# “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?)

|  |  |  |
| --- | --- | --- |
|  | name of interest | why interested? |
| 1 |  |  |
| 2 |  |  |
|  | *Add more rows as needed...* | |

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

|  |  |  |
| --- | --- | --- |
|  | name of idea | how it would work? |
| 1 |  |  |
| 2 |  |  |
|  |  |  |

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

|  |  |  |
| --- | --- | --- |
|  | name of project/company | what it is doing? |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
|  |  |  |

# 2. My Happiness

**HFRM (H**ealth, **F**inance, **R**elationships and **M**eaning) make people feel happy. Identifying and fixing them thus can make us more happy!

## HEALTH

**H1.** (Perception)

|  |  |  |
| --- | --- | --- |
|  | What discomfort or pain | What to do about it? |
| 1 |  |  |
| 2 |  |  |
|  |  |  |

**H2.** (Longevity)

|  |  |  |
| --- | --- | --- |
|  | What type of risk | What to do about it? |
| 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?)*

|  |  |  |  |
| --- | --- | --- | --- |
|  | what goods or services? | where available | **estimated need\*** |
| 1 |  |  |  |
| 2 |  |  |  |
|  |  |  |  |

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

|  |  |  |
| --- | --- | --- |
|  | asset class | Where to get |
| [ ] | 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:

|  |  |  |  |
| --- | --- | --- | --- |
|  | who (some reference) | action or operation | **Why** |
| 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:

|  |  |
| --- | --- |
|  | most meaningful to me |
| [ ] | 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 .

The Questionnaire is based on WeFindX research at https://github.com/wefindx/how-are-you