HAPPINESS ASSESSMENT

Name:_____________________________________

Date:_______________________________________

Pleasure:

These are my favorite foods:
____________________________________________
____________________________________________

These are the things I like to do when I want to totally relax:
____________________________________________
____________________________________________

If I want to go somewhere where I can just enjoy myself without thinking about anything, this is where I like to go:
____________________________________________
____________________________________________

My favorite TV shows are:
____________________________________________
____________________________________________

My favorite movies are:
____________________________________________
____________________________________________
Engagement:
My real hobbies are:

______________________________________________
______________________________________________

My favorite activities are:

______________________________________________
______________________________________________

When I want to play a game I usually want to play:

______________________________________________
______________________________________________

My favorite game is:

______________________________________________
______________________________________________

My favorite sport is:

______________________________________________
______________________________________________

The kind of art or craft that I like to do is:

______________________________________________
______________________________________________

I am really good at:

______________________________________________
______________________________________________
I am happiest when I am doing this (an activity): 

___________________________________________

Positive Relationships:

The people that are care about are:

______________________________________________

______________________________________________

My friends’ names are:

______________________________________________

______________________________________________

What I like to do most with my friends is:

______________________________________________

______________________________________________

What I would like most for a relationship with another person is:

______________________________________________

______________________________________________

The qualities I like the most in another person are:

______________________________________________

______________________________________________

What my friends like the most about me is:

______________________________________________

______________________________________________
Achievement:
What I am proudest of doing in my lifetime so far is:
_________________________________________________________________
_________________________________________________________________
What I like to tell people that I have done in my life is:
_________________________________________________________________
_________________________________________________________________
What I sometimes can’t even believe I’ve done is:
_________________________________________________________________
_________________________________________________________________

Meaning:
I know that I make a difference in some people’s lives. These are the people whose lives I make a difference in:
_________________________________________________________________
_________________________________________________________________
I am very proud of some of the things I do in the world. This is what I am proud of:
_________________________________________________________________
_________________________________________________________________
If I died I would want people to remember this about me:
______________________________________________
______________________________________________

Here are the things that I would feel good about having done in this life while I was alive:
______________________________________________
______________________________________________

The activity I feel best about doing every day is:
______________________________________________
______________________________________________

What people appreciate the most about me is:
______________________________________________
______________________________________________

I know that I make a difference in the world because:
______________________________________________
______________________________________________