

# SAMPLE HAPPINESS INDEX PROCESS METHODOLOGY QUESTIONNAIRE AND SELF-IMPROVEMENT TEMPLATES

## DISCOVERING YOUR OPTIMUM "HAPPINESS INDEX" (OHI)

A Self-Directed Guide to Your "Happiness Index" (HI)  
(Including Questionnaire and Self-Improvement [SI] Templates)  
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### SAMPLE QUESTIONNAIRE TEMPLATE (QT) QT 4 \_CATEGORY: FORGIVENESS

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#### PREAMBLE

We define FORGIVENESS<sup>1</sup> as the act of asking for and extending forgiveness between the offender and the offended person. When the offender asks for forgiveness, he or she must make a solemn promise or resolve not to repeat the offense. Furthermore, he or she must make restitution for the wrong, in some way reverse the harmful effects of the wrong, and, where possible, bring healing and happiness. Forgiveness underpins the survival of the human family as one indivisible whole with a common need for universal love, "joy," peace, patience, compassion, gentleness, kindness, forgiveness, and happiness (Mark 11:25, ESV).

Whether an action is *intentional* or *unintentional*, forgiveness is an essential healing virtue. The offender must ask for forgiveness. Likewise, the offended person must extend forgiveness, not merely from the *head* but also the *heart*, and without any reservation. Otherwise, real restitution, healing, and happiness become nonexistent, and forgiveness becomes a mere mechanical exercise. Forgiveness heals both the offender and the offended. Anger, hate, the need for revenge, and unhappiness among individuals and nations may inspire a lack of forgiveness.

Many individuals and nations have risen beyond personal and national pride and asked for forgiveness for transgressions against other people and nations. Conversely, some individuals and nations cannot bring themselves to ask for forgiveness for fear that it is an admission of culpability. Forgiveness and mercy portray great character and strength, and they open doors of "mutual returns." A more critical but unrealized benefit of forgiveness is the positive influence that forgiveness has on the health of those who choose to make forgiveness a way of life.

The following templates below (Templates 1 – 5) provides some guidance regarding our nature of forgiveness (using a sample (1 of 10 Templates)), referenced against a pre-determined "Answer Scores." ("**Discovering Your Optimum 'Happiness Index' (OHI)**" **Chapter 5**. details a process of Six Steps to achieve a state of forgiveness).

**QT 4\_CATEGORY: FORGIVENESS<sup>1</sup>**  
**ANSWER THE QUESTIONNAIRE USING “ABSOLUTE SCORES” 0 OR 10**

HI Questionnaire Template (QT) 4 _Category: FORGIVENESS A Self-Directed Guide to Your “Happiness Index” (HI)							
Legend: Y (Yes) + N (No) = T (Total) 10 = The Optimum Score		Personal Answer Scores			Reference Optimum Answer Scores		
Q	QUESTIONS:	Y	N	T	Y	N	T
Q1.	Do you exercise forgiveness regardless of the wrong?				10	0	10
Q2.	Would you forgive anyone regardless of his or her race, color, culture, or religion?				10	0	10
Q3.	Would you ask for forgiveness if you hurt someone?				10	0	10
Q4.	Do you consider forgiveness an excuse for the person's actions?				0	10	10
Q5.	Have you ever refused to forgive someone for his or her wrongs?				0	10	10
Q6.	Do you believe that one must deserve forgiveness to receive it?				0	10	10
Q7.	Do you resurface issues after you have forgiven someone?				0	10	10
Q8.	Do you believe that unforgiveness can be harmful?				10	0	10
Q9.	Do you believe that some people do not deserve forgiveness?				0	10	10
Q10.	Do you believe that forgiveness is a “spiritual” attribute?				10	0	10
SUBTOTAL SCORE =					50	50	100

Templates 1.

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SAMPLE "HAPPINESS INDEX" (HI)  
SUMMARY QUESTIONNAIRE TEMPLATE (SQT)<sup>1</sup>  
POPULATED BY CATEGORY

"Happiness Index" (HI) Summary Questionnaire Template (SQT) (A composite of all ten Questionnaire Templates (SQT) 1–10 A Self-Directed Guide to Your "Happiness Index" (HI))							
Legend: Y = Yes, N = No, T = Total		Personal Answer Scores			Reference Optimum Answer Scores		
SQT Template	QC Category	Y	N	T	Y	N	T
SQT1.	Career <sup>(C100)</sup> (Attribute)				60	40	100
SQT2.	Character <sup>(C100)</sup> (Achievement)				40	60	100
SQT3.	Education <sup>(E100)</sup> (Achievement)				60	40	100
SQT4.	Forgiveness <sup>(F100)</sup> (Attribute)				50	50	100
SQT5.	Health <sup>(H100)</sup> (Achievement)				40	60	100
SQT6.	Humility <sup>(H100)</sup> (Attribute)				50	50	100
SQT7.	Personality <sup>(P100)</sup> (Attribute)				70	30	100
SQT8.	Religion <sup>(R100)</sup> (Custom)				60	40	100
SQT9.	Self-Esteem <sup>(S100)</sup> (Achievement)				60	40	100
SQT10.	Socialization <sup>(S100)</sup> (Custom)				90	10	100
TOTAL SCORE =					580	420	1,000

Template 2.

<sup>1</sup>**Extracted from: "Discovering Your Optimum 'Happiness Index' (OHI)"** —A Self-Directed Guide to Your "Happiness Index" (HI) (Including Questionnaire and Self-Improvement [SI] Templates). © 2016 Errol A. and Marjorie G. Gibbs. All rights reserved.

DISCOVERING YOUR OPTIMUM HAPPINESS INDEX (OHI)<sup>1</sup>  
QUESTIONNAIRE (PERSONAL NOTES)

Q1.

Q2.

Q3.

Q4.

Q5.

Q6.

Q7.

Q8.

Q9.

Q10.

SUMMARY:

Template 3.

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TRANSFER "YOUR" SCORE IN COLUMN "T" TO  
THE "HAPPINESS INDEX" MEASUREMENT  
TEMPLATE (HIMT) BELOW (REFERENCE: TEMPLATE 3)<sup>1</sup>

"HAPPINESS INDEX" (HI) SCORE VERSUS RANGE VERSUS LEVEL					
LEVEL	Level 1.	Level 2.	Level 3.	Level 4.	Level 5.
RANGE	Very Unhappy	Unhappy	Happy	Very Happy	Optimum Happiness (OH)
REFERENCE SCORE <sup>1</sup>	0-200 Points	201-400 Points	401-600 Points	601-800 Points	801-1,000 Points
REFERENCE SCORE <sup>2</sup>				800	

Table 4.

CREATE A SELF-IMPROVEMENT PLAN (SIP)<sup>1</sup>  
SIPT 4\_CATEGORY: FORGIVENESS

A Self-Directed Guide to Your "Happiness Index" (HI) Self-Improvement Planning Template SIPT 4_CATEGORY: FORGIVENESS	
QUESTION:	TYPICAL SELF-IMPROVEMENT PLANNING (SIP):
Q1.	High-level Self-Improvement Plan Objectives
Q2.	High-level Self-Improvement Plan Objectives
Q3.	High-level Self-Improvement Plan Objectives
Q4.	High-level Self-Improvement Plan Objectives
Q5.	High-level Self-Improvement Plan Objectives
Q6.	High-level Self-Improvement Plan Objectives

Q7.	High-level Self-Improvement Plan Objectives
Q8.	High-level Self-Improvement Plan Objectives
Q9.	High-level Self-Improvement Plan Objectives
Q10.	High-level Self-Improvement Plan Objectives

Template 5.

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