

ROUND ABOUT

Worksheet - V

Name: Class: Roll No:

A. Rate each statement on a scale of 1 to 5:

- 1 Not at all true
- 2 Slightly True
- 3 Moderately True
- 4 Mostly True
- 5 Absolutely True

1				
I often feel happy and satisfied for no particular reason.				
①	②	③	④	⑤
2				
I live in the moment.				
①	②	③	④	⑤
3				
I feel alive, vital and energetic.				
①	②	③	④	⑤
4				
I experience a deep sense of inner peace and well-being.				
①	②	③	④	⑤
5				
Life is a great adventure for me.				
①	②	③	④	⑤
6				
I don't let bad situations keep me down.				
①	②	③	④	⑤
7				
I am enthusiastic about the things I do.				
①	②	③	④	⑤
8				
Most days I have an experience of laughter or joy.				
①	②	③	④	⑤

9

I trust this is a friendly universe.

1 2 3 4 5

10

I look for the gift or the lesson in everything that happens.

1 2 3 4 5

11

I am able to let go and forgive.

1 2 3 4 5

12

I feel love for myself.

1 2 3 4 5

13

I look for the good in every person.

1 2 3 4 5

14

I change the things I can and accept the things I can't change.

1 2 3 4 5

15

I surround myself with people who support me.

1 2 3 4 5

16

I don't blame others or complain.

1 2 3 4 5

17

My negative thoughts don't overshadow me.

1 2 3 4 5

If your score is 80 – 100: To a great degree, you are Happy for No Reason.

If your score is 60 – 79: You have a good measure of being Happy for No Reason.

If your score is 40 – 59: You have glimpses of being Happy for No Reason.

If your score is under 40: You have little experience of being Happy for No Reason.

Whatever your score, you can always move toward being more happy for no reason. It doesn't matter where you begin; what matters is that you do begin. Once you've done, begin practicing the happiness habits. Take this questionnaire again. After that, assess your 'Happy for No Reason' score. Doing this on a regular basis will help you chart your progress.

B. Match the following with correct answers.

1

This is the lost city of the Incas. It is the most well known relic of the empire. This World Heritage Site is noted for its spectacular architecture.

2

It is a lost city in Southern India. It was the capital of one of the largest Hindu empires ever and was founded by the Sangama dynasty princess Harihara and Bukka in 1336.

3

This city in Italy near modern Naples was completely destroyed and buried by the Catastrophic eruption of the volcano.

4

This lies towards the South of modern Amman on the edges of the mountainous desert of the Wadi Araba.

4A

This 2700 year-old city was noted for its prime location on the ancient 'Silk Road' for trade between China and Europe.

5

It is the ancient capital of Egypt founded around 3100 BC by Menes.

6

This place in Cambodia was built by King Suravarman II in the 12th century.

7

Located on a flat topped hill in modern day Athens, the name of this ancient Place means 'High city'.

8

This ancient island city was famous for one of the seven ancient wonders of the world.



a



b



c



d



e



f



g



h



i