

The Happiness Quiz

What Is Happiness? What Makes You Happy?

Use an extra sheet of paper, record your answers. Your feelings may change over time as you explore and apply the Happiness Habit.

1. I'd be happy if only I had _____.
2. I'd be happy if only I could _____.
3. I'd be happy if only _____ would _____.
4. I'd be happy if only _____.
5. Are *Happiness* and *Pleasure* the same thing? Can you be happy without pleasure?
6. Are *Happiness* and *Fun* the same thing? Can you be happy without fun?
7. Is it possible to *Pursue Happiness*? If so, how do you go about *Pursuing Happiness*? Can you *Catch* happiness? How?

True / False

8. I know how to motivate myself, how to "Get Up" for both important and routine events. T / F
9. I know how to manage my own moods. I can be happy any time I want to be. T / F
10. When I am down, I know how to get my self back up. I don't stay down for very long. T / F

2 Words of Wisdom From The Happiness Habit

11. It is possible for me to be happy no matter what happens to me. T / F

12. Some people are just destined to be happier than others. It's genetic. It's destiny. It can't be changed. T / F

Short Answer:

13. List people you think are especially happy. Who are they? Why are they so happy? Do you think you can you be like them?

14. Why do you think some people are especially unhappy? What would you suggest they do to be happier?

15. Is happiness a *Choice*? If so, how do you *Choose Happiness*?

16. Is happiness mostly result of *Chance*? Of *Circumstance*?

17. Has happiness ever come to you through sad or painful experiences? If so, how?

18. Do high expectations help build a happy life? Do they hinder happiness? Or both? Why?

19. Do you often *Dread Doing* something? What do you do when you feel *Dread*? Does it make sense to *Dread* something you have to do?

20. Does happiness mean *Freedom From Responsibility*? Do you need to be free from responsibility to be happy? Or happier?

21. Is a *No Stress Life* always a happy life? Do people have to eliminate all stress from their lives to be happy?

22. What is your concept of an *Ideal Day*? Describe your *Ideal Day* in detail. Is it possible to have an *Ideal Day* everyday? Is this realistic?

23. What prevents you from having an *Ideal Day* every day?

Divide your life into five equal time segments. If you are fifty, this means five periods of ten years. If you are fifteen, it means five periods of three years. Think about each time segment.

24. Looking back at your life, when were you the happiest? List the times and circumstances describing the happy times. Why were you so happy?

25. Similarly, list times when you were unhappy, describe the circumstances. Why were you so unhappy? What was the source of happiness during these unhappy times?

26. Looking back over your life, list the most difficult times you faced. Were these happy times, unhappy or both? What could you have done to make those times happier? What were the bright spots during those difficult times? The bad spots?

27. What brings you happiness during difficult times?

28. Can the actions of a *single person* bring happiness to you? To a group of people? How? Can they bring unhappiness as well?

29. Think about the best times of your life, times when you were successful or times when everything was going especially well for you. How did you feel? Were these the happiest times for you? Did anything appear to be missing? Do you need to feel successful to be happy? If so, how?

4 Words of Wisdom From The Happiness Habit

30. At what times in your life did you feel the most powerful?
The most positive? The most successful? Have you ever felt powerful, positive feelings during down or difficult times?

More Short Answer Questions

31. Can money buy happiness? If so, how and to what extent?
32. Do you have to be *financially successful* to be happy? Can you be happy without being financially successful?
33. How do you define *Success? Spiritual Success?*
34. Can you be happy in the midst of job loss, a school or job crises, a terminal illness? When grieving over the loss of a loved one?
35. Do other people in your life make you happy? How? Why?
36. What do you think are the most important factors or contributors to happiness? To a happy life?
37. Do you think about your own happiness very much?
38. Do you intentionally pursue happiness? How do you pursue it? Have you ever caught it? How? What do you recommend?
39. Is happiness determined by environment? The people around you? To what extent can you change or influence this true?
40. What do your religious or spiritual practices teach about happiness? Do they answer all your questions?

41. What do television and/or movies tend to teach about happiness? Do you agree with what they say? How do television and movies affect your feelings about happiness?
42. How do you think advertising, business and commercial interests affect or influence our feelings about happiness? Can we separate ourselves from these influences? If so how?
43. Are there some nationalities, socio economic groups or cultures that tend to be especially happy? Unhappy? If so, who are they? Why do you think this is true? Why does it occur?
44. How have books you have read, both fiction and non fiction, affected or influenced your feelings about happiness? Specifically which books and why?
45. List things that make you especially happy...
46. Do you consider yourself happy? What would make you happier? What can you do to make yourself happier?
47. Take a moment to think through your life and recall all the people you've known who have been especially happy. List their names and how you knew them. Describe why you think they were so happy, including their personal qualities, characteristics and their life circumstances.
48. Now think about all the especially unhappy people in you know. Why do you think they are unhappy? List their qualities and characteristics. What would you suggest they do to become happier?

6 Words of Wisdom From The Happiness Habit

49. How do you define *Happiness*? Describe what happiness means to you in clear, concrete terms. What other words come to mind when you think of the word *Happiness*?

50. Are you happy right now? Why or why not? What can you do to be happier now? In the future?

Take time to think through your answers to these questions. Set aside time to think carefully about each question. After all, how much time have you devoted to thinking about your happiness?

Warning:

If you list lots of negative, sad or hopeless answers, seek competent professional care quickly.

If you often feel depressed, guilty, fearful or worthless, get help. If you are often pessimistic, listless or despairing, get help.

If you often fight or feel angry get competent professional care now. The Happiness Habit is not a cure for depression, anxiety, fear, drug or alcohol abuse or deep personal pain.

Life is much too short be unhappy. There are many things that can be done easily and inexpensively to dramatically improve your quality of life and relieve psychic pain if professional care is sought.

The Happiness Habit is not a substitute for professional care. We urge anyone experiencing chronic or continual emotional pain to get competent professional care quickly. Get help, then come back to the Happiness Habit. We'll be waiting for you.

Notes & Follow Up Thoughts