

THE EVERYDAY HAPPINESS INVENTORY (EHI)

A simple, self-report measure assessing practical, day-to-day happiness habits.

Instructions:

Rate each statement based on how true it has been for you over the past two weeks.

Use this scale:

1 – Not true of me

2 – Rarely true

3 – Sometimes true

4 – Often true

5 – Very true of me

1. I feel that the pleasant parts of my life outweigh the unpleasant ones. _____
2. I make time for activities that give me joy or meaning. _____
3. I stay connected with people who support and energize me.

4. I practice gratitude regularly. _____
5. I handle challenges in ways that reflect my values. _____
6. I treat myself with kindness, even when I'm struggling. _____
7. I feel a sense of purpose in my daily life. _____
8. I take steps to care for my physical and emotional wellbeing.

9. I regularly engage in acts of kindness toward others. _____
10. I try to stay present and mindful in my daily routines. _____
11. I feel hopeful about my future. _____
12. I have meaningful relationships with others. _____

THE EVERYDAY HAPPINESS INVENTORY (EHI) (CONT.)

Scoring

- Add up your total score (range: 12–60).
- Higher scores indicate a stronger foundation of everyday happiness practices.
- Use your lowest items as “growth targets”—areas where small habits can make a big difference.

Total: _____

Interpretation

- 48–60: Strong happiness habits
- 36–47: Moderate happiness habits
- 12–35: Needs strengthening

If it’s helpful, you can use this measure to check in on your progress as you work through the book.