The Happy for No Reason Questionnaire

Rate each statement on a scale of 1 to 5:

1 = Not at all true 2 = Slightly True 3 = Moderately True 4 = Mostly True 5 = Absolutely True

1. I often feel happy and satisfied for no particular reason.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

2. I live in the moment.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

3. I feel alive, vital and energetic.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

4. I experience a deep sense of inner peace and well-being.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

5. Life is a great adventure for me.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

6. I don't let bad situations keep me down.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

7. I am enthusiastic about the things I do.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

8. Most days I have an experience of laughter or joy.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

9. I trust this is a friendly universe.

   1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

10. I look for the gift or the lesson in everything that happens.

    1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

11. I am able to let go and forgive.

    1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

12. I feel love for myself.

    1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

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13. I look for the good in every person.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

14. I change the things I can and accept the things I can't change.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

15. I surround myself with people who support me.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

16. I don't blame others or complain.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

17. My negative thoughts don't overshadow me.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

18. I feel a general sense of gratitude.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

19. I feel connected to something bigger than myself.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

20. I feel inspired by a sense of purpose in my life.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Scoring section:
If your score is 80 – 100: To a great degree, you are Happy for No Reason.
If your score is 60 – 79: You have a good measure of being Happy for No Reason.
If your score is 40 – 59: You have glimpses of being Happy for No Reason.
If your score is under 40: You have little experience of being Happy for No Reason.

Whatever your score, you can *always* move toward being more Happy for No Reason. It doesn't matter where you begin; what matters is that you *do* begin. Once you've begun practicing the seven steps and the Happiness Habits, take the questionnaire again. After that, assessing your Happy for No Reason score on a regular basis will help you chart your progress.

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