



HAPPINESS INVENTORY

1) I actively set an intention to be happy?

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

The journey to finding happiness begins with the simple but important step of setting a clear intention. Although we all want to be happy, most of us don't place an explicit wish for that at the center of our lives. We think that if we achieve our goals and are successful, rich or popular enough, happiness will come. But these are roundabout ways to get happiness, and they don't necessarily work. Research shows that truly happy people do not necessarily lead charmed lives; instead their happiness is a result of setting a deliberate intention to be happy.

Tips for choosing happiness

- Rather than start the day worrying about things you have no control over, put your energy into formulating an intention for the day by saying something like *"Let's make this a happy day."*
- Visualise the day flowing perfectly, see all you have planned unfolding the way you wish it to, see yourself gliding effortlessly through your positive day.
- When doing domestic tasks, ask yourself *"How could I make this routine task more easy, fun or enjoyable?"* Use music, singing or dancing to create a happy atmosphere, or mindfulness to enjoy the sounds sights and smells.
- At work set a timer and when it chimes ask yourself *"What would make me happy right now?"* This helps you engage in a creative exploration of your options and choices in each moment.
- Have strategically placed cards that remind you of your intention. Something like *"What's wonderful about this moment?"*

[Get in touch](#) to stop chasing happiness and start choosing happiness.

2) I like and accept myself

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

A study has found that the habit which most corresponded with being happy was self-acceptance. Unfortunately self-acceptance was also the "happiness habit" that most people practice the least.

When we develop a basic kindness towards ourselves, we not only learn to accept the difficult parts, but in the process embrace our humanity and see more clearly the beauty that's inside of us. We become less preoccupied with being "good enough" and allow our goodness and true nature to shine through.

Also the more we are able to love, understand and accept ourselves the more we are able to do the same for others. As rewarding relationships also have a significant influence on our happiness, it is worth cultivating a better relationship with yourself, so that you also improve the way you relate to others.

Tips to cultivating self -acceptance

- Drop unfavourable comparisons to others.
- Ask a trusted friend or colleague to tell you what your strengths, are or what they value about you.
- Be as kind to yourself as you are to others.
- Forgive yourself and see your mistakes as opportunities to learn.
- Notice and focus on the things you do well, however small.
- Rather than withhold self-love until you have fixed your flaws, give yourself the kind of unconditional love you extend to others despite their shortcomings.
- Let go of unrealistic ideals and expectations about how you "should" be, and accept yourself as you are.

[Get in touch](#) to develop a kind and accepting relationship with yourself. You could well fall in love.....WITH YOURSELF!

3) My most important relationships get the most of my attention.

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

We are social creatures and are happiest when we are in relationship. One of the clearest findings in happiness research is that we need each other in order to thrive and be happy, and that loving, rich relationships are crucial to our well being. While creating happiness for ourselves is mostly an inside job, relationships are the one external factor that can have a big impact on our feelings of happiness.

Good relationships are buffers against the damaging effects of life's let downs. We all need to feel a sense of belonging, a place where it is safe to be you and where we are loved and accepted just as we are. Some of us are lucky and get this within our families, but a lot of us need to create it for ourselves through rewarding friendships and social or spiritual groups.

Tips for building rewarding relationships

- Remind yourself daily that giving time and attention to your close relationships is a worthwhile happiness investment.
- Discover what makes others happy and do more of that for them.
- Find and focus on the positive qualities of those close to you.
- The best relationships are based on giving not getting, so be the friend you would most like to have.
- In disagreements care more about making the relationship right, than being right or winning
- Limit your use of technology, and ring or visit those who matter,
- Express your appreciation and love to those that you care about.
- Ask your loved ones what makes them feel loved and supported.
- Listen with your full attention, so others feel fully seen and heard.
- Cultivate meaningful conversations. Instead of discussing the weather, have the courage to express your true feelings and talk about the things that really matter to you

Great relationships don't happen by magic [get in touch](#) to learn how to enjoy more intimate meaningful connections with others.

4) I know who I am and what makes me happy.

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

Happy people look deeply within themselves to understand what makes them uniquely happy. Once they understand what they need, happy people make it a non-negotiable priority to schedule those things into their lives.

When you forget who you are, you begin to search for happiness outside of yourself. You get caught up in watching everyone else, and let that influence you so that you lose your inner compass.

The more you know who you are, and what matters to you and the more you live in alignment with this knowledge the happier you will be.

Tips for leading an authentic life

- Reflect on the question, “*When am I at my happiest?*”
- Create a list of activities that nourish your body, and heart. Include a range of activities that vary in time, cost, or whether you do alone or with others. This way you have no excuses not to prioritise at least 2 happiness activities everyday.
- Understand and know who you are and don't compromise your truth to fit in or please others.
- Rather than rely on what others tell you about what “*should*” make you happy, keep looking deeply within yourself to discover what makes you uniquely happy.
- Follow your heart and pay far more attention to what you think than what everyone else thinks.
- Let go of the need to check on what everyone else is doing, and the need to compare what you're doing with everyone else.
- Learn how to disappoint others gracefully, get comfortable with people not liking you, and always strive to be an original thinker.

[Get in touch](#) to explore what it is you love, what inspires you, what you value. Together we can design and create a personal version of what a meaningful, and happy life is for you.

5) I feel grateful for the many blessings in my life.

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

Before you practice gratitude, there can appear to be very little to be grateful for. Once you begin, gratitude can completely transform your view of the world. The more you practice gratitude, the more you will find to be grateful for and the happier and more optimistic you will feel.

The real gift of gratitude is the more grateful you are the more present you become. Practicing gratitude teaches you that the greatest gifts are always available to you here and now!

Tips for developing your gratitude.

- Express gratitude to others, and double the happiness because it uplifts both the giver and the receiver.
- Record 3-5 things you are grateful for each day. It is important to say why you are grateful, and to find new things each day.
- When you are bored or waiting for something, instead of checking your phone look around for something to appreciate.
- On waking give thanks for a healthy functioning body and for sleeping in a safe environment in a comfortable warm bed.
- Before you eat pause and say some version of grace to remember the many factors that have made your meal possible.
- Celebrate the New Year by writing down and feeling gratitude for all the wonderful things that have happened that year.
- Stop rushing through your to do list and take regular breaks to pause and appreciate *“What’s wonderful about this moment?”*
- Celebrate promotions, passing tests, birthday’s anniversaries, or finishing a project, to remind you what’s wonderful about life.
- Appreciate simple pleasures. E.g. a boundlessly waggy dog, a strawberry, a square of dark chocolate, a cup of tea, a good book, a walk with a loved one, the crazy things your child says.

Gratitude is a life changing happiness habit, so [get in touch](#) if you need support in changing a negative unappreciative mindset.

6) I am good at letting go of past hurts and disappointments.

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

Forgiveness is another meta-attitude that makes a big difference to your happiness. Holding onto a grievance is really a decision to keep suffering. If we hold onto the anger and hurt it's like drinking poison and expecting the other person to get sick. Resentment keeps you stuck in the past while forgiveness releases you to move into the present moment and to learn from the past.

Some people struggle to forgive because they think that forgiveness means condoning or pretending that a 'wrong' was 'right'. Also forgiveness does not need to lead to forced reunions, there may be some people you are better never to see or hear from again.

There is no timetable to the process of forgiveness, especially when there has been deep betrayal. However the following tips can help speed that process.

Tips to cultivate forgiveness.

- Make a decision to not to let the past hurts and betrayals dominate your entire existence.
- Keep a journal or write a letter in which you work on letting go resentment towards someone who has hurt or wronged you.
- Instead of rehashing the past, choose to stop upsetting yourself and bring your attention to the present moment.
- Let go of the wish that the other person will understand or suffer for what they have done. They may never understand, or suffer 'enough'. This must cease to be your business.
- Take time to discover what you have learnt from this painful situation, so that you can begin to see the "gifts" in it.
- Don't feed the hurt. Strictly censor how often you talk about the person or the offence.

Forgiveness is the most difficult of the happiness habits, so it makes sense to [get in touch](#) and get support as you take steps to release yourself from the pain of past betrayals.

7) I look after myself and take care of my well-being.

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

Self-care is a huge part of feeling happy. It is a way of honouring and prioritising yourself. It gives yourself the message “I am worth it, I deserve it”.

Good self-care is a mixture of actively doing things that nourish you, and help you feel good about yourself, and deliberately stop doing things that make you feel bad and deplete you.

The better you treat yourself, the better your happiness score will be.

Tips to improve your self-care and well-being.

- Fresh air and nature increase your vitality and aliveness, so go outside instead of having a coffee.
- Get plenty of sleep because it can improve bad moods, anxiety and poor judgement and increase emotional stability.
- Laugh a lot, because a good, old-fashioned chuckle releases happy brain chemicals that help you tolerate pain and stress.
- Increase your happiness when walking by taking long strides, swinging your arms and holding your head high.
- Take regular exercise, as it eases symptoms of depression, anxiety and stress, and boosts the happy hormones (endorphins). It also makes us appreciate our bodies.
- Nourish your emotional wellbeing by spending time in nature, reading inspirational material or listening to soothing music.
- Spend time with people who inspire encourage and uplift you.
- Forgiving your mistakes, and love yourself as you are.
- Cut down on things that damage your heart and soul. Things like violent media, gossiping and complaining conversations.
- Stop saying yes to everyone, cut your to-do list in half, quit trying to please everyone and stop denying your own needs.

[Get in touch](#) and experience the benefits of having nourishing healthy habits and self-care.

8) I am making a meaningful contribution to others or positive difference in the world.

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

Research shows that the most satisfied people were those that had found a way to use their unique combination of strengths and talents to make a difference. These happy people know they are not here just to find happiness; they are here to extend it. They have the self-esteem to feel that what they have to offer is valuable and freely give their advice, wisdom, expertise, skills and physical labour.

They know that giving to others and practicing kindness, thoughtfulness and compassion to others lifts their spirits. Research shows it also benefits the giver by creating a strong sense of community, deeper relationships, better physical health and less depression.

It is ideal if you can find paid work that uses your natural skills, supports your integrity and values, and makes a significant contribution to a cause you believe in. However there are also many other ways you can make a positive difference listed below.

Tips to develop your altruism

- Bring kindness, good humour, eye contact, friendliness and helpfulness to the smallest moments of connections with others.
- Do one or two things for others every day, for which you expect nothing in return.
- Treat the people you encounter (in the, school, shops, gym, and commuting) as real people with the same needs as you.
- Look for ways to share your life wisdom, professional experience, information or resources with others.
- Give strangers a friendly smile or conversation; you can never guess how much this could mean to a lonely person.
- Do someone else's chore or job without even being asked.

[Get in touch](#) if you want support in discovering how you could express the best of who you are to make a positive difference to others.

9) I process setbacks and disappointments in an effective way, and am able to find happiness even in difficult times.

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

Resilience is the ability to transform stressful problems and trauma into something meaningful and important. Resilient people are able to use difficult times to learn about themselves /others /life, make meaningful changes or develop qualities and strengths. It is the ability to get lemons and make lemonade. It is the ability to find joy in difficult times. Resilience is like padding for the inevitable hardship human beings are bound to face.

Tips to develop resilience and optimism

- Understand some rejection is inevitable, and do not take it personally or become a prisoner of your critical thoughts.
- Develop social support as having people to lean on can help you to get back up and try again. **(A life coach is ideal)**
- Notice and appreciate all the little joys and victories, to keep you from thinking “everything” is going wrong.
- Rather than pretend you are not hurting, allow yourself to feel and express it, so that you can move through it.
- After a set back reconnect with your intention or vision, and start again by taking a first baby step in that direction.
- Know that setbacks and challenges can be our most powerful learning opportunities, so look for the lessons by asking *How can I grow from this experience?*

What qualities of character am I being called to develop?

How can I use this event to make me a better person?

What lessons can I learn from this mistake or experience?

If this problem is unlikely to change, how can I enhance other parts of my life?

Remember it is not what happens to you that count's. It is how you react to what happens to you. It is your attitude.

So [get in touch](#) if you want support in developing this vital skill.

10) I am able to focus on the present moment and do not get distracted by thoughts of the past or future.

- Not true (score 2)
- Rarely true (score 4)
- Sometimes true (score 6)
- Mostly true (score 8)
- Very true (score 10)

Being present for your life makes life more rich and meaningful by turning everyday moments into something precious. Being present (Mindfulness) is an important part of being happier, because it allows you to be right where you are, the only place you can ever find true happiness. Being mindful is something you can do throughout the day, all the time, if you remember. Remembering is the trick.

Tips to cultivating mindfulness in everyday life.

- In the morning allow yourself some slow mindful breaths before getting out of bed. Feel each in breath calm your body and each out breath release any tension or thoughts you are holding.
- Try eating breakfast without distractions (reading, listening to the news or talking). If possible eat silently for all or part of your meal. Before you eat, allow yourself to breathe in and out three times and bring your awareness and gratitude to the food.
- Take a few minutes, to notice something enjoyable about the morning. E.g. the sun or rain, the face of a child, a flower, or sounds of the birds or wind.
- While driving be aware of any body tension. Try and dissolve the tension and notice what it feels like to relax and drive. Try driving without the radio or music on.
- As you drive see if you can break the pressure of pushing to get where you are going and just enjoy the process of getting there. Allow red lights to be an opportunity to come back to your breath, relax your face and notice something beautiful. When someone cuts you off, try using awareness of your breath to calm your anger.
- Before you begin your daily tasks, practice taking three mindful breaths. Before you turn on the computer, talk to colleagues, or enter a shop, allow your body to relax and see if a smile is possible.

- Decide to “stop” for a few minutes every hour to become aware of your breathing and body sensations. Use it as a time to release any tension, regroup and recoup.
- Use everyday cues in your environment as reminders to centre yourself. E.g. the phone ringing, down time at your computer, waiting for someone else, or flushing the toilet. Instead of relaxing by spacing out, relax by tuning in. Let that phone ring longer!
- When you walk be aware of your breathing and steps. Notice whether you are peaceful or rushed. Can you allow yourself to slow down and make a trip to the bathroom or meeting an occasion for walking meditation?
- Use a computer screen saver that encourages mindfulness, a beautiful nature photo, or suggestive words like breath or mindful moment. Find a program that sounds a bell on your computer hourly <http://www.mindfulnessdc.org/index.html> - clock
- Choose to eat a couple of lunches a week in silence mindfully, away from work. On other occasions keep any conversations light and supportive, avoiding arguments or heated discussions.
- At the end of your working day, acknowledge yourself for work you have accomplished. Make a list for the next day and leave it at work. Also review what you did mindfully that day and how it affected you. Consider how you can build on that the next day.
- Make your trip home a transition time. Notice if you are rushing. Can you slow down a little bit and own those moments between work and home as much as any other moments of life?
- When watching T.V try turning down the sound during the breaks, and close your eyes and take some mindful breathes.
- As you prepare for sleep, take some mindful breaths, become aware of the bed supporting you. Feel the muscles of your body relaxing as you sink into your bed, try letting go of the past days activities or anticipation of tomorrow. See if you can end the day with a smile.

[Get in touch](#) if you would like some training and support in bringing the beneficial habit of mindfulness into your everyday life.

HOW TO USE YOUR RESULTS

1) Which three sections did you get the lowest score in?

a)

b)

c)

2) Read the tips for those sections and choose a couple of suggestions in each section that resonate with you.

What changes make the biggest difference to you?

Write the suggestions you would like to try below.

3) What would the impact be on your life and feelings if you made changes in these areas?

The tips you have chosen are a perfect place to start some happiness coaching with me.

If you live locally I offer a free 20-minute phone consultation to discuss your results, and will ring you in a few days time.

Together we will help you become happier with yourself and your life now, while also making changes to improve your future.

YOUR SCORE

Add up your score to discover how you could increase your happiness with some coaching.

20 - 35 Shift Happens!

You probably knew you were going to score this low before you took the test. You need to take an honest look at why you feel the way you do. The good news is some small changes will make a big difference to your score. I recommend you [get in touch](#) so you can get my support in putting together a program of personal recovery.

36 - 51 Self-Care

This score is a sign that you could be looking after yourself better. Beware of not living authentically, and notice the cost of self-neglect. Acknowledge the help you need. Recognize how you might be limiting your own happiness. Remind yourself that it is not someone else's job to make you happy. Remember also that your healing and your happiness is a gift to others. [Get in touch](#) if you want to start taking responsibility for your own happiness.

52 - 67 Semi-Happy

So, how are you? Watch out for answers like

"I'm fine," "Can't complain," "Mustn't grumble," "Not so bad," "Could be worse," "So-so"

Yes, you are surviving, but now it's time to start thriving! Imagine if you were to raise your happiness levels by another 10 percent immediately—what do you think you would be doing more of, less of or differently? Being semi-happy is safe, but it's ultimately unfulfilling. Maybe it's time to take a risk.

[Get in touch](#) if you want to raise the bar in your live and start thriving not just surviving.

68 - 83 Getting There

This is a healthy score. If you want to take your happiness score to the next level, you need to recognize the difference between chasing after happiness and choosing happiness. Happiness is not outside you; it's not a destination; and it's not about "getting there." When you stop chasing happiness, you allow yourself to be more present, more available and more open. This way you find happiness wherever you are.

[Get in touch](#) If you want to find the kind of deep lasting happiness that is not dependent on outside circumstances.

84 - 100 Call to Joy

Inside each of us is a call to joy. The more you answer this call, the more you discover the truth of who you are, what is important and what your life is for. By following your joy, you experience the fullness of your being and you discover a depth of creativity and talent that inspires the world. People who follow their joy are the renaissance workers who evolve the consciousness of humanity. It's time to answer the call!

- *What gifts do you want to offer the world?*
- *How would you like to be remembered?*
- *Where do you want to make a positive difference?*

[Get in touch](#) to explore the answers to these questions, and begin a life that fulfils your true purpose.