

## Happiness Assessment

Individual Assessment:

Pleasure:

1. These are my favorite foods:

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2. These are the things that I like to do when I want to totally relax:

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3. If I want to go somewhere where I can just enjoy myself without thinking about anything this is where I like to go: \_\_\_\_\_

4. My favorite TV shows are:

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5. My favorite movies are:

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**Engagement:**

1. My real hobbies are:

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2. My favorite activities are:

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

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4. My favorite game is:

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5. I would like to learn how to play:

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6. My favorite sport is:

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

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8. I am really good at:

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9. I am happiest when I am doing this: (an activity)

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10. What I really wish that staff would let me do more is:

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**Meaning**

1. I know that I make a difference in some people's lives. These are the people whose lives I make a difference in:

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2. I am very proud of some of the things I do in the world. This is what I am proud of:

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3. If I died I would want people to remember this about me:

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4. Here are the good things that I would feel good about having done while I was alive:

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5. The activity that I feel best about doing every day is:

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6. What people appreciate most about me is:

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7. I know that I make a difference in the world because I:

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