

The Happiness Meter

Welcome to the Happiness Meter

Simply by monitoring your mood and practicing a simple mental exercise three times a day, you will be able to make every day a happy one. Best of all, it takes no longer than five minutes per exercise, or fifteen minutes per day, to make a dramatic improvement in the quality of your life. All of the details appear in the article accompanying this PDF file.

Print out page two if you wish to work with a black and white copy of the Happiness Meter. For a color copy, print out page three.

After printing a copy, indicate the month and year at the top of the sheet. Next, use the column that shows the day of the month you are doing the exercise, and indicate with a hollow circle how happy or unhappy you feel.

If you are feeling happy, rate yourself on a scale of +1 ~ +7, +7 being the highest (most happy). When you are feeling unhappy, rate yourself -1 ~ -7, -7 being the lowest (most unhappy).

Use the same column to rate yourself three times during the day (morning, afternoon, evening). Each time you rate yourself, use a hollow circle to indicate your score. The three circles for the day reveal your mood swings. To get your score for the day, subtract your lowest score from your highest.

For an illustration, see page 4 Example A. In this example, the tester rated himself as +4, +2, and -2 during the day. After the last exercise, he subtracted the lowest score (-2) from the highest (+4) to arrive at his score for the day (+2). Indicate your score for the day with a filled circle. At the end of each day, join the filled circles (scores of the day) with a line, creating a graph.

For the sake of clarity, the remaining days that have been plotted in Example A (page 4), only show the scores of the day; the other circles have been “erased” to remove clutter.

Let’s look at one more example. Tom rates himself as +7, +4, and -2. His score for the day is +5 ($+7 - 2 = +5$). Because there was no hollow circle at +5, Tom now draws a circle and fills it, connecting it to the previous filled circle.

Also note that the actual mood sequence does not matter, the score of the day will remain the same. That is, +7, +4, -2 OR +7, -2, +4 OR +4, +7, -2 or +4, -2, +7 OR -2, +4, +7 OR -2, +7, +4 all equal +5 for the day.

Example A shows the typical plus and minus (happy and unhappy) mood swings the average person experiences. However, after a few weeks of monitoring and practicing the simple exercises that are given in the accompanying article, your graph will move upward until it remains in the happy zone (Example B, page 4).

Generally speaking, after several months of use, you will consistently be happy at all times and can stop consciously monitoring your moods and doing the exercises.

However, life is unpredictable and unforeseen circumstances (war, illness, death, natural disasters) can shock your system, leading to unhappiness. But as soon as you can stabilize yourself, go back to monitoring and doing the exercises, and you will soon return to your former cheerful self.

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<http://www.personal-development.com/chuck/index.html>



The Happiness Meter

Month:

Year:

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