

# My Happiness Map

Each section represents an area of your life. On a scale of 1 to 5, 5 being extremely happy and 1 being pretty miserable, rate the amount of happiness you feel right now in each area.

Appearance	Family
Friends/Community	Finances/Money
Health + Well-being	Home + Environment
Personal Development	Play
Spirituality	Intimate Relationships
Time	Livelihood/Career
	Today's Date: _____