

ARE YOU HAPPY:

1. Do you laugh easily?
2. Can you laugh at yourself?
3. How many times have you said,  
This week is going to be exciting?
4. Are you fairly slow to push the panic button  
when you have a problem?
5. How many real compliments have you offered to people  
this week?
6. Do you only rarely complain and grumble?
7. Do you enjoy meeting new people?
8. Are you optimistic--look at the bright side of life?
9. Does it please you to see others enjoying themselves,  
even if you aren't part of the group?
10. Can you say ten different happy words without hesitating?