

International Meditation Teachers & Therapists Association  
Practitioner Training Course  
**Certificate in Meditation Teaching and Holistic Human Development**

## **Module Three - Happiness Survey**

### **Instructions**

1. Find three people to interview for your survey. They can be friends, family members, colleagues or strangers.
2. The purpose of this survey is to explore the concept of happiness as perceived by the individual. We are looking for factors in common as well as differences. It is good to choose people who are somewhat different from each other to get a broader cross section of opinions and also to compare the way definitions of happiness change according to individual circumstances.
3. You may have to summarise your subjects' answers when filling in this sheet but it is important that you allow them to express themselves fully during the interview. Do not contradict or pass judgement on your subjects' answers, even if you know them well. This will assist you in developing ideas about the individuals' deeper ideals and also forms the beginning of your counselling training.
4. After you interview your three subjects, do the survey yourself. Use the last section to report your own answers.
5. Return this survey and self evaluation with your completed course work.

**SUBJECT ONE**

Question	Answer
Sex?	
Age?	
Occupation?	
Single/Partnered?	
1. Do you feel you are happy?	
2. What do you think happiness is?	
3. What do you need in your life to make/keep you happy?	
4. What emotions do you associate with being happy?	
5. Do you feel your basic needs are being met adequately and easily? ie comfort - food, warmth, shelter,	
6. Do you feel your emotional needs are being met?	
7. Do you feel your life has purpose?	
8. Do you feel you have a positive self image?	
9. What could happen in your life to make you happier?	
10. How important is being happy to you based on a scale of 1 to 10, with 1 being insignificant and 10 being paramount?	

**SUBJECT TWO**

Question	Answer
Sex?	
Age?	
Occupation?	
Single/Partnered?	
1. Do you feel you are happy?	
2. What do you think happiness is?	
3. What do you need in your life to make/keep you happy?	
4. What emotions do you associate with being happy?	
5. Do you feel your basic needs are being met adequately and easily? ie comfort - food, warmth, shelter,	
6. Do you feel your emotional needs are being met?	
7. Do you feel your life has purpose?	
8. Do you feel you have a positive self image?	
9. What could happen in your life to make you happier?	
10. How important is being happy to you based on a scale of 1 to 10, with 1 being insignificant and 10 being paramount?	

**SUBJECT THREE**

Question	Answer
Sex?	
Age?	
Occupation?	
Single/Partnered?	
1. Do you feel you are happy?	
2. What do you think happiness is?	
3. What do you need in your life to make/keep you happy?	
4. What emotions do you associate with being happy?	
5. Do you feel your basic needs are being met adequately and easily? ie comfort - food, warmth, shelter,	
6. Do you feel your emotional needs are being met?	
7. Do you feel your life has purpose?	
8. Do you feel you have a positive self image?	
9. What could happen in your life to make you happier?	
10. How important is being happy to you based on a scale of 1 to 10, with 1 being insignificant and 10 being paramount?	

**YOURSELF**

Question	Answer
Sex?	
Age?	
Occupation?	
Single/Partnered?	
1. Do you feel you are happy?	
2. What do you think happiness is?	
3. What do you need in your life to make/keep you happy?	
4. What emotions do you associate with being happy?	
5. Do you feel your basic needs are being met adequately and easily? ie comfort - food, warmth, shelter,	
6. Do you feel your emotional needs are being met?	
7. Do you feel your life has purpose?	
8. Do you feel you have a positive self image?	
9. What could happen in your life to make you happier?	
10. How important is being happy to you based on a scale of 1 to 10, with 1 being insignificant and 10 being paramount?	