

SELF-AWARENESS HAPPINESS ASSESSMENT

For once, sit with yourself and get in touch with the real you.

What type of a person are you today?

Describe the person you want to become only using 3 verbs

1

2

3

I am the happiest when I...

I am most happy when...



3 things that instantly puts me in a great mood

1

2

3

1 person that makes me feel motivated and inspired

2 things that makes me laugh

