

Happiness & Well-Being Questionnaire

This questionnaire is for personal reflection and awareness only.
It is not a diagnostic tool, does not assess for mental health conditions, and is not a substitute for professional care.

Instructions: Think about your experience over the past 2 weeks. For each statement, note which response best fits your experience.

Positive Emotions	Not at all	Slightly	Moderately	Mostly	Completely
I often feel moments of genuine joy.	0	1	2	3	4
I notice small things that bring me contentment.	0	1	2	3	4
I feel grateful for the good in my life.	0	1	2	3	4
I experience more positive emotions than negative ones in daily life.	0	1	2	3	4

Life Satisfaction	Not at all	Slightly	Moderately	Mostly	Completely
I am satisfied with how my life is going right now.	0	1	2	3	4
I feel proud of the progress I've made in my life.	0	1	2	3	4
My life feels balanced and manageable.	0	1	2	3	4
I would describe my life as fulfilling.	0	1	2	3	4

Meaning and Purpose	Not at all	Slightly	Moderately	Mostly	Completely
I feel a sense of direction in my life.	0	1	2	3	4
My daily activities feel meaningful to me.	0	1	2	3	4
I understand what matters most to me.	0	1	2	3	4
I feel motivated by a deeper sense of purpose.	0	1	2	3	4

Social Connection	Not at all	Slightly	Moderately	Mostly	Completely
I have people in my life I can truly rely on.	0	1	2	3	4
I feel connected to a community, group, or cause.	0	1	2	3	4
I believe I matter to the people around me.	0	1	2	3	4
I experience supportive and trusting relationships.	0	1	2	3	4

Resilience & Optimism	Not at all	Slightly	Moderately	Mostly	Completely
When challenges arise, I believe I can handle them.	0	1	2	3	4
I can usually recover after stressful events.	0	1	2	3	4
I feel optimistic about the future.	0	1	2	3	4
I see myself as capable of adapting to change.	0	1	2	3	4

This questionnaire is intended for personal reflection and educational purposes only. It does not diagnose, screen for, or treat any mental health condition. If you are concerned about your mood, safety, or well-being, consult a licensed mental health professional or local emergency resources.