

<b><i>A checklist for happiness?</i></b>	Often	Sometimes	Rarely	Never	Notes / actions to take
My life feels like a great adventure					
I feel sure I can solve my problems					
I have fun					
I laugh out loud					
I feel overwhelmed by gratitude					
I spend time in comfortable solitude					
I am fascinated by things I'm learning					
I feel deeply understood					
Things seem to work out for me					
I get so involved in projects I forget to stop					
I use my imagination					
I do things I loved when I was a kid					
People seem to enjoy being around me					
I play					
I feel perfectly safe					
I get excited when it's time to go to work					
I feel mentally sharp & alert					
I have really cool ideas					
I love my body					
I'm flooded by love for other people					
I do new things, or old things in new ways					
I do what I want, even if it is scary					
I am completely relaxed with other people					
I feel intense physical pleasure					
I am very pleased with life in general					