The Happiness Index Workbook

Sometimes life feels like a roller coaster of emotions. There are times when we are very happy and times when we are very sad. Most people want to be happier than they are at any given time. This workbook is designed to help you find out how happy you are right now, and how happy you want to be. It will also help you to find ways to be happier than you are now. It is based on the work of Dr. Martin Seligman, a leading expert in the field of happiness. Dr. Seligman's research has shown that there are three different types of happiness: pleasant life, engaged life, and meaningful life. Each of these three types of happiness is described in this workbook, along with exercises designed to help you increase your happiness in each area.

The Happiness Index is a brief questionnaire that you can use to measure your happiness. It is based on the work of Dr. Martin Seligman, and is designed to measure your happiness in each of the three areas of happiness: pleasant life, engaged life, and meaningful life. Your score on the Happiness Index will be a number between 0 and 10, with 0 being the lowest possible score and 10 being the highest possible score. You can use the Happiness Index to see how your happiness changes over time. Please don't worry if your score is low at first. Most people score between 5 and 7. The goal is to increase your score over time.

Date	Pleasant Life	Engaged Life	Meaningful Life	Total	Notes