

## HAPPINESS RATING SCALE QUIZ

You can rate your sense of Subjective Well Being (SWB) or happiness by taking this brief quiz. The quiz will help you to become more aware of the positives in your life and pinpoint desirable changes. Knowing your current level of happiness and realizing areas in need of improvement will enable you to increase your SWB and lead a fuller, more satisfying life.

**Instructions:** Answer true or false to each question. When you are finished, add the total number of true responses and compare your total to the scoring chart.

1. **(T) (F)** I am basically happy with who I am.
2. **(T) (F)** I have plenty of good relationships.
3. **(T) (F)** I am happy with my educational level.
4. **(T) (F)** I am friendly and outgoing.
5. **(T) (F)** I am mostly positive about the present and optimistic about the future.
6. **(T) (F)** I seek new experiences.
7. **(T) (F)** I live in a country where my individual rights are protected, and I have ample access to services.
8. **(T) (F)** I feel I'm always learning and growing.
9. **(T) (F)** I listen as much as I talk.
10. **(T) (F)** I have good health or take care of my health needs as best I can.
11. **(T) (F)** I am making progress toward my dreams.
12. **(T) (F)** I enjoy being alone at times.
13. **(T) (F)** I feel connected to something greater than myself (my Higher Power, the cosmic universe, nature, etc.)
14. **(T) (F)** I enjoy good relationships with family members.
15. **(T) (F)** I am happily married or in a happy romantic relationship.
16. **(T) (F)** I always try to learn from and correct my mistakes.
17. **(T) (F)** I feel a deep sense of gratitude for my blessings.
18. **(T) (F)** I apologize when I should and offer forgiveness when needed.
19. **(T) (F)** I don't tend to hold grudges.
20. **(T) (F)** I believe giving is more precious than receiving.
21. **(T) (F)** In general, I see the world as a good enough place.
22. **(T) (F)** Although I am not perfect, I respect myself.
23. **(T) (F)** When others around me are pessimistic, I find a way to be positive and optimistic.
24. **(T) (F)** I try to find the good in others, and I realize everyone has faults.
25. **(T) (F)** I am good at finding the silver lining in any cloud.
26. **(T) (F)** I love to let go and have fun.
27. **(T) (F)** I am aware of the many good deeds others do for me and say "thank you" often.
28. **(T) (F)** I often go out of my way to make other people feel good.
29. **(T) (F)** I take care of myself (manage stress and get plenty of rest and relaxation) without feeling guilty about it.
30. **(T) (F)** I do not blame others for my disappointments or failures.

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## Scoring Chart

**26 - 30 items true** – you are happy and fulfilled

**22 - 25 items true** – you are basically happy

**18 - 21 items true** – you are sometimes happy

**Less than 18 items true** – genuine happiness may be eluding you

## Tips and Suggestions

Make note of the items you answered false, and think about ways to improve each area. Prioritize areas in need of improvement, and begin making changes in a few. Some people find it easier to work on one item at a time.

Improving your relationships (with others and yourself) will always result in greater happiness. Taking an outgoing and optimistic approach to life helps, too. Leading a balanced life, going after your dreams and finding meaning and purpose in your work are helpful.

A happier life is right around the corner.

If you need more help, check into my happiness coaching programs, happiness articles and happiness eBook.

<http://www.happy-relationships.com>

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