

## Choosing Happiness Questionnaire

Use this questionnaire as you wish. Fill in as much or little as you like.  
Return to it from time to time, as your perspective may shift  
and you may find yourself giving different answers.

As you respond to the questions – let your mind and emotions run free.  
This is not a test – there are no right or wrong answers.  
These questions are stepping stones to a deeper relationship with you.

This questionnaire  
is a bit like having a map to a treasure chest.



You are the treasure inside.

As you read the questions let the answers emerge.  
Listen to yourself, and let your inner guidance  
take you deeper into the treasure chest.

*If you are having a Choosing Happiness one to one session with me,  
I suggest you scroll down to the last page and start with those  
questions first, then add in any others that feel relevant for you.*

- 1) What is your experience of your health? If your body were to speak to you, what would it like you to know?
- 2) What is your experience of the relationships in your life? (This is a big question...!) Describe your most fulfilling relationships and your most challenging.
- 3) What do you love about yourself?
- 4) Was the last question hard to answer and if so - why?
- 5) If your life were a novel, play or film – what would the title be? How do you feel about being the author of your life? Do you believe you are?

- 6) What do you most admire in others? Can you see this in yourself? Could your friends see this in you?
- 7) What do you find it hardest to accept in others? Can you see this in yourself?
- 8) What does work mean to you? Is it a way to pay the bills, or an avenue of fulfilment?
- 9) Are you doing the work that most inspires you? If not – do you know what is standing in your way?
- 10) Outside your working life...what brings you satisfaction and fulfilment?
- 11) If there was a parallel universe with another version of you who was 'living your dream'...the most wonderful life you could imagine – what would their life be like?
- 12) If you had three wishes, what would you ask for?
- 13) What is your relationship with your finances? Where do you see yourself on a scale between prosperous and financially struggling?
- 14) Which of the above questions felt the most challenging for you to answer? Does that issue feel like a life path hot spot for you? If it does describe how you feel in your body now as you think about it – are you relaxed and at ease, or tense and restricted?
- 15) Name some of the roles you have in life – here are some possible roles to get you into the process. Devoted Mother/Dedicated Father; Successful Son/Dutiful Daughter; Business Person; Life Artist; Unknown Author; Fitness Enthusiast; Gardener; Shopping Expert; Striving Student; Party Animal; Eco-warrior; Black Sheep; Peacemaker; Computer Techie; Galley Slave; Original Thinker. Make up your own titles. What roles best describe you and your life?
- 16) Do you feel you are run by the roles in your life? Or can you also see that they are just like names of hats that you put on. How strongly do you feel connected to the essence of you that is at your core...deeper than all roles that you play in your life?
- 17) How would it feel to drop some of these roles, or change them? Which ones would you choose to change?



In addition to any or all of the above - the following questions are particularly helpful if you are planning a Choosing Happiness One to One Session with me.

Choose to answer as much or as little as you like. This is all optional, but it will enhance what you get from our time together if you invest some time here.

- 1) What is your 'story'? Tell the story of your life in the third person. For example...

*'Josie was born in Leeds in 1962. She lived with her mother, father and younger brother, and boxer dog called Brick, in a house opposite the local park. Josie started out life being rather shy and timid, and didn't enjoy school very much. At the age of 16 Josie changed schools and this changed her life...'*

Write **your** story with whatever details are most relevant to you.

- 2) Describe the issues that you wish to explore in your Choosing Happiness session.
- 3) What are you hoping for in the Choosing Happiness process? How do you respond to the phrase Choosing Happiness?
- 4) What makes you laugh? What helps you relax? What inspires you? What do you do in your life just for the sheer pleasure of it?
- 5) What is your connection with your own 'inner guidance'? Is this strong or is it something you would like to develop further?
- 6) Let your imagination soar and describe your 'perfect day'. Give as much detail as you can about what is happening, and very importantly...how it feels...! Revel in the experience...immerse yourself in it as if it is happening today and you are living it...!