

TAKE THE HAPPINESS QUIZ:

Use the following scale to answer the ten questions below.

Don't contemplate the question too long, go with your initial response.

Give each question a score out of 10.

10 = you totally agree with the statement.

1 = you completely disagree.

1. I am psychologically & emotionally grateful for my life _____
2. I am happy with the person I see in the mirror _____
3. I find it easy to *give and receive* compliments _____
4. I have enough good and supportive people around me _____
5. I regularly engage in activities that make me happy _____
6. I can easily express my needs and wants _____
7. My relationship is supportive and loving _____
8. I am physically attracted to my partner _____
9. I see a bright and fulfilling future _____
10. I am fit and able _____

Add up your scores

Total score _____

Scores below 30

Scores below 30 indicate that happiness is something fleeting, a thing of the past, for other people or in the unforeseeable future. It also suggests that you have been doing a lot of sacrificing for others and may find it difficult to care for your self and be taken care of. You may resist being around happy people and feel you have been handed a bad deck of cards in the game of life.

The great news is, there is a light at the end of every tunnel. Sometimes that light may be the colour of dusk setting in on the night sky. However, deep down, you know that there is a dawn, a glimpse of hope, that happiness can fill our life.

By taking this quiz, you have taken the next step towards that light. There are people here to help you and I will be one of them. Please head straight to my [Resource Centre](#) or contact me via [email](#). Before you know it, you will be running towards the light, ready to explore the happiness and love that every day has to offer.

Are you ready? Get your [complimentary 20-minute coaching session](#) now!

Scores below 60

Scores below 60 indicate that you have experienced happiness in its full glory. However, in the day-to-day responsibilities of life, you are only blessed with happiness at short intervals. Like a day or two on weekends, every now and again when you see a good friend or family, Reading a good book or taking a motivational online seminar, possibly once you've had a glass or 2 of wine or a joint.

I knew this place quite well and spent the first half of my life there. There have probably been a few set backs in life, either at school, at home or once you went to university or entered the work force. It is not uncommon to experience this mediocre happiness. We have been taught to believe we should be happy with what we have. It's greedy to want more. Unless you live in a Buddhist temple, and even then, it may be difficult to be happy 100% of the time

Good news is, it's ok to want more! The thing is, you may have to do things [differently](#) to the way you have been conducting yourself till now. It may take some discipline, resisting old patterns and beliefs, and taking on a beginners mind set. The fact that you are here shows you have the potential to make happiness a reigning force in your life. Get your [complimentary 20-minute coaching session](#) now!

Scores between 60 - 90

Scores in this region indicate, you are proactive; you follow your intuition and take responsibility for where you are in life and how you feel, *most of the time but not always*. Life is not always perfect, though you know deep down, when we engage in activities that make you truly fulfilled, you are happy with your plot in life and are open to people with a similar attitude.

There may, however, be a few people in your life, at home or work, that drive you crazy. People that are not looking after your best interest complain and pass the responsibility for their own life onto the people around them. You may find it difficult to confront these people and negotiate different terms and conditions of behaviour when you are together.

The good news here, you are on the right path and there are a few [tools and resources](#) that would benefit your life and level of happiness. For taking the next step in your life's journey, I would like to offer you a [complimentary 20-minute coaching session](#)! I look forward to hearing from you soon!

Scores above 90 - 100

I will probably need to book myself in with you for a coaching session ☺
[Contact me for a chat](#), I'd love to hear more!!