

HAPPINESS QUIZZES



Authentic Happiness Inventory

The Authentic Happiness Inventory measures a person's subjective happiness by assessing three types of happy lives: Pleasant life, Engaged life, Meaningful life

PERMA

The PERMA-Profiler is a questionnaire that measures five pillars of well-being, as well as negative emotion and health: positive emotion, engagement, relationships, meaning, accomplishment, negative emotion, and health.



General Happiness Scale

This scale measures a person's overall assessment of their happiness or unhappiness. It uses a 7-point Likert scale to rate four items, including how the respondent feels compared to their peers. A higher score indicates greater happiness.