



## Transformational Healing

# Happiness Quiz for Individuals

Who are you – Tigger, Pooh or Eeyore?

Choose A, B or C. You will add up the points at the end.

### Relationship with Self

- A) I speak to myself like my best friend most of the time.
  - B) I speak to myself like my best friend some of the time.
  - C) I am my worst critic.
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- A) I trust the decisions I make most of the time (life, work, friends, partners).
  - B) I trust the decisions I make some of the time.
  - C) I rarely make decisions that are in my highest and best good.
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- A) I take time to nourish myself most of the time (meditate, read, journal, etc.).
  - B) I take time to nourish myself some of the time.
  - C) I am rarely make time for me.
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- A) I have very little credit card debt and have savings.
  - B) I have more than \$5,000 credit card debt and have savings.
  - C) I have more than \$5,000 credit card debt and no savings.
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- A) I exercise over four times per week.
  - B) I exercise at least two to three times per week.
  - C) I rarely exercise.
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- A) I eat a healthy diet 80% of the time.
  - B) I eat a healthy diet 60% of the time.
  - C) I eat what I want.

### Work

- A) I love my job most of the time.
- B) I love my job some of the time.
- C) I rarely love my job.



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### Stress

- A) I rarely feel stressed in my life.
- B) I sometimes feel stressed in my life.
- C) I feel stressed frequently in my life.

### Enoughness/Confidence

- A) I feel good, smart, successful enough most of the time.
- B) I feel good, smart, successful enough some of the time.
- C) I rarely feel good, smart, and successful enough.

- A) I am extremely confident in my life most of the time.
- B) I am extremely confident in my life some of the time.
- C) I am rarely extremely confident in my life.

### Trust

- A) I trust the decisions I make most of the time.
- B) I trust the decisions I make some of the time.
- C) I don't trust the decisions I make in my life.

- A) I trust most people most of the time.
- B) I trust most people some of the time.
- C) I rarely trust people.

### Boundaries

- A) I can say "No" to others with compassion most of the time.
- B) I can say "No" to others with compassion some of the time.
- C) I can rarely say "No" to others with compassion.

### Friends/Tribe

- A) I have a group (more than 2) of people I can confide in that mirror my strength and I can ask for help when I am struggling.
- B) I don't have a group (more than 2) of friends I can confide in that mirror my strength and I can ask for help with I am struggling.



**Transformational  
Healing**

## Happiness Quiz for Individuals

Who are you – Tigger, Pooh or Eeyore?

**You are almost done!**

Add up your points.

Each A = 3 points

Each B = 2 points

Each C = 1 point

Go to the next page for your results.



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Who are you – Tigger, Pooh or Eeyore?



**30+ Points**

You are TIGGER! You are one happy individual! Good for you. Keep up the great work!



**20 to 29 Points**

You are Pooh. You are happy most of the time. You might need a few skills to tweak the less happy places in your life or relationship. In the places where you struggle, you could benefit from our “Happiness Is a Verb” program. Find it under **Happiness is a Verb: Individual** on our website.



**Less than 20 Points**

You are Eeyore. You deserve to be happier in your life. If you are ready to change how you look at yourself and the world, we are here for you. We recommend one-on-one coaching – to you find more happiness in your life. Get details under **Happiness is a Verb: Individual** on our website.