

# PERSON-ACTIVITY FIT DIAGNOSTIC

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## Step 1.

Please consider each of the following 12 happiness activities and reflect on what it would be like to engage in each activity every week for an extended period of time. Then consider the terms below. These terms describe the different reasons why we might choose to engage in a given activity.

**NATURAL:** I'll keep doing it because it will feel "natural" to me and I'll be able to stick with it.

**ENJOYMENT:** I'll keep doing this activity because I will enjoy doing it; I'll find it to be interesting and challenging.

**VALUE:** I'll keep doing this activity because I will value and identify with doing it; I'll do it freely even when it's not enjoyable.

**GUILT:** I'll keep doing this because I would feel ashamed, guilty, or anxious if I didn't do it.

**SITUATION:** I'll keep doing this activity because my situation will compel me to or because someone else wants me to.

## Step 2.

Use the 7-point scale below to rate each of the activities against each term above.

1	2	3	4	5	6	7
<i>Not at all</i>			<i>Somewhat</i>			<i>Very much</i>

1      2      3      4      5      6      7

*Not at all*

*Somewhat*

*Very much*

## 1. COUNTING YOUR BLESSINGS

Expressing gratitude for what you have (either privately – through contemplation or journaling – or to a close other) or conveying your appreciation to one or more individuals whom you’ve never properly thanked.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 2. CULTIVATING OPTIMISM

Keeping a journal in which you imagine and write about the best possible future for yourself, or practicing to look at the bright side of every situation.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 3. AVOIDING OVERTHINKING AND SOCIAL COMPARISON

Using strategies (such as distraction) to cut down on how often you dwell on your problems and compare yourself to others.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 4. PRACTICING ACTS OF KINDNESS

Doing good things for others, whether friends or strangers, either directly or anonymously, either spontaneously or planned.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 5. NURTURING RELATIONSHIPS

Picking a relationship in need of strengthening, and investing time and energy in healing, cultivating, affirming, and enjoying it.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 6. DOING MORE ACTIVITIES THAT TRULY ENGAGE YOU

Increasing the number of experiences at home and work in which you “lose” yourself, which are challenging and absorbing.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

1 2 3 4 5 6 7

*Not at all*

*Somewhat*

*Very much*

## 7. REPLAYING AND SAVORING LIFE'S JOYS

Paying close attention, taking delight, and going over life's momentary pleasures and wonders – through thinking, writing, drawing, or sharing with another.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 8. COMMITTING TO YOUR GOALS

Picking one, two, or three significant goals that are meaningful to you and devoting time and effort to pursuing them.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 9. DEVELOPING STRATEGIES FOR COPING

Practicing ways to endure or surmount a recent stress, hardship, or trauma.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 10. LEARNING TO FORGIVE

Keeping a journal or writing a letter in which you work on letting go of anger and resentment towards one or more individuals who have hurt or wronged you.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 11. PRACTICING RELIGION AND SPIRITUALITY

Becoming more involved in your church, temple, or mosque, or reading and pondering spiritually- themed books.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

## 12. TAKING CARE OF YOUR BODY

Exercising, meditating, smiling and laughing, and getting plenty of rest.

\_\_\_ NATURAL \_\_\_ ENJOY \_\_\_ VALUE \_\_\_ GUILTY \_\_\_ SITUATION

### C. SCORING

For each of the 12 activities average the ratings for NATURAL, ENJOY and VALUE and subtract the average rating for GUILTY and SITUATION. The resulting number is your fit score.

$$\text{FIT SCORE} = (\text{NATURAL} + \text{ENJOY} + \text{VALUE})/3 - (\text{GUILTY} + \text{SITUATION})/2$$

#### 1. Counting your blessings

$$(\text{___ NATURAL} + \text{___ ENJOY} + \text{___ VALUE}) / 3 = A \text{ ___}$$

$$(\text{___ GUILTY} + \text{___ SITUATION}) / 2 = B \text{ ___}$$

$$\text{FIT SCORE} = A - B = \text{___}$$

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#### 2. Cultivating optimism

$$(\text{___ NATURAL} + \text{___ ENJOY} + \text{___ VALUE}) / 3 = A \text{ ___}$$

$$(\text{___ GUILTY} + \text{___ SITUATION}) / 2 = B \text{ ___}$$

$$\text{FIT SCORE} = A - B = \text{___}$$

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#### 3. Avoiding overthinking and social comparison

$$(\text{___ NATURAL} + \text{___ ENJOY} + \text{___ VALUE}) / 3 = A \text{ ___}$$

$$(\text{___ GUILTY} + \text{___ SITUATION}) / 2 = B \text{ ___}$$

$$\text{FIT SCORE} = A - B = \text{___}$$

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#### 4. Practicing acts of kindness

$$(\text{___ NATURAL} + \text{___ ENJOY} + \text{___ VALUE}) / 3 = A \text{ ___}$$

$$(\text{___ GUILTY} + \text{___ SITUATION}) / 2 = B \text{ ___}$$

$$\text{FIT SCORE} = A - B = \text{___}$$

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#### 5. Nurturing relationships

$$(\text{___ NATURAL} + \text{___ ENJOY} + \text{___ VALUE}) / 3 = A \text{ ___}$$

$$(\text{___ GUILTY} + \text{___ SITUATION}) / 2 = B \text{ ___}$$

$$\text{FIT SCORE} = A - B = \text{___}$$

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#### 6. Doing more activities that truly engage you

$$(\text{___ NATURAL} + \text{___ ENJOY} + \text{___ VALUE}) / 3 = A \text{ ___}$$

$$(\text{___ GUILTY} + \text{___ SITUATION}) / 2 = B \text{ ___}$$

$$\text{FIT SCORE} = A - B = \text{___}$$

**7. Replaying and savoring life's joys**

( \_\_\_ NATURAL + \_\_\_ ENJOY + \_\_\_ VALUE ) / 3 = A \_\_\_

( \_\_\_ GUILTY + \_\_\_ SITUATION ) / 2 = B \_\_\_

FIT SCORE = A - B = \_\_\_

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**8. Committing to your goals**

( \_\_\_ NATURAL + \_\_\_ ENJOY + \_\_\_ VALUE ) / 3 = A \_\_\_

( \_\_\_ GUILTY + \_\_\_ SITUATION ) / 2 = B \_\_\_

FIT SCORE = A - B = \_\_\_

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**9. Developing strategies for coping**

( \_\_\_ NATURAL + \_\_\_ ENJOY + \_\_\_ VALUE ) / 3 = A \_\_\_

( \_\_\_ GUILTY + \_\_\_ SITUATION ) / 2 = B \_\_\_

FIT SCORE = A - B = \_\_\_

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**10. Learning to forgive**

( \_\_\_ NATURAL + \_\_\_ ENJOY + \_\_\_ VALUE ) / 3 = A \_\_\_

( \_\_\_ GUILTY + \_\_\_ SITUATION ) / 2 = B \_\_\_

FIT SCORE = A - B = \_\_\_

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**11. Practicing religion and spirituality**

( \_\_\_ NATURAL + \_\_\_ ENJOY + \_\_\_ VALUE ) / 3 = A \_\_\_

( \_\_\_ GUILTY + \_\_\_ SITUATION ) / 2 = B \_\_\_

FIT SCORE = A - B = \_\_\_

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**12. Taking care of your body**

( \_\_\_ NATURAL + \_\_\_ ENJOY + \_\_\_ VALUE ) / 3 = A \_\_\_

( \_\_\_ GUILTY + \_\_\_ SITUATION ) / 2 = B \_\_\_

FIT SCORE = A - B = \_\_\_

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