

## General Happiness Scale

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself :

1	2	3	4	5	6	7
Not a very happy person						A very happy person

2. Compared to most of my peers, I consider myself:

1	2	3	4	5	6	7
Less happy						More happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
A great deal						Not at all

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
A great deal						Not at all

*To calculate your happiness score, add up your score for each question and divide the total by four. The average for US adults is 4.8. Most people score between 3.8 and 5.8.*