HAPPINESS FITNESS SCALE

DATE:

SCORE:



1) In general, I consider myself:

not a very happy person

- 3 4 5 a very happy person
- 2) Compared with most of my peers, I consider myself:

less happy

more happy

3) Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

not at all

3 4 5 6

a great deal

4) Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

a great deal

not at all

CALCULATING YOUR SCORE

Total #1____ + #2___ + #3___ + #4___ = ___ divided by 4 = __

Your score will fall between 1 and 7; the average score runs between 4.5 and 5.5.