

Happiness Review

Foster and Hicks

1. **Intention** is not simply the desire, but the conscious decision to choose happiness over unhappiness. As you go through your day, to what extent do you actively intend to be happy?
Never 1 2 3 4 5 6 7 8 9 10 Always
2. **Accountability** is the choice to take responsibility for your actions, thoughts, and feelings and not blame others for your unhappiness – the refusal to be a victim. To what extent do you take a pro-active stance in the face of the sad or difficult in your life?
Never 1 2 3 4 5 6 7 8 9 10 Always
3. **Identification** is the ongoing process of identifying for yourself what makes you truly, deeply happy. That what extent each day do you ask yourself “Which choice or direction will make me happiest?”
Never 1 2 3 4 5 6 7 8 9 10 Always
4. **Centrality** is the non-negotiable insistence on doing now those things that make you happiest, regardless of the complexities of your circumstances. To what extent do you insist on not putting off that which gives you greatest joy?
Never 1 2 3 4 5 6 7 8 9 10 Always
5. **Recasting or Reframing** is the choice to turn problems into opportunities – to convert trauma into meaning. To what extent do you recast deeply unhappy emotions into purposeful meaning?
Never 1 2 3 4 5 6 7 8 9 10 Always
6. **Creation of opportunity and possibilities** is the decision to be open to new possibilities. Are you aware of opportunities? Do you try new things or jump into the unknown for the experience of something important or new?
Never 1 2 3 4 5 6 7 8 9 10 Always
7. **Appreciation** means expressing gratitude to others. Happy people relish each moment rather than focusing on the past or worrying about the future. To what extent are you aware of the moment and are grateful for your life and those around you?
Never 1 2 3 4 5 6 7 8 9 10 Always
8. **Giving** means sharing your talents, resources and hospitality with neighbors, in community work, or with friends and family without the expectation of a “return on investment”. To what extent do you give richly of yourself to others?
Never 1 2 3 4 5 6 7 8 9 10 Always
9. **Truthfulness**. Happy people are accountable. They enforce personal boundaries and will not conform to society or family if it violates their values. Their truthfulness is a self-contract by which they gauge their thoughts and actions against their internal, personal code. How truthful are you with yourself and others?
Never 1 2 3 4 5 6 7 8 9 10 Always