

# Happiness Health Check

Are you living your BEST life? Complete my Happiness Health Check to find out

Please answer YES or NO for each question. When finished add up the amount of YES's

	YES	NO
1. Do you have 2 or more friends you can rely on in a crisis?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you confident in making decisions?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you regularly do kind things for others?	<input type="checkbox"/>	<input type="checkbox"/>
4. Can you quieten your mind?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you trust your instincts?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you eat a healthy diet most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you exercise more than 4 times a week?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you limit your alcohol intake to one drink or less a day?	<input type="checkbox"/>	<input type="checkbox"/>
9. Can you trust others most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
10. If you feel stressed can you calm yourself down?	<input type="checkbox"/>	<input type="checkbox"/>
11. Are you aware of what things stress you and able to minimise them?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you often make time to do things you enjoy doing?	<input type="checkbox"/>	<input type="checkbox"/>
13. Can you forgive yourself for past mistakes?	<input type="checkbox"/>	<input type="checkbox"/>
14. Are you happy in your work?	<input type="checkbox"/>	<input type="checkbox"/>
15. Are you excited for your future?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you like yourself?	<input type="checkbox"/>	<input type="checkbox"/>
17. Can you say no without feeling guilty?	<input type="checkbox"/>	<input type="checkbox"/>
18. Are you a good manager of money?	<input type="checkbox"/>	<input type="checkbox"/>
19. Can you forgive others?	<input type="checkbox"/>	<input type="checkbox"/>
20. Do you feel connected to a higher power?	<input type="checkbox"/>	<input type="checkbox"/>
21. Are you grateful for the good things in your life?	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you like to have fun?	<input type="checkbox"/>	<input type="checkbox"/>
23. Do you spend money on yourself, without feeling guilty?	<input type="checkbox"/>	<input type="checkbox"/>
24. Are you able to learn from your mistakes?	<input type="checkbox"/>	<input type="checkbox"/>
25. When you are angry, are you able to control how you react?	<input type="checkbox"/>	<input type="checkbox"/>
26. Do you seek out new experiences?	<input type="checkbox"/>	<input type="checkbox"/>
27. Do you spend time with people you care about?	<input type="checkbox"/>	<input type="checkbox"/>
28. Do you wake up feeling refreshed most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
29. Are you free from aches and pains most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
30. Do you generally feel happy about life?	<input type="checkbox"/>	<input type="checkbox"/>
<b>TOTAL</b>	<input type="text"/>	<input type="text"/>

## How did you score?

**26 - 30 Yes's** - Congratulations! It seems you are very happy with your life! Your self-care is paying off. Keep up the great work.

**22 - 25 Yes's** - Well done! You are happy with your life most of the time, but are there times when you think there could be more to life?

**18 - 21 Yes's** - OK, you are happy sometimes, but there's definitely room for more. Wouldn't it be great if you woke up excited about each day?

**Less than 18 Yes's** - Hmm, it seems that genuine happiness is eluding you at this time. But don't worry, there's lots you can do to find that happiness again!

If you would like some tips, support and encouragement on how to be happy and live your best life, contact Honni Hayton Counselling.



Honni Hayton  
COUNSELLING



Specialising in Confidential Counselling & EMDR for Women  
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