

Happiness Scale: For Yourself

Self-Care

Name: _____

Date: _____

This scale is intended to estimate your happiness over the last month with your life in each of the areas listed below. Ask yourself the following question as you rate each area:

How happy am I with this area of my life?

You are to circle one of the numbers (1-10) beside each area. Numbers toward the left indicate various degrees of unhappiness, while numbers toward the right reflect various levels of happiness. In general, state according to the numerical scale (1-10) exactly how you feel about these areas of your life.

Remember: Try not to allow one category to influence the results of the other categories.

	Very Unhappy					Very Happy				
	1	2	3	4	5	6	7	8	9	10
Drinking	1	2	3	4	5	6	7	8	9	10
Drug Use	1	2	3	4	5	6	7	8	9	10
Job or Education	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Friendship	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Exercise	1	2	3	4	5	6	7	8	9	10
Nutrition	1	2	3	4	5	6	7	8	9	10
Sleep	1	2	3	4	5	6	7	8	9	10
Family Relationships	1	2	3	4	5	6	7	8	9	10
Significant Other Relationship(s)	1	2	3	4	5	6	7	8	9	10
Sex Life	1	2	3	4	5	6	7	8	9	10
Legal Issues	1	2	3	4	5	6	7	8	9	10
Emotional Life (i.e. depression, anxiety)	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Pleasurable Activities (how you spend your free time)	1	2	3	4	5	6	7	8	9	10
General Happiness	1	2	3	4	5	6	7	8	9	10

