

# SELF-AWARENESS HAPPINESS ASSESSMENT

*Angel's Friendly Coaching*



What type of person are you today?

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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 ...

1 Person that make me feel motivated and inspired.

3 Things that instantly put me in a great mood.

2 Things that make me laugh.

① \_\_\_\_\_

② \_\_\_\_\_

③ \_\_\_\_\_



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Keeping you in a positive mindset!