The Alphabet Circle Journey™:Living Your Best Life

Happiness Gap Analysis

Thealphabetcircle.com

How Happy Are You?

On the Alphabet Circle Journey™, you must live your life in a happy mode. And how do you get to your happy mode? It's a process.

This Happiness Gap Analysis is to help you to get to your happy place on your terms. You will get to your required stage of happiness in your own time—not anyone else's.

You can complete this Happiness Gap Analysis as many times as you wish. It can be daily, or weekly, or yearly. It is all up to you. Remember, this is on your terms.

How to Complete the Table

This table will help you determine your current level of happiness (These are between the blue arrows on your left) and your desired level of happiness (This is between the purple arrows on your left, which is your happiness goal).

Step 1. Assess your current level of happiness. In the boxes on the top row of the table below, describe things you are happy with in your life and things that could be better. Next, select what you believe to be your level of happiness in the next column from the choices given. In the very last column, select the desired level of happiness you would like to achieve.
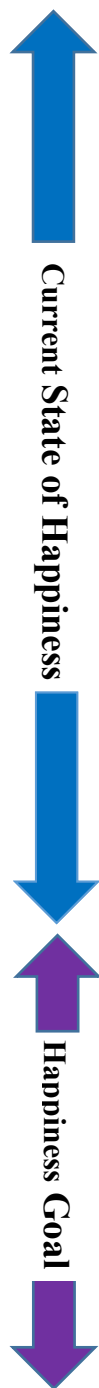
Step. 2. There is always room for improvement, even when we are happy. In the boxes on the middle row of the table below, describe things you are not happy with in your life at present and what you would like to do about it. Then choose your level of happiness you feel in this moment and then your level of happiness you would like to achieve.

Step 3. Name some things in your life that are not ideal but which you are willing to accept for the moment. On the bottom row of the table below, explain why you are ready to accept them. Next, choose what you believe to be your level of happiness in the next column. In the very last column, select the desired level of happiness you would like to achieve.

The point of this assessment is to put you in charge of maintaining your personal happiness balance and help you move toward alignment. What feels balanced will be different for each person.

Remember, your Happiness Gap is the space between where you are right now and where you would like to be regarding your happiness.

	Your Happiness Level Right Now	Where you would like to be—your happy place	Current Happiness Level	Happiness Level You want to Achieve
Current State of Happiness	Describe the things you're happy with in your life right now.	How could you do more of those things?	☐Low ☐Medium ☐High ☐Other	☐Low ☐Medium ☐High ☐Other
	List the things you're NOT happy with in your life right now.	List what you're going to do about them and how.	☐Low ☐Medium ☐High ☐Other	☐Low ☐Medium ☐High ☐Other
Happiness Goal	List the things you can accept today without changing anything in your life.	List why you can accept these things in your life without any changes.	☐Low ☐Medium ☐High ☐Other	☐Low ☐Medium ☐High ☐Other

Reflection

Examine the things you listed in the second column of your Happiness Gap Analysis. Pick one or two of those solutions to focus on every day for the next week. What you focus on is what you bring into existence.

At the end of every day, review your activities. Did you do something to achieve those goals? Write down what you did and what else you can think of that will get you to your goal.

Day by day, week by week, continue to work on the things you want to change in your life. Remember, change is a dynamic process, so we must always keep working at it.

Additional Notes