

Worksheet 2: Foundations Audit (10 minutes)

Date: _____

From Part I. Rate each foundation from 1 (in serious difficulty) to 10 (solidly in place), as it actually is right now, not as it could be:

- Movement: I move my body most days of the week. _____
- Sleep: I get seven to nine hours most nights and wake reasonably rested. _____
- Nutrition: most of what I eat is real, whole food; my energy is steady through the day.

- Mental health: I can name what I feel, manage anxiety and stress, and recover from difficulty. _____
- Financial security: I can absorb a surprise expense; my debts are managed; I am moving toward security. _____
- Safety and stability: my housing is stable; my daily life has predictable anchors; I am physically safe. _____
- Social connection: I have several people I can be fully myself with, and I see them regularly.

- Hope and optimism: I believe my situation can improve and that my actions contribute to improving it. _____
- Character strengths: I know my signature strengths and use them most days. _____

Circle your single lowest score. That is your highest-leverage starting point. Pick one small daily action from the matching chapter and begin.

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.