



The Happiness Factor: Do You Have What it Takes?

Recent studies indicate that people who consider themselves to be happy usually have ten common variables in their life:

1. Family and Friends

- a. I would describe my family as (mostly positive, mostly negative, close, distant)
- b. I spend time with family (very little, regularly, very often)
- c. Describe your friendships (no friends, a few close friends, many friends) and how close they are to you (supportive, talk often or only when you really need them)
- d. One thing I could do to improve my relationship with family is (talk more, spend more time, call them once in a while)

2. Speak Up for Yourself

- a. Do you feel that you are submissive, assertive, or aggressive?
- b. One thing I could work on in order to assert my feelings about better is:

3. Music

- a. I enjoy listening to music (everyday, pretty often, never get a chance) -

4. Gratitude

- a. I am grateful for:
- b. I could show myself and those around me more gratitude by:



5. Love, Compassion and Affection

- a. The last time I told/showed someone that I truly care for them was by:

6. Self-Care

- a. When it comes to my health I feel I am (not that healthy, in good shape) –
- b. One thing I could do to improve this would be to:

7. Patience

- a. I lose my patience when:

8. Optimism

- a. My Favorite quality about myself is:
- b. My general outlook is (positive, negative)

9. Passion

- a. I am passionate about:
- b. Something I want to learn more about in the future:

10. Forgiveness

- a. One thing I regret doing in the past is:
- b. One thing I have not forgiven someone for doing is: