

MEASURE YOUR HAPPINESS LEVEL before starting the course

For each of the 4 statements/questions below, please write down the number on the scale that you feel is appropriate in describing you.

1. In general, I consider myself:

not a very happy person 1 2 3 4 5 6 7 a very happy person

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

less happy 1 2 3 4 5 6 7 more happy

3. Some people are generally very happy. They enjoy life no matter what's going on, getting the most out of everything. To what extent does this characterization describe you?

not at all 1 2 3 4 5 6 7 a great deal

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?

not at all 1 2 3 4 5 6 7 a great deal

Afterwards to calculate your happiness level

add your chosen number from questions 1, 2 & 3,

then reverse the numbers in the 4th question e.g. number 1 becomes number 7,

number 2 becomes 6, 3 becomes 5, 4 remains the same etc.,

and add your chosen now converted number.

Then divide this sum by 4 to get your happiness level for now 

Keep that number as it could be interesting to compare it in a number of weeks when you have tried out the various well-being skills and perhaps decided to keep using a number of them. Best of luck with the course.

Lyubomirsky, S., & Lepper, H. (1999). [A measure of subjective happiness: Preliminary reliability and construct validation](#). Social Indicators Research, 46, 137-155. The original publication is available at www.springerlink.com.