

Worksheet 1: Your Well-Being Baseline (10 minutes)

Date: _____

Rate each statement from 0 (not at all true of me) to 10 (completely true of me), based on the past month:

- Overall, I am satisfied with my life as a whole. _____
- I usually feel happy in my day-to-day experience. _____
- My physical health allows me to do the things I want to do. _____
- My mental and emotional state is generally good. _____
- My life has a clear sense of meaning and purpose. _____
- I am the kind of person I want to be; I act in line with my values. _____
- I am content with my friendships and relationships. _____
- My relationships are as satisfying as I would want them to be. _____
- I rarely worry about being able to meet normal monthly living expenses. _____
- I rarely worry about safety, food, or housing. _____

Total your score (out of 100) and note the date. These ten items mirror the six domains used by the largest flourishing studies in the world: happiness, health, meaning, character, relationships, and financial stability. Your strengths and gaps here map directly onto the parts of this book. If you would like a formally validated version, search online for the free “Flourishing Measure” (Harvard Human Flourishing Program) or the “Satisfaction with Life Scale.”

From Cultivating Happiness: Everyday Habits, Deep Practices, and the Science of Lasting Well-Being by Sanjiv Sahay (Happiness Media, 2026). Free to print and reuse for personal use. The full set of worksheets, the thirty-day starting plan, and the companion app are at myhappiness.com.