# Self-Awareness Happiness Assessment

**What Type of Person Are You Today?**

Describe the person that you want to become only using three verbs.

1. 
2. 
3. 

**I Am Happiest When I...**

**I Am Most Unhappy When...**

**3 Things That Instantly Put Me In A Great Mood.**

1. 
2. 
3. 

**1 Person That Make Me Feel Motivated and Inspired.**

**2 Things That Make Me Laugh.**