SUBJECTIVE HAPPINESS SCALE

INSTRUCTIONS: For each of the following statements or questions, please circle the number from the scale that you think is most appropriate in describing you. (Carefully take note of the labels, or anchors, for the 1 to 7 scales, as they differ for each of the four items.)

(1) In general, I consider myself:

1	2	3	4	5	6	7
not a very happy person						a very happy person

(2) Compared with most of my peers, I consider myself:

1	2	3	4	5	6	7
less happy						more happy

(3) Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all						a great deal

(4) Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
a great deal						not at all

HOW TO CALCULATE YOUR SCORE:

STEP 1: Total = Item 1:____ + Item 2:____ + Item 3:____ + Item 4:____ = _____

STEP 2: Happiness score = Total (from above) _____ divided by 4 = _____

Date: _____

Company:

_____

Name or ID Number:

_____

Adapted from: Lyubomirsky, Sonja. The *How of Happiness: A Scientific Approach to Getting the Life You Want*. New York: Penguin Press, 2008.