



Self-Analysis

How do you define happiness in life for yourself?

Check how you perceive the quality of your relationships to people that you are important to you. 1 is very bad. 10 is very good.

1	2	3	4	5	6	7	8	9	10
very bad									very good

Check how satisfied you are with your career.

1	2	3	4	5	6	7	8	9	10
very bad									very good

Check how you perceive your overall happiness in life.

1	2	3	4	5	6	7	8	9	10
very bad									very good

Check how strong your will for change is. 1 for weak will, 10 for strong urge for change.

1	2	3	4	5	6	7	8	9	10
very weak									very strong

Transactional Analysis can help you increase your score in many aspects of your life.