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 I 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:

______________________________________________

______________________________________________