

Happiness Quotient (HQ)

The Happiness Quotient (HQ) is a basic tool designed to help you understand **how you feel** about where you are at across The Seven Elements of your life.

The Seven Elements

The HQ is based on The Seven Elements Framework, which focuses on Life Integration rather than work-life balance.

WHAT IS LIFE INTEGRATION?

Everything you do is part of your life. Even work. Life Integration is about seeking balance across all areas of your life – recognising that EVERYTHING is your life, and that everything you do is inextricably linked – understanding that when one or two (or three or four...) elements are out of whack it is going to have an impact on the other areas, and therefore the quality of your life.

It is about giving you permission to get clear on what a happy, healthy, abundant, successful, loving life means for you and giving you permission to truly start living that life today.





SUCCESSFUL LIFE INTEGRATION CAN BE ACHIEVED WHEN YOU:

- ✓ *Have a clear vision for what a successful life means for you,*
- ✓ *Have a clearly defined decision making framework,*
- ✓ *Have clarity on your goals,*
- ✓ *Understand your priorities and what is important,*
- ✓ *Take complete responsibility for your life and your mind-set,*
- ✓ *Know when things are out of balance within any element of your life or across the seven elements,*
- ✓ *Give yourself permission to do what is important to maintain and regain balance, and*
- ✓ *Accept that you are the only person who can change things.*

WHAT ARE THE SEVEN ELEMENTS?

Vision:

Developing a concrete picture of who you want to be in your life and how you want to be living it, getting clear on your lifestyle and values.

Fitness:

You are the most important element in your life. Getting clarity on your desired state of well-being - physically, mentally, spiritually, socially and emotionally.

Family:

Getting clear on the types of relationships you would like to have with your intimate and extended family.

Friends:

Creating and maintaining connections with those you trust - and broader support networks - who enrich your life, keep you honest and offer unconditional support, including emotionally.

Finances:

Making financial security an essential part of your life.

Work/Career:

Identifying your passion & work goals in light of other critical elements in your life.

Fun/Fulfilment:

expansion and growth - reintegrating those things that can drop away when you become overwhelmed by daily activities.



My HQ

The purpose of this activity is to help give you an overview on how well balanced *you think or feel* your life is at the moment – it is a baseline for where you are now. It is not a scientific test, nor are there any right or wrong answers. It will simply shine a spotlight on which elements *you think or feel* are not great and where there is room for improvement.

Once you have completed it, you will hopefully have a bit of clarity about your priorities to help you move forward in the direction you want to head.

*Some of the gaps will have possible actions you can take that will be straightforward (e.g do more exercise and go for a walk), but some may have deeper causes and will need a different approach (for example relationship issues or overcoming money blocks).

The most important thing is that you will have awareness, and can then decide to take action to change things. Without awareness, nothing will ever change.

AWARENESS

On a scale of 1-10 with one being very unhappy and 10 being deliriously happy, rate your feeling for each of the following statements (don't overthink it, just go with what comes first).

VISION – who and how you want to be in your life

I have a clear direction for my life	1	2	3	4	5	6	7	8	9	10
I know what I want my life to be like in 5 years' time	1	2	3	4	5	6	7	8	9	10
I have rock solid values that I live by	1	2	3	4	5	6	7	8	9	10
I feel excited about the future	1	2	3	4	5	6	7	8	9	10
I know who I am	1	2	3	4	5	6	7	8	9	10
I know who I want to be	1	2	3	4	5	6	7	8	9	10
I am clear on what a successful life is for me	1	2	3	4	5	6	7	8	9	10
A space for you to add your own...	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10



FITNESS – your physical, mental, emotional, social & spiritual well-being

I eat good, nourishing food	1	2	3	4	5	6	7	8	9	10
I drink enough water	1	2	3	4	5	6	7	8	9	10
Alcohol consumption	1	2	3	4	5	6	7	8	9	10
Coffee consumption	1	2	3	4	5	6	7	8	9	10
Cigarette consumption	1	2	3	4	5	6	7	8	9	10
Recreational drug consumption	1	2	3	4	5	6	7	8	9	10
Prescriptive drug consumption	1	2	3	4	5	6	7	8	9	10
Over the counter drug consumption	1	2	3	4	5	6	7	8	9	10
I am a good person	1	2	3	4	5	6	7	8	9	10
I like myself	1	2	3	4	5	6	7	8	9	10
I am a friendly person	1	2	3	4	5	6	7	8	9	10
I am kind	1	2	3	4	5	6	7	8	9	10
I speak well to and about myself	1	2	3	4	5	6	7	8	9	10
I speak well to and about others	1	2	3	4	5	6	7	8	9	10
I love myself	1	2	3	4	5	6	7	8	9	10
I am a good friend	1	2	3	4	5	6	7	8	9	10
I feel balanced emotionally	1	2	3	4	5	6	7	8	9	10
I feel strong	1	2	3	4	5	6	7	8	9	10
I feel fit	1	2	3	4	5	6	7	8	9	10
I feel healthy	1	2	3	4	5	6	7	8	9	10
I can forgive myself	1	2	3	4	5	6	7	8	9	10
I can forgive others	1	2	3	4	5	6	7	8	9	10
I feel flexible	1	2	3	4	5	6	7	8	9	10
I feel happy with my weight	1	2	3	4	5	6	7	8	9	10
I exercise frequently	1	2	3	4	5	6	7	8	9	10
I am a glass half full kind of person	1	2	3	4	5	6	7	8	9	10
I only eat when I am hungry	1	2	3	4	5	6	7	8	9	10
I get enough sleep	1	2	3	4	5	6	7	8	9	10
I get enough rest	1	2	3	4	5	6	7	8	9	10
I experience a lot of joy in life	1	2	3	4	5	6	7	8	9	10
I think good thoughts	1	2	3	4	5	6	7	8	9	10
I meditate	1	2	3	4	5	6	7	8	9	10
I practice mindfulness	1	2	3	4	5	6	7	8	9	10
I am good at relaxing	1	2	3	4	5	6	7	8	9	10
I never feel stressed	1	2	3	4	5	6	7	8	9	10
I never feel busy	1	2	3	4	5	6	7	8	9	10
I speak up for myself	1	2	3	4	5	6	7	8	9	10
I have a healthy sex life	1	2	3	4	5	6	7	8	9	10
I feel supported	1	2	3	4	5	6	7	8	9	10
I support others	1	2	3	4	5	6	7	8	9	10
I feel loved	1	2	3	4	5	6	7	8	9	10
I love others	1	2	3	4	5	6	7	8	9	10
I feel understood	1	2	3	4	5	6	7	8	9	10
I understand others	1	2	3	4	5	6	7	8	9	10
I never complain	1	2	3	4	5	6	7	8	9	10
I love my life	1	2	3	4	5	6	7	8	9	10
I like spending time on my own	1	2	3	4	5	6	7	8	9	10



FITNESS – continued...

I like being with other people	1	2	3	4	5	6	7	8	9	10
It is easy for me to make choices	1	2	3	4	5	6	7	8	9	10
I make decisions by gut feel	1	2	3	4	5	6	7	8	9	10
I always make time for the things that matter	1	2	3	4	5	6	7	8	9	10
I am good at saying no to things I don't want to do	1	2	3	4	5	6	7	8	9	10
I am good at saying yes to things I do want to do	1	2	3	4	5	6	7	8	9	10
I am good at looking after myself (e.g dentist, chiro, check-ups)	1	2	3	4	5	6	7	8	9	10
I am good at self nurturing (e.g massage, hair style, clothing)	1	2	3	4	5	6	7	8	9	10
A space for you to add your own...	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

FAMILY– the relationships you have with those closest to you

I have/had a good relationship with my partner	1	2	3	4	5	6	7	8	9	10
I am happy with my home life	1	2	3	4	5	6	7	8	9	10
I like where I live	1	2	3	4	5	6	7	8	9	10
We have family traditions	1	2	3	4	5	6	7	8	9	10
I spend enough time with the people that matter to me	1	2	3	4	5	6	7	8	9	10
I enjoy the activities I do with the people that matter to me	1	2	3	4	5	6	7	8	9	10
I have/had a good relationship with my children	1	2	3	4	5	6	7	8	9	10
I have/had a good relationship with my mum	1	2	3	4	5	6	7	8	9	10
I have/had a good relationship with my dad	1	2	3	4	5	6	7	8	9	10
I have/had a good relationship with my grandparents	1	2	3	4	5	6	7	8	9	10
I have/had a good relationship with my in-laws	1	2	3	4	5	6	7	8	9	10
I have/had a good relationship with other family members	1	2	3	4	5	6	7	8	9	10
A space for you to add your own...	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

FRIENDS – the relationships of choice

I have a single or handful of trusted confidantes	1	2	3	4	5	6	7	8	9	10
I like my friends	1	2	3	4	5	6	7	8	9	10
I feel part of a community (school, sport, work etc)	1	2	3	4	5	6	7	8	9	10
I have a positive support network	1	2	3	4	5	6	7	8	9	10
I feel uplifted & energised after spending time with my friends	1	2	3	4	5	6	7	8	9	10
A space for you to add your own...	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10



FINANCES – creating financial security

I feel rich	1	2	3	4	5	6	7	8	9	10
I feel wealthy	1	2	3	4	5	6	7	8	9	10
I feel financially secure	1	2	3	4	5	6	7	8	9	10
I feel financially free	1	2	3	4	5	6	7	8	9	10
I practice discernment when I buy things	1	2	3	4	5	6	7	8	9	10
I can afford to buy what I need	1	2	3	4	5	6	7	8	9	10
I have housing security	1	2	3	4	5	6	7	8	9	10
I have a comfortable level of savings	1	2	3	4	5	6	7	8	9	10
Satisfied with level of credit card debt	1	2	3	4	5	6	7	8	9	10
Mortgage Repayments	1	2	3	4	5	6	7	8	9	10
Level of other debt	1	2	3	4	5	6	7	8	9	10
Day to day bank balance	1	2	3	4	5	6	7	8	9	10
I have good Investments	1	2	3	4	5	6	7	8	9	10
I make sound financial decisions	1	2	3	4	5	6	7	8	9	10
I always have enough money	1	2	3	4	5	6	7	8	9	10
I never say I am broke	1	2	3	4	5	6	7	8	9	10
I never say I can't afford it	1	2	3	4	5	6	7	8	9	10
I never feel scared about money	1	2	3	4	5	6	7	8	9	10
I never have arguments about money	1	2	3	4	5	6	7	8	9	10
I never feel lack about money	1	2	3	4	5	6	7	8	9	10
I feel positive about money	1	2	3	4	5	6	7	8	9	10
I feel abundant	1	2	3	4	5	6	7	8	9	10
I am an excellent custodian of money	1	2	3	4	5	6	7	8	9	10
I believe there is unlimited potential for me to make money	1	2	3	4	5	6	7	8	9	10
I had positive money role models when I was growing up	1	2	3	4	5	6	7	8	9	10
My parents had a positive relationship with money	1	2	3	4	5	6	7	8	9	10
A space for you to add your own...	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10



WORK/CAREER – the thing you do to generate the money

My work is satisfying	1	2	3	4	5	6	7	8	9	10
My work is my passion	1	2	3	4	5	6	7	8	9	10
I enjoy my work	1	2	3	4	5	6	7	8	9	10
I feel excited about work	1	2	3	4	5	6	7	8	9	10
I look forward to the next 5 years in my career	1	2	3	4	5	6	7	8	9	10
I feel adequately educated	1	2	3	4	5	6	7	8	9	10
I work with good people	1	2	3	4	5	6	7	8	9	10
I like my colleagues	1	2	3	4	5	6	7	8	9	10
My clients are the right clients for me	1	2	3	4	5	6	7	8	9	10
I have good relationships with my superiors	1	2	3	4	5	6	7	8	9	10
My income is enough	1	2	3	4	5	6	7	8	9	10
I have a good work routine and schedule	1	2	3	4	5	6	7	8	9	10
I feel appreciated for the work I do	1	2	3	4	5	6	7	8	9	10
I am happy with the amount of hours I work	1	2	3	4	5	6	7	8	9	10
I can manage my screen time	1	2	3	4	5	6	7	8	9	10
I can switch off from work	1	2	3	4	5	6	7	8	9	10
A space for you to add your own...	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

FUN & FULFILLMENT – the stuff that expands and grows us and we forget to do or don't have time to do when we get busy or we don't have the money to do

Hobbies	1	2	3	4	5	6	7	8	9	10
Volunteering	1	2	3	4	5	6	7	8	9	10
Sport	1	2	3	4	5	6	7	8	9	10
Exercise	1	2	3	4	5	6	7	8	9	10
Community work	1	2	3	4	5	6	7	8	9	10
Creative pursuits	1	2	3	4	5	6	7	8	9	10
Letting your hair down	1	2	3	4	5	6	7	8	9	10
Going out	1	2	3	4	5	6	7	8	9	10
Spending a day doing nothing	1	2	3	4	5	6	7	8	9	10
Holidays	1	2	3	4	5	6	7	8	9	10
Living on the edge (skydiving, swimming with sharks)	1	2	3	4	5	6	7	8	9	10
Writing your book	1	2	3	4	5	6	7	8	9	10
A short course	1	2	3	4	5	6	7	8	9	10
Further education	1	2	3	4	5	6	7	8	9	10
A space for you to add your own...	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10



There will be some common themes that have shown up for you throughout the HQ. A lot of them will be down to your perception of things as they are. And perception can be shifted in an instant – gratitude helps with this.

You experience the world as YOU see it, and how you see it is as a result of your beliefs, programming, memories and experience.

If you are not happy, you can choose to change. *It actually is that simple and complicated all in one.*

You can change your life by taking complete responsibility for your life.

You can change the way you feel about your life RIGHT NOW by focusing on what is going well for you.

Reflection

How did it make you feel as you were completing the HQ?

How do you feel now?

The things that I love the most about my life right now are:

- 1.
- 2.
- 3.
- 4.
- 5.



Priorities & Goals

What are your quick wins? (the things that you can change right now)

What are your next top priorities?

Priority	Goal
1.	
2.	
3.	
4.	
5.	



Inspired Action

What action are you going to take for each of these priorities and goals?

Priority	Action	Deadline
1.		
2.		
3.		
4.		
5.		

Next Steps

You can revisit your HQ frequently. It's a great tool to use as a baseline and to check in with how you are holistically feeling about your life, giving you clarity about what elements are out of balance.

If you do want more support to learn how you can change your life, come and join the program!

<http://www.thehappinesshunter.com/you-can-change-your-life/>