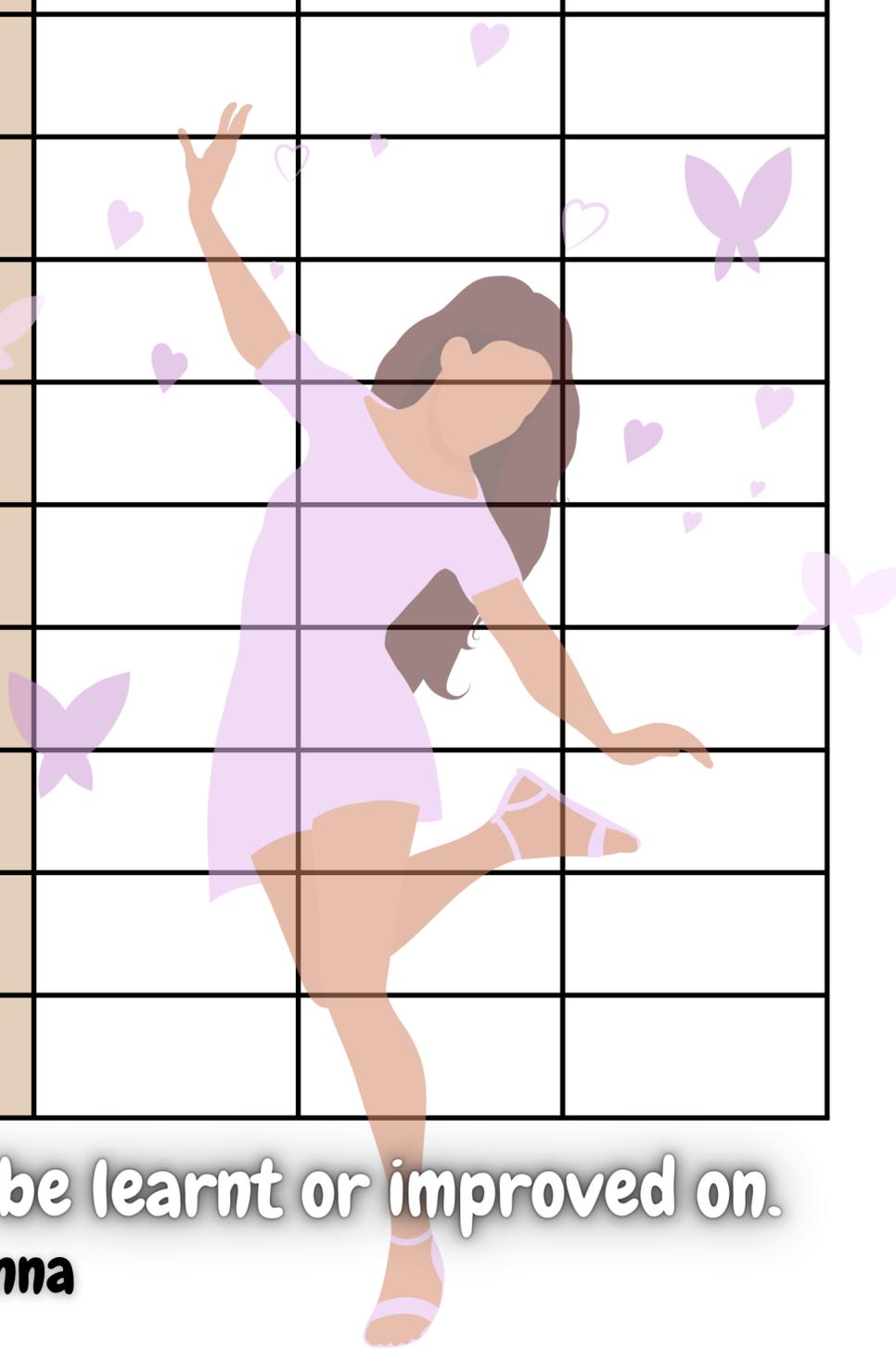


My Happiness Assessment

Please rate statements from 0 to 10, where 0 is 'not at all' and 10 is 'absolutely'.

	before Date 1 19/01/26	After HaPPiNeSS training with Anna Date 2 3 months later Date 3 6 months later Date 4 12 months later		
I LIVE MY VISION OF HAPPY LIFE				
I AM ACHIEVING MY GOALS & DREAMS				
MY CLOSE RELATIONSHIPS ARE GREAT				
I APPRECIATE WHAT PEOPLE DO FOR ME				
I DO WHAT I AM PASSIONATE ABOUT				
I AM GRATEFUL				
I LOVE MY LIFE				
I LOVE & APPRECIATE MYSELF				
I KNOW WHAT I WANT				
I AM GOOD ENOUGH				
I CAN REGULATE MY EMOTIONS				
MY MIND IS MY FRIEND				
I LOOK AFTER MY WELL-BEING				
I AM HAPPY				



HAPPINESS is a skill that can be learnt or improved on.

Happiness Training with Anna



www.AnnaCheer.com

© 2026 Anna Cheer