

COMPLETE THE QUESTIONNAIRE

POSITIVITY RATIO

0=NOT AT ALL 1=A LITTLE BIT 2=MODERATELY 3=QUITE A BIT 4=EXTREMELY

Developed by researcher Dr. Barbara Frederickson to track my positive versus negative emotions.

I can also take this online at www.PositivityRatio.com

Score 1: Count the number of light-colored boxes that I scored 2 or higher: _____

Score 2: Count the number of dark-colored boxes that I scored 2 or higher: _____

Divide Score 1 by Score 2: _____

A ratio of 3 or higher is a resilient positivity ratio that will keep me flourishing in life!!

In the last day:

<p>1</p> <p>What is the most amused, fun-loving, or silly I felt? _____</p>	<p>2</p> <p>What is the most angry, irritated, or annoyed I felt? _____</p>	<p>3</p> <p>What is the most awe, wonder, or amazement I felt? _____</p>	<p>4</p> <p>What is the most ashamed, humiliated, or disgraced I felt? _____</p>	<p>5</p> <p>What is the most grateful, appreciative, or thankful I felt? _____</p>
<p>6</p> <p>What is the most disgust, distaste, or revulsion I felt? _____</p>	<p>7</p> <p>What is the most hopeful, optimistic, or encouraged I felt? _____</p>	<p>8</p> <p>What is the most contemptuous, scornful, or disdainful I felt? _____</p>	<p>9</p> <p>What is the most joyful, glad, or happy I felt? _____</p>	<p>10</p> <p>What is the most hate, distrust, or suspicion I felt? _____</p>
<p>11</p> <p>What is the most inspired, uplifted, or elevated I felt? _____</p>	<p>12</p> <p>What is the most embarrassed, self-conscious, or blushing I felt? _____</p>	<p>13</p> <p>What is the most interested, alert, or curious I felt? _____</p>	<p>14</p> <p>What is the most guilty, repentant, or blameworthy I felt? _____</p>	<p>15</p> <p>What is the most love, closeness, or trust I felt? _____</p>
<p>16</p> <p>What is the most sad, downhearted, or unhappy I felt? _____</p>	<p>17</p> <p>What is the most proud, confident, or self-assured I felt? _____</p>	<p>18</p> <p>What is the most scared, fearful, or afraid I felt? _____</p>	<p>19</p> <p>What is the most serene, content, or peaceful I felt? _____</p>	<p>20</p> <p>What is the most stressed, nervous, or overwhelmed I felt? _____</p>