

# CREATING HAPPINESS SELF ASSESSMENT

Grading Element	Exceptional (4 Points)	Competent (3 points)	Needs Improvement (2 points)	Unsatisfactory (1 point)	Score
<b>Definitions Of Happiness</b>	I am always aware of the different kinds of happiness and that my happiness is determined by my genetic set point, my life circumstances and my intentional activities. I always apply this formula.	I am often aware of the different kinds of happiness and that my happiness is determined by my genetic set point, my life circumstances and my intentional activities. I apply the formula when I remember.	Sometimes I am aware of the different kinds of happiness and sometimes it occurs to me that it would be a good idea to find more happiness in my life, not quite sure how to do that.	Life is what it is, no point trying to be happy when it is so hard. I can't change my life circumstances.	
<b>Intentional Activities: Tools</b>	I always look within and know exactly how to use mindfulness, meditation and reframing to create happiness for myself. I always apply the principles of observation and playfulness to further increase my happiness levels.	I often look within and know how to use mindfulness, meditation and reframing to create happiness for myself. I often apply the principles of observation and playfulness to further increase my happiness levels.	Sometimes I look within and sometimes use mindfulness and meditation to create happiness for myself. I find it difficult to reframe when things aren't going well. I need apply the principles of observation and playfulness to further increase my happiness levels.	I never look within and don't see the point in using meditation to create happiness - it won't change my life circumstances. Reframing is useless too and life is certainly too hard to play. I will be happy when it all changes.	
<b>Intentional Activities: Skills</b>	I always take the time to practice and develop my emotional intelligence skills and my personal success routine. I always self parent by being clear of my boundaries, taking care of myself and soothing myself. I am always aware of my blockages and courageously observe the emotions, fears and judgements I have so they lose their power.	I often take the time to practice and develop my emotional intelligence skills and my personal success routine. I often self parent by being clear of my boundaries, taking care of myself and soothing myself. I am sometimes aware of my blockages and can observe the emotions, fears and judgements.	I sometimes take the time to practice and develop my emotional intelligence skills and my personal success routine. I am not clear of my boundaries, rarely take care of myself or soothe myself. I am rarely aware of my blockages or what to do about them.	I rarely take the time to practice and develop my emotional intelligence skills and my personal success routine. I am not clear of my boundaries and don't take care of myself. I look to others to make me feel better. I am unaware of my blockages.	

**Action Items**

**Sub Total**

/12

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Grading Element	Exceptional (4 Points)	Competent (3 points)	Needs Improvement (2 points)	Unsatisfactory (1 point)	Score
<b>Programs and Beliefs About Happiness</b>	I understand that my beliefs are responsible for my happiness. I am aware of my beliefs about myself, my life and happiness - I check in on them and if they don't serve a positive purpose I change them. I know what brings me happiness.	I often understand that my beliefs are responsible for my happiness. I often am aware of my beliefs about myself, my life and happiness - I check in on them when I remember and if they don't serve a positive purpose I change them. I sometimes know what brings me happiness.	I need other peoples' approval to be happy. I am sometimes aware of my beliefs about myself, my life and happiness but I don't know how change them. I am only happy when everything turns out right.	My beliefs have nothing to do with my happiness. I can't be happy because of what has happened in the past - other people need to make changes in their behaviour for me to be happy.	
<b>Gratitude</b>	I always express gratitude and understand how it works to make me happier: I feel more positive emotions, my self esteem increases, I cope better with stress and adversity and maintain better relationships.	I often express gratitude and understand how it works to make me happier: I often feel positive emotions and feel good about myself. I mostly cope better with stress and adversity and maintain better relationships.	I sometimes express gratitude when I think of it, and understand how it works to make me happier: I sometimes feel positive emotions and feel good about myself but I still compare myself to others. I sometimes cope better with stress and adversity but still experience fear and resentment at times.	I rarely express gratitude because I have little to be grateful for. I rarely feel positive emotions and rarely feel good about myself. It wouldn't make me any happier while I am experiencing anger, bitterness and resentment about my life experiences.	
<b>Concepts that Shape Happiness</b>	I always choose to be happy, present, live my values and focus on things I can control. I always look after myself making sure I am physically, emotionally and mentally in balance. I can identify my 'flow activities' and cultivate a 'flow state of mind'; I always allow time for creativity and community.	I often choose to be happy, present, live my values and focus on things I can control. I usually look after myself making sure I am physically, emotionally and mentally in balance. I often identify my 'flow activities' and cultivate a 'flow state of mind'; I sometimes allow time for creativity and community.	I sometimes choose to be happy, present, live my values and focus on things I can control. I only look after myself making sure I am physically, emotionally and mentally when I have spare time. I don't know how to identify my 'flow activities' and cultivate a 'flow state of mind'; I allow time for creativity and community if I have spare time.	I rarely choose to be happy, present and live my values. I focus on things I cannot control. I don't have time to look after myself, I am too busy dealing with what life dishes up. I don't see the point in 'flow' that is only for unorganised people; I have no time for creativity or community.	

**Action Items**

**Final Score**

/24