# Happiness Habits Assessment Tool

Name: _____

Date: _____

**Note:** This assessment is intended to get a realistic picture of where your happiness habits are now so we can create a plan together that will best help you. There are no right or wrong answers. You cannot fail this test! While it's natural to want to portray our habits as better than they actually are, it's important to be as honest as possible.

Rate each of the following happiness habits on a scale of 1 to 5:

**1 = being never**

**2 = being rarely (less than once a week)**

**3 = being sometimes (once or twice a week)**

**4 = being often (a few times a week)**

**5 = being always (daily)**

## Happiness Creating Habits Criteria

| | | | | | |
|---|---|---|---|---|---|
| Write down things I'm grateful for | 1 | 2 | 3 | 4 | 5 |
| Journal my thoughts and feelings | 1 | 2 | 3 | 4 | 5 |
| Praise or encourage myself | 1 | 2 | 3 | 4 | 5 |
| Listen to music to feel or shift my mood | 1 | 2 | 3 | 4 | 5 |
| Meditate for at least five minutes | 1 | 2 | 3 | 4 | 5 |
| Practice deep breathing exercises | 1 | 2 | 3 | 4 | 5 |
| Get or give hugs to a loved one | 1 | 2 | 3 | 4 | 5 |
| Workout for at least 30 minutes *(walk, run, weights, yoga, etc.)* | 1 | 2 | 3 | 4 | 5 |
| Eat my meal without any tech distractions | 1 | 2 | 3 | 4 | 5 |
| Eat at least 5 servings of fresh or frozen fruits or vegetables | 1 | 2 | 3 | 4 | 5 |
| Drink at least 8 glasses of water | 1 | 2 | 3 | 4 | 5 |
| Go to bed on time and get at least 7.5 hours of sleep | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|---|---|---|---|---|
| Wake up without hitting snooze | 1 | 2 | 3 | 4 | 5 |
| Read for enjoyment *(not work)* | 1 | 2 | 3 | 4 | 5 |
| Dance, sing *(can be in the shower!)*, or play a musical instrument | 1 | 2 | 3 | 4 | 5 |
| Get outdoors and look at green plant life with intention | 1 | 2 | 3 | 4 | 5 |
| Act creatively for fun *(writing, drawing, baking, cooking, etc.)* | 1 | 2 | 3 | 4 | 5 |
| Spend time with someone I love or care about | 1 | 2 | 3 | 4 | 5 |
| Do something that is meaningful *(at work, home, or other)* | 1 | 2 | 3 | 4 | 5 |
| Work towards a long-term dream or life goal | 1 | 2 | 3 | 4 | 5 |
| **Total for Happiness Creating Habits** *(Max score of 100 possible):* | | | | | |

**<u>Happiness Detracting Habits</u>**

| | | | | | |
|---|---|---|---|---|---|
| Call myself unkind names *(stupid, lazy, etc.)* | 1 | 2 | 3 | 4 | 5 |
| "Should" myself *("I should have… I shouldn't have…")* | 1 | 2 | 3 | 4 | 5 |
| Spend time regretting past decisions | 1 | 2 | 3 | 4 | 5 |
| Place my happiness outside of myself *("If I just got that job/boyfriend/girlfriend/house/made more money, I'd be happy")* | 1 | 2 | 3 | 4 | 5 |
| Eat foods high in refined sugar | 1 | 2 | 3 | 4 | 5 |
| Go to bed later than I want to | 1 | 2 | 3 | 4 | 5 |
| Have trouble getting out of bed | 1 | 2 | 3 | 4 | 5 |
| Spend time with people who I don't like *(outside of work)* | 1 | 2 | 3 | 4 | 5 |
| Drink more than one cup of a caffeinated beverage | 1 | 2 | 3 | 4 | 5 |
| Drink alcoholic beverages to cope with stress | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|---|---|---|---|---|
| Buy things mindlessly to feel better *("Retail Therapy")* | 1 | 2 | 3 | 4 | 5 |
| Go to bed feeling angry | 1 | 2 | 3 | 4 | 5 |
| Go to bed in a room that is cluttered or messy | 1 | 2 | 3 | 4 | 5 |
| Go to bed feeling my home is cluttered or messy | 1 | 2 | 3 | 4 | 5 |
| Put off something important to me *(work or personal)* | 1 | 2 | 3 | 4 | 5 |
| Spend more than 2 hours on social media | 1 | 2 | 3 | 4 | 5 |

**Total for Happiness Creating Habits**
*(Max score of 80 possible):* _____