

RRI TOOL 

GLOBAL HAPPINESS EXERCISE™

“ Myth: Success leads to happiness.
Truth: Happiness leads to success.

Shawn Achor, Author
The Happiness Advantage

”

INCREASING YOUR HAPPINESS LEVEL

Your day-to-day overall happiness is something most busy real estate professionals tend to prioritize near the bottom of the totem pole, long after what is traditionally thought of as business-related or dollar productive activities.

However, this is not a good strategy for your long-term growth and mental health! The real estate industry is complicated and challenging, and keeping a positive state of mind is key to increasing not only your happiness levels, but also your productivity levels.



The Global Happiness Exercise is a brief self-analysis to help you discover where you are now in terms of your overall happiness (**Step 1**), then you drill deeper to find out exactly which areas of your life may be holding you back (**Step 2**). Finally, you will compare the two ratings to decide next steps. (**Step 3**).

The following pages will illustrate how to complete the exercise, following it up with analysis, conclusions and some next steps you can take to increase your happiness level.

“It’s a helluva start, being able to recognize what makes you happy.”

LUCILLE BALL

3 STEPS TO COMPLETE THIS EXERCISE

STEP 1

RECORD YOUR OVERALL HAPPINESS RATING

First, rate yourself on a scale of 1-10 in terms of your overall happiness right now. Do not think too much about any one area; just go with your first instinct on how happy you are right now. Write this number down in the box with the letter O.

STEP 2

RECORD YOUR 7 INDIVIDUAL LIFE AREA RATINGS

Next, rate yourself in 7 key areas relative to your current level of satisfaction. As you rate each area, remember, it's not about the way things are, but more about how satisfied you are about how things are.

Seven Key Areas

1) Physical Health/Fitness

How satisfied are you with your current health, vitality and energy?

2) Mindset/Emotional

Do you experience enough peace in your life?

3) Professional/Career

Your rating here should have nothing to do with money. It's about how fulfilled you are in your current career.

4) Relationship/Partner

This area refers to your intimate relationship. Keep in mind, it is the way you feel about your current circumstances.

For example, if you don't have a relationship, should your rating be lower?

Not necessarily. If you have just gotten out of an unhappy relationship, then your rating should be very high. It is not whether you have a relationship, it's how satisfied you are in this area.

5) Relationships with Family/Friends

How do you feel about your relationships with your kids, grandkids, siblings, relatives and friends?

6) Financial/Income

How satisfied you are with your current net worth, cash flow, income?

7) Fun/Free Time

Do enjoy your free time? Do you have enough free time? Do you have fun?

STEP 3 **COMPARE YOUR OVERALL RATING TO YOUR GLOBAL AVERAGE**

Following the simple math on this exercise, total up your life area ratings (**box G**) and divide by 7 for your life area Global Average rating. Write this number down in the box with the letter **G**.

$$\boxed{T} \div 7 = \boxed{G}$$

Now compare your Overall Rating (**box O**) to your Global Average Rating (**box G**)? How close are they?

$$\boxed{O} \text{ vs. } \boxed{G}$$

Once you have completed the exercise on the next page, use the following page to find out next steps and determine how to go about changing your Global Happiness Score for the better.

GLOBAL HAPPINESS EXERCISE™



Step 1: What is Your Overall Happiness Rating? (Record in O box)

Rate yourself on a scale of 1 to 10 in terms of your overall happiness with your life right now.

LOW ← 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → HIGH

Step 2: What are your Individual Ratings?

Using a scale of 1 through 10 (1 being the lowest, 10 being the highest), rate yourself in terms of how satisfied (happy) you are in each of these life areas.

- | | | | | | | | | | | |
|---------------------------|---|---|---|---|---|---|---|---|---|---|
| 1. Physical Health/Energy | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
| 2. Mindset/Emotional | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
| 3. Professional/Career | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
| 4. Relationship/Partner | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
| 5. Family/Friends | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
| 6. Financial/Income | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
| 7. Free Time/Fun | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |

Next, total up your scores in all 7 areas (insert in box with T), then divide by 7.

$$\boxed{T} \div 7 = \boxed{G} = \text{Global Happiness Average Rating}$$

Step 3: Compare

Compare your Overall Rating [O] to your Global Happiness Rating [G]



vs.



NEXT STEPS

HOW TO IMPROVE

1 ANALYZING YOUR RESULTS

Is your Global Happiness Rating (Step 2 - Total of all life area scores divided by 7), and your Overall Rating (Step 1) within one number of each other?

If yes (which is common in 90% of the cases and almost all others will be within two of each other), this is a clear indicator that if you take action to increase your lower rated areas, you will increase your overall happiness rating.

Most people have at least a couple of areas that are low. For example, Physical Health might be a 5, Mindset a 4, and the majority of other areas may rate 7 or higher.

2 REDUCE GUILT AND REGRET

Did you know that most feelings of guilt and regret come from our lower rated areas? However, rather than spend time improving our lower-rated areas, our natural instincts are to spend more time in our higher areas, thinking it will make us feel better or happier.

This focus often leads to short term, pleasurable, sometimes destructive, behaviours that can change our state temporarily but rarely long-term.

Unfortunately, our overall level of happiness remains unchanged when we focus on our high-rated areas.

3 FOCUS ON YOUR LOW-RATED AREAS

When you shift your focus to actions that will raise your lower-rated areas, as well as maintain or improve higher ones, over time, your life will become satisfying in and of itself.

You will experience that natural high from life, living “guilt-free” when your daily actions are in line with your values, beliefs and goals.

4 CHANGING YOUR HAPPINESS SCORE

It is not until we move toward improving our lower-rated areas and away from trying to compensate for our unhappiness by doing more of what we are already happy with, that we can substantially change our overall happiness levels.

Book a Complimentary Coaching Assessment Today

FIND OUT HOW RRI CAN HELP

Call [1.800.298.9587](tel:1.800.298.9587)
Text Coaching to [416.844.9677](tel:416.844.9677)
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