

Happiness Audit

Part 1: General Questions for Contemplation

- How often have I experienced joy or happiness in the past year (don't forget life's simple pleasures!)?
- From what areas of my life do I get the most satisfaction?
- In what areas of my life am I least satisfied?
- What causes me the most stress?
- On a scale of 1-10, I am overall satisfied with my fill in the blank:
 - Job/career
 - Finances
 - Relationships
 - Community engagement
 - Spiritual life
 - Leisure time
 - Health
- On a scale of 1-10, I agree with the statement: "I make a positive impact in the world."
- My sense of self-worth comes from:

Part 2: Evaluating Daily Interactions

Try to make a list of the areas where you spend most of your time and energy. You might want to divide them into three categories, as below. Then make note of the most common positive and negative ways they impact your life and make note of the approximate amount of time or energy you spend on them each week.

	Positive	Negative	Time/Energy level
People			
Activities			
Things			

Part 3: Review and Plan

After answering the questions above, you may want to reflect on why you answered the way you did and consider ways to increase the time and energy you spend on those things that mean the most to you. The prompts below may help you start to identify priorities for making changes to improve your mental health. You may brainstorm even small tweaks that could have a big impact on your daily experiences.

- Are there ways that I can increase the time I spend doing those things that bring me fulfillment or joy?
- Are there parts of my life I wish I could cut out or change? If so, is it reasonable to do so, and how?
- What external factors influence my happiness, and over which of those do I have some level of control?
- What steps might I take to either reframe my negative experiences, or reduce my negative interactions?
- Are my daily activities in alignment with my values, goals, and sense of identity?