

Person Activity Fit Questionnaire

(adapted from Sonja Lyubomirsky and Ken Sheldon)

Instructions: Consider each of the following 12 happiness activities. Reflect on what it would be like to do that activity every week for an extended period of time. Then ask yourself, what would be your reason for continuing to do the activity. How **natural** would it feel? How much would you **enjoy** it? How much would you **value** the activity? How much of your reason for continuing the activity would be because you'd feel **guilty** if you didn't do it? And how much of your reason for doing it would be because the **situation** called for you doing that activity?

Rate each item on a scale of 1 – 7:

1 = not at all 2 = a tiny bit 3 = a little 4 = somewhat 5 = pretty much 6 = certainly 7 = very much

NATURAL: "I'll keep doing this activity because it will feel "natural" to me and I'll be able to stick with it."
ENJOY: "I'll keep doing this activity because I will enjoy doing it, I'll find it to be interesting and challenging."
VALUE: "I'll keep doing this activity because I will value and identify with doing it; I'll do it freely even when it's not enjoyable."
GUILTY: "I'll keep doing this activity because I would feel ashamed, guilty or anxious if I didn't do it; I'll force myself."
SITUATION: "I'll keep doing this activity because somebody else will want me to or because my situation will force me to."

- 1. Expressing gratitude:** Counting your blessings for what you have (either to a close other or privately, through contemplation or a journal) or conveying your gratitude and appreciation to one or more individuals whom you've never properly thanked.
- 2. Cultivating optimism:** Keeping a journal in which you imagine and write about the best possible future for yourself. Or, practicing to look at the bright side of every situation.
- 3. Avoiding overthinking and social comparison:** Using strategies (such as distraction) to cut down on how often you dwell on your problems and compare yourself with others.
- 4. Practicing acts of kindness:** Doing kind things for others, whether friends or strangers, either directly or anonymously, spontaneously or planned.
- 5. Nurturing relationships:** Picking a relationship in need of strengthening and investing time and energy in healing, cultivating, affirming and enjoying that relationship.
- 6. Developing Strategies for Coping:** Practicing ways to reduce the effect of, or to surmount, a recent stress, hardship, or trauma.
- 7. Learning to forgive:** Keeping a journal (or writing a letter) in which you work on letting go of anger and resentments toward a person (or people) who has hurt or wronged you.
- 8. Engaging in flow experience:** Increasing the amount of experiences at home and work in which you "lose" yourself, in activities which are challenging and absorbing.

- 9. Savoring life's joys:** Paying close attention to, taking delight in, and replaying life's momentary pleasures or wonders, by thinking, writing, drawing, or sharing with another.
- 10. Committing to your goals:** Picking one to three significant goals that are meaningful to you and devoting time and effort to pursuing them.
- 11. Practicing religion and spirituality:** Becoming more involved in your church, temple, mosque, or spiritual group; or reading and pondering spiritually themed books.
- 12. Taking care of your body:** Engaging in physical activity, eating healthy foods, meditating, and smiling and laughing.

Scoring

Fill in your answers from the questions above. Add your positive item scores (natural, enjoy and value) then divide by 3 to get an average. Add together your Negative item scores (guilty and situational) then divide by 2. Lastly, subtract the negative sum from the positive sum to get your total score for each exercise.

Exercise	Natural (+)	Enjoy (+)	Value (+)	Guilty (-)	Situation (-)	Pos Sum ÷3	Neg Sum ÷2	Total (+) min (-)
1. Gratitude								
2. Optimism								
3. Soc. Comparison								
4. Kindness								
5. Relationships								
6. Coping								
7. Forgive								
8. Flow								
9. Savoring								
10. Goals								
11. Spirituality								
12. Body								

****The highest values represent the activities which are the best fit for you.****
 High positive numbers indicate a high fit, low negative numbers indicate a low fit.

I learned that the exercises that are a best fit for me are: _____

Seeking and Leveraging Feedback Effectively

To use feedback to my advantage:

Dos

- Ask for it
- Be Grateful for it
- Use it

Don'ts

- Quit
- Argue
- Ignore

Feedback in Personal Life (Health, financial, purpose, etc.):

An area if my life I would like feedback is: _____

To get feedback, I could look at: _____

The Feedback suggests I am: **On Track** or **Off Track**

Things I am doing well are: _____

Things I could do to improve are: _____

Feedback with Others (Spouse, Friends, Children, Company, Customers):

I want feedback about my: _____

I will ask: _____

- "On a scale of 1 to 10 (10 being the highest), how would you rate [__]?"
- "What did I do that made the score that high?"
- (Any score less than a 10) "What would it take to get to a 10?"

Feedback for Growth (Ask of trusted friend, mentor, sponsor, etc.):

To help with my personal growth, I will seek feedback from _____

- *How do you see me limiting myself?*
- *What so you see as the habits or behaviors that limit me the most?*
- *What are my habits or behaviors that most contribute to my success?*
- *What should I make sure I continue to do or do more often?*

Questions for the Guilt Process

Guilt is the result of having a belief about how you should or shouldn't be and an action or inaction that violates that belief. To get rid of guilt, you must either change your belief *or* your actions. Remember, you cannot change your past actions, only your present and future ones.

1. What action or non-action do you feel guilty about?
2. What belief or "should" about yourself does that action or non-action violate?
3. What is unrealistic about that belief or "should"?
4. In relation to this past action or non-action, can you change your past behavior?
5. So how can you get rid of this guilt?

What are some of the guilts you carry?

What

Why

What did I get in touch with during this exercise?

What could I do as a result of this insight?

What will I do moving forward?

Questions for the Resentment Process

Resentment is the result of having a belief about how someone else should or shouldn't be and an action or inaction that violated that belief. To get rid of resentment, you can either change your belief *or* get someone else to change *their* beliefs and *their* actions. Remember, you can't change the past.

1. Who do you resent?
2. What action or non-action do you resent them for?
3. What belief or expectation about how they "should be" does their action or non-action violate?
4. What is unrealistic about that beliefs or expectation?
5. Can you change them or their action?
6. How does keeping this unrealistic belief make you feel?
7. What is it costing you? Is it worth it?
8. How can you get rid of the resentment?

What are some of the resentments you carry?

Who

Why

_____	_____
_____	_____
_____	_____
_____	_____

How would I feel/ who would I be if I wasn't carrying these resentments?

What could I do as a result of this insight moving forward?
