

## 1. A Willingness to Change, Opens the Door Way to Happiness!!

Score yourself on a Happiness Scale of 1 to 7

(1 means 'not at all happy/satisfied with my life' and 7 means 'completely happy/satisfied with my life').

The people on Forbes magazine's list of the 400 Richest Americans average 5.8

The Inuit people in Greenland and the cattle-herding Masai of Kenya, who live in dung huts with no electricity or running water averaged 5.8 the same as the 400 Richest Americans! How can this be?

Calcutta's slum dwellers score only a little lower, at 4.6!

Score yourself before and after you answer the 17 question below. How Happy/Satisfied Are You Right Now? What is your score? \_\_\_\_\_ (1 2 3 4 5 6 7) Happiness Starts with a Willingness to Be Happy!

1. I Am Willing to Be Happy?    Yes No
  
2. I Am Willing to Be Happy Regardless of my Circumstances?    Yes No
  
3. I Am Willing to Be Happy when things go Well?    Yes No
  
4. I Am Willing to Be Happy when things go other than what I Want?    Yes No
  
5. I Am Willing to Be Happy Right Now?    Yes No
  
6. I Am Willing to Be Happy for No Good Reason?    Yes No
  
7. I Am Willing to Be Happy Today?    Yes No

8. I Am Willing to Be Happy when my body hurts? Yes No
  
9. I Am Willing to Be Happy in the face of Fear? Yes No
  
10. I Am Willing to Be Happy in the face of disaster? Yes No
  
11. I Am Willing to Be Happy, knowing that Happiness is inside me? Yes No
  
12. I Am Willing to Be Happy, while being empathetic to others suffering? Yes No
  
13. I Am Willing to Be Happy, when I sleep? Yes No
  
14. I Am Willing to Be Happy when I decide to move on in a relationship? Yes No NA
  
15. I Am Willing to Be Happy when I Know my partner and I will be better served somewhere else? Yes No NA
  
16. I Am Willing to Be Happy in my work? Yes No NA
  
17. I Am Willing to Be Happy 'Right Here & Now'? Yes No

What is your Total Score Now? \_\_\_\_\_

Track your before and after scores for 30 days on the chart below. INSTRUCTIONS: This means that each day you will score your self on the Happiness/Satisfied scale.

