

## YOUR LIFE HAPPINESS INDEX

Don't sleepwalk through your life. Be aware of where you are on or off track. On a 1-10 scale, rate yourself on how well you are fulfilling each category.

Quarter	
Diet, Water	
Exercise	
DPA (Dollar Productive Activities)	
Love for Work	
Romance	
Children	
Parents, Siblings, etc.	
Friends	
Horizontal Income	
Music & Dance	
Hobbies	
Adventure, Travel	
Risk & Excitement	
Chill Time	
Giving Back	
Future Planning	
Gratitude Thermometer	
<b>LHI AVERAGE</b>	