

Happiness Assessment – Test 2

- I enjoy my friends a lot?
- It's important for me to keep busy?
- I hardly ever expect things to go my way?
- I don't get upset too easily?
- Overall, I expect more good things to happen to me than bad?

Happiness Assessment – Test 1

1. In uncertain times, I usually expect the best
2. It's easy for me to relax
3. If something can go wrong for me, it will?
4. I'm always optimistic about my future?