

# the happiness monitor.

It is very easy to go through life working hard on yourself without acknowledging the positive changes you are making.

The happiness monitor will prevent that from happening.

We will redo this together every month.

10 being the optimum i.e. if your love life is amazing it is at 10, if stress levels are high and you do not want this then it would be 1 etc.

Areas	Date:	Date:	Date:	Date:
Love life				
Career				
Finances				
Social life				
Interests / passions				
Spirituality / religion				
Fitness / weight				
Health				
Energy levels				
Work / life balance				
Time management				
Organisation skills				
Self-discipline				
Clarity of goals				
Addictions / bad habits				
Social skills				
Self-confidence				
Motivation level				
Self love				
Sleep				
<b>General happiness</b>				

**make it happen.**

