

Read the text.

1

How happy are you?

Your happiness depends on how you see yourself, what you want from life, and how well you get on with other people.

But you need to know yourself. **What sort of person are you? What makes you happy? Do you know how to make yourself happier?** If you can answer these questions, you can learn to change the way you think and behave. And you *can* actually be happier. It just needs practice.



Do the quiz and find out how happy you are. Write 1–5 for each statement.

1 = very true

2 = mainly true

3 = about 50/50

4 = not very true

5 = not true at all



- 1 I take every opportunity to play, laugh, and have a good time.
- 2 I usually have a holiday at least once a year.
- 3 I get pleasure from lots of different things – art, nature, sport, friends ...
- 4 Sometimes I get really enthusiastic about things.
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- 5 I have the things in life that I think are important.
- 6 I have a positive image of myself.
- 7 I am grateful for what I have, and appreciate it.
- 8 I don't often feel jealous or envious of other people.
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- 9 I sleep well and wake up feeling ready for a new day.
- 10 I keep fit and I take care of myself.
- 11 I never feel stressed when I have a lot of things to do.
- 12 I don't feel afraid or depressed.
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- 13 I have close friends and people I share interests with.
- 14 I get a lot of satisfaction from my work/study.
- 15 My life makes a difference to other people.
- 16 I try to help other people.

Add up your score



Your score – How happy are you?

16–28 Extremely happy

29–40 Happy enough

41–52 About average

53–64 Not very happy

65–80 Cheer up! Life can't be that bad!