



CREATIVE Transformations

Change through Inspiration and Focus

Subjective Happiness Scale

by Sonja Lyubomirsky

Instructions: For each of the following statements and/or questions, please circle the number from the scale that you feel 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	
A not very happy person	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	A very happy person

2. Compared to most of my peers, I consider myself:

	1	2	3	4	5	6	7	
Less happy	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	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	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	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 characterisation describe you?

	1	2	3	4	5	6	7	
A great deal	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Not at all

Calculate your score

Total score from each question, divided by 4 = your score.

The highest happiness score you could have is 7 and lowest 1.

Research shows that the average score runs from about 4.5 to 5.5 depending on the group. College students tend to score lower than working adults and older retired people who both average 5.6.

Good news is that no matter what your score is, you can become happier!

Resource: Subjective Happiness scale by Sonja Lyubomirsky