

## HOW HAPPY ARE YOU?

### WHAT YOUR SCORE MEANS

#### 1–8

It's clear you've got problems. You're more than likely depressed a lot of the time and you probably make others feel miserable, too. However, now you know life can be better, you can set about doing something to improve the situation. Start by trying to inject some happiness into the lives of others.

#### 9–16

Life's not too bad but there's room for improvement. Your score indicates you have the good sense to realise that you may have one or two shortcomings and are willing to put them right. You have the ability to make the most of any situation and this stops you from feeling sorry for yourself.

#### 17–24

You seem to have found the secret of true happiness. You should count yourself a very lucky person to be so well-balanced, bright and carefree. The way to carry on being happy is to spread it around to others less fortunate than you.

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**Some words and expressions used in the Quiz. Look up the ones you don't know**

Candlelight

Flattered

Dull

Inject some happiness

Room for improvement

Shortcomings

Sorry for yourself

