

Happiness Compass Score Card

Use this card to rate your happiness in different areas of your life. Assign a score from 1-10 in each category, with 10 being the highest level of happiness.

CATEGORY	SCORE
Family	
Health & Wellness	
Career	
Purpose	
Personal Growth	
Friends	
Communication	
Hobbies & Interest	
Vacation	
Financial Security	
Totals	

Reflect on your scores and identify areas for improvement. Set a specific goal for each category and devise a plan to achieve them. Use this card or create your own scorecard to regularly assess your level of happiness.