

## 1-Minute Health & Happiness Self -Assessment

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#### Did you know that happiness cultivates healthy habits and fuels overall levels of success?

Get an idea of your own level of health and happiness and take this 1-minute assessment. Curious about your team's own level of health and happiness? Make copies for your team and distribute at your next meeting.

For each of the 5 statements below, please use the scale and circle your answer.

#### 1. I describe myself as:

0-2 Sad & Lonely		3- 5 Bored & Stuck			6- 8 Learning & Longing		9	9 -10 Fulfilled & Peaceful	
2. I am different from my peers because I am:									
1 Less Health	2 ny & Hap	З ру	4	5	6	7	8	9	10 Extremely Healthy & Happy
3. I describe my work environment as:									
1 Less Health	2 ny & Hap	З ру	4	5	6	7	8	9	10 Extremely Healthy & Happy
4. I describe my relationships as:									
1 Less Health	2 ny & Hap	3 ру	4	5	6	7	8	9	10 Extremely Healthy & Happy

5. This best represents how I've been feeling lately:



### Are you happy with your result?

If yes, then keep on doing what you are doing. Bravo! If no, then it's time to shift to a higher level.

We are here for you!

# Health and Happiness Specialist<sup>™</sup> uses happiness to build connections, increase productivity, and boost positivity for achieving optimum levels of success.



Be healthier and happier today and contact us!

For speaking at your next event, coaching, and workshops contact us info@healthandhappinessspecialist.com Or call us at 617-433-8814

http://www.healthandhappinessspecialist.com