



Improve your mindset with coaching.

We believe happiness is a practice, and that the mind can be trained like any other muscle.

Answer this short questionnaire to receive a free recommended coaching session, based on your current mindset.

Let's go

FOLD

1

How happy are you?

2

What would make you happier?

Choose one area to begin with. You can explore others later.

Less difficult emotions

Less stress

Better sleep

More motivation

Higher self-esteem

Achieving goals

Don't know yet

3

To what extent do you agree with the following statements?

If we know more about your current mindset, it will help us recommend the right first session for you.

"I take setbacks, unexpected surprises, and criticism as an opportunity to learn and do better next time."

"I find it hard to give myself appreciation when I have done something well."

"When someone is angry or mean to me, it is my fault because I didn't deliver according to their expectations."

"I find it easy to notice the small good things around me."

"I know how to actively create the situations and circumstances that I want rather than waiting for life to create the perfect circumstances for me."

4

What are your preferred pronouns?

There are still some common challenges that are gender specific.

She / her

He / him

They / them

See analysis

