



## 12 Hows of Happiness Quiz - Self Scoring

or

### 12 Ways to Unleash Your Happily-Ever-After and Live a Fulfilling Life

There are 12 scientifically proven ways to increase happiness. What's your unique combo?

**Instructions:** Consider each of the following 12 happiness activities. Reflect on what it would be like to do it every week for an extended period of time, then rate each activity by writing the appropriate number (1 to 7) in the blank space beneath the terms Natural, Enjoy, Value, Guilty, and Situation.

People do things for many different reasons. Rate why you might keep doing each activity in terms of each of the following reasons. Use this scale:

1	2	3	4	5	6	7
Not at all			Somewhat			Very much

Natural: I'll keep doing this activity because it will feel "natural" to me and I'll be able to stick with it.

Enjoy: I'll keep doing this activity because I will enjoy doing it; I'll find it to be interesting and challenging.

Value: I'll keep doing this activity because I will value and identify with doing it; I'll do it freely even when it's not enjoyable.

Guilty: I'll keep doing this activity because I would feel ashamed, guilty, or anxious if I didn't do it; I'll force myself.

Situation: I'll keep doing this activity because somebody else will want me to or because my situation will force me to.

**Expressing Gratitude:** Counting your blessings for what you have (either to a close other, or privately, through contemplation or a journal) or conveying your gratitude and appreciation to one or more individuals whom you've never properly thanked.

Natural	Enjoy	Value	Guilty	Situation

**Cultivating Optimism:** Keeping a journal in which you imagine and write about the best possible future for yourself or practice looking at the bright side of every situation.

Natural	Enjoy	Value	Guilty	Situation

**Avoiding overthinking and social comparison:** Using strategies (such as distraction) to cut down on how often you dwell on your problems and compare yourself with others.

Natural	Enjoy	Value	Guilty	Situation

**Practicing Acts of Kindness:** Doing good things for others, whether friends or strangers, either directly or anonymously, either spontaneously or planned.

Natural	Enjoy	Value	Guilty	Situation

**Nurturing Relationships:** Picking a relationship in need of strengthening, and investing time and energy in healing, cultivating, affirming, and enjoying it.

Natural	Enjoy	Value	Guilty	Situation

**Developing strategies for coping:** Practicing ways to endure or surmount a recent stress, hardship, or trauma.

Natural	Enjoy	Value	Guilty	Situation

**Learning to forgive:** Keeping a journal or writing a letter in which you work on letting go of anger and resentment toward one or more individuals who have hurt or wronged you.

Natural	Enjoy	Value	Guilty	Situation

**Engaging / Flow Activities:** Increasing the number of experiences at home and at work which are challenging and absorbing, and in which you "lose" yourself (ie.e. "flow" activities.)

Natural	Enjoy	Value	Guilty	Situation

**Savoring Life's Joys:** Paying close attention, taking delight, and replaying life's momentary pleasures and wonders, through thinking, writing, drawing, or sharing with another.

Natural	Enjoy	Value	Guilty	Situation

**Committing to Goals:** Picking one, two, or three significant goals that are meaningful to you and devoting time and effort to pursuing them.

Natural	Enjoy	Value	Guilty	Situation

**Spiritual Practices:** Reading and pondering spiritually themed books; engaging in meditation or prayer, engaging in ritual, ceremony or pilgrimage.

Natural	Enjoy	Value	Guilty	Situation

**Self Care:** Taking care of your body, engaging in physical activity, getting massages, facials, or other body treatments, smiling and laughing, getting outside in nature.

Natural	Enjoy	Value	Guilty	Situation

### **Calculating Your Score:**

Step One: For each of the 12 activities, add the values of the natural, enjoy & value components, then take their average; then add the sum of the values of the guilty and situation components and take their average; then subtract the average of the guilty and situation scores from the average of the natural, enjoy and value scores.

That is, your total score for each of the 12 activities =  
 $[\text{Natural} + \text{Enjoy} + \text{Value}] / 3 \text{ minus } [\text{Guilty} + \text{Situation}] / 2.$

Step Two: Write down the four activities with the highest calculated scores. These are your personal keys to increasing your happiness.


Some of you will be surprised by your short list. This means you learned something valuable about yourself! Others will find their short lists exactly what they expected.

I recommend beginning with the highest scoring activity (if there is a tie, choose the one that appeals most to you) and begin applying some of the recommended practices –or research online for other ideas– right away. Your goal is to practice this method *only to the extent that it does NOT start making you feel guilty or feeling forced into it*. Because that would change your score, obviously. :)

Note: If all of your scores are quite low (in the 3 point something range or below) it is quite likely that –no matter what your other scores say– you are also overthinking and allowing others' opinions of you to influence you more than is good for your soul. You can still start with one of the more FUN options that you identified.

But keep in mind that you might also want to get some support around overthinking and allowing others' opinions to influence you so much. Your instinct might be to retake the test to see if your scores change. And it is likely that –now that you understand how it's scored– they might. But unless you completely misunderstood the directions the first time you took the quiz, your first time through will be the most accurate for now.

Here is a [link to a quiz](#) that will help you identify your top thought distortions, and I have a mini-course that helps you detox from self judgment.

Everyone has self-judgment! But if yours is keeping you *from even feeling good about scientifically-proven strategies for happiness*, I can help.

You can [apply for a discovery session](#) with me to talk about how I can support you in feeling more resourced around your self-doubt.

Also, these scores ARE situational. For example, if you recently put aside a bunch of enjoyable activities in order to focus on a specific goal, and you feel *good* about this choice, it's likely that your score around accomplishing goals will be higher than your score for doing more activities that engage you. But once your goals are behind you, you might put a lower emphasis on this activity and more on picking up other activities that engage you.

**In conclusion**: Aiming for greater happiness is a big undertaking. One that might feel overwhelming, especially when you're starting from a low place in your life. But increasing happiness is also empowering, because *you have control over* your pursuit.

This diagnostic tool helps you select the best practice to begin with, and gives you a greater chance of success. Remember, 40% of your happiness is up to you!

If you'd like help applying what you learn, you can [apply for a discovery session](#). I'd love to support you in living a happier and more meaningful life.