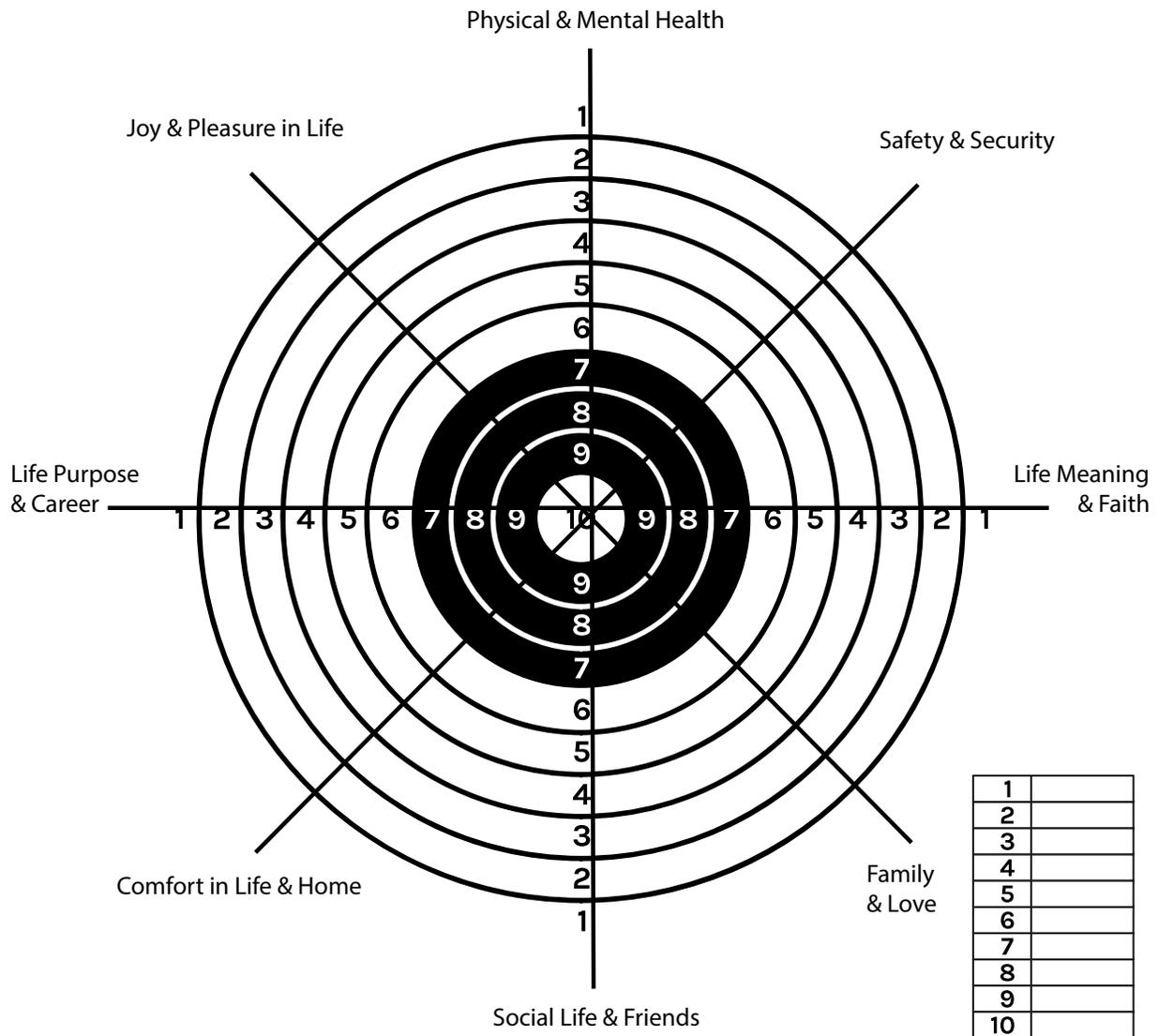


# Your Target for Happiness



So how happy are you? Take this simple and subjective assessment we created for you that examines your beliefs about happiness in eight areas. For each of the eight happiness topic keyword phrases listed below rate yourself on a scale of 1-10 with one being the lowest or “Not Happy at All” and 10 being “Very Happy”. These are very broad categories so just work quickly and write in your answer about your first impression of how happy or satisfied you are in each of these general categories.

- \_\_\_\_\_ Physical & Mental Health
- \_\_\_\_\_ Safety & Security
- \_\_\_\_\_ Life Meaning & Faith
- \_\_\_\_\_ Family & Love
- \_\_\_\_\_ Social Life & Friends
- \_\_\_\_\_ Comfort in Life & Home
- \_\_\_\_\_ Life Purpose & Career
- \_\_\_\_\_ Joy & Pleasure in Life

After you have rated each category, plot them on the target along the axis for each category. As with our shooting targets a perfect 10 is the bullseye. How’s your grouping? This exercise is only for your use and no one else needs to see it. Use this “target” to continually measure your own simple and subjective assessment of your own happiness in these eight categories. If your score for one or more category, or your grouping of all the categories, is not to your liking this will give you some guidance on where to focus your efforts for self improvement.