

"How are you?" Questionnaire

Intended to help friends understand and help friends.

1. My Pursuits

Y1. Why? (what are your current areas of professional interests?)

	<u>name of interest</u>	<u>why interested?</u>
1		
2		
	<i>Add more rows as needed...</i>	

Y2. How? (what are the methods or principles that you believe could bring breakthroughs in these areas?)

	<u>name of idea</u>	<u>how it would work?</u>
1		
2		

Y3. What? (what are your projects/companies trying these methods?)

	<u>name of project/company</u>	<u>what it is doing?</u>
1		
2		
3		

2. My Happiness

HFRM (Health, Finance, Relationships and Meaning) make people feel happy. Identifying and fixing them thus can make us more happy!

HEALTH

H1. (Perception)

	<u>What discomfort or pain</u>	<u>What to do about it?</u>
1		
2		

H2. (Longevity)

	<u>What type of risk</u>	<u>What to do about it?</u>
1		
2		

FINANCE

F1. What goods/services you'd indulge in if you had unlimited \$\$\$?

(*estimated need: guess how much you'd spend to max satisfaction?)

	<u>what goods or services?</u>	<u>where available</u>	<u>estimated need*</u>
1			
2			

F2. Which 3-4 of these would give you most happiness right now?

	<u>asset class</u>	<u>Where to get</u>
[]	Space travel	
[]	Valuable companies	
[]	Great people for important tasks	
[]	Higher quality food	
[]	Exercising more often and conveniently	
[]	Beauty and looking better more often	
[]	Travel and meeting specific friends more often	
[]	Accessing rare specific facilities and equipment	
[]	Accessing certain information or network services	
[]	Accessing advanced medicine, bioengineering	
[]	Mind upload	
	Something else: (describe below)	

RELATIONSHIPS

R1. Identify people, the relationships with whom you'd like to improve:

Assign a letter to person, and then define an action or operation that you have to do about each of them, for things to change in the way that makes you feel the optimal:

	<u>who (some reference)</u>	<u>action or operation</u>	<u>Why</u>
1			
2			
3			
4			
5			
6			
7			
[]	(Have someone doesn't exist yet, describe)		

MEANING

A good answer to question to one's purpose in life provides an actionable "higher purposes" making their existence worthwhile, so some find meaning in the things listed below.

M1. Mark up to 5 of those that apply to you, or write your own:

	<u>most meaningful to me</u>
[]	Improving society and social love
[]	Fostering kids and personal love
[]	Being with friends and adventures
[]	Problem solving, ideas and innovation
[]	Mental intimacy and collaboration
[]	Physical intimacy and exploration
[]	Art, emotions and expression
[]	Technological creativity and ideal systems engineering
[]	Studying math and solving the mystery of the Universe.
[]	Something else: (describe below)

Let friends who care of you know. The world of possibilities is greater than we imagine at any particular time.

Who do you dedicate these answers to: good friends.