

WEEK 1 REWIREMENT



MEASURE YOUR HAPPINESS:

Go back to the course under “Your Rewirements for this Week” for resources on how to measure your happiness using validated psychological instruments. By measuring your happiness at the start of the course, your score will act as a baseline measurement to compare to later on. If you do not want to take surveys online (Options 1 & 2), you can answer the following question and use that as your measure (Option 3): On a scale of 1-5, how happy are you with your life right now?

NOTE YOUR SCORES:

Write your score from surveys below and note the date here: _____

1	<u>PERMA</u>	<u># 0-10</u>
	Positive emotions	_____
	Engagement	_____
	Relationships	_____
	Meaning	_____
	Accomplishment	_____
	Health	_____
	Negative emotions	_____
	Loneliness	_____
	Overall Well-Being	_____

2	<u>AUTHENTIC HAPPINESS</u>	<u># 1-5</u>
	Overall	_____

3	<u>HOW HAPPY SCALE</u>	<u># 1-5</u>
	Overall	_____