

Joy Inventory

Name: _____

Date: _____

Place a mark in the appropriate block to the left of each statement that states how often you have thought it *over the past month*.

0	1	2	3	Never = 0, Occasionally = 1, Usually = 2, Always = 3
				I feel happy.
				I feel positive about the future.
				I feel I can succeed at getting what I want.
				I feel pleasure in several aspects of my life.
				I have mostly said goodbye to guilt.
				I am a person of value and worth and I deserve the best in life.
				I like myself and I am happy with myself.
				I am a good person.
				I have everything to live for.
				I can laugh or cry and that is fine.
				I react calmly when things don't go the way I wish.
				I find people interesting.
				I like making decisions about my life.
				I am beautiful.
				I am happy with my level of productivity.
				I sleep well and wake refreshed.
				I have all the energy I want.
				I love good food.
				I am maintaining the weight I wish, or moving towards my goal very satisfactorily.
				My health is excellent for my age.
				I enjoy my sexuality.

Totals

				« « SUBTOTALS - add up the number of marks in each column and record here
0	1	2	3	« « Multiply each subtotal by this number
				« « Add these numbers together to get a total → → → Here → <input style="width: 50px; height: 20px;" type="text"/>