

# FOUNDATIONS OF WELL-BEING

## Quizzes: *Self-Caring Pillar*

### ENJOYING LIFE

What's enjoyable for you—and how much do you enjoy life? You can explore this by reflecting on and answering the questions below. Of course, a brief quiz like this one can't cover all aspects of this topic, and feel free to adapt these questions to your own situation and needs, ignore some if you like, and even add new ones for yourself to answer. And it might be interesting to talk about these questions with others, including on the Foundations forum.

**For each question, try to find a response in one of these five categories:**

1 - strongly disagree | 2 - disagree | 3 - neither agree nor disagree | 4 - agree | 5 - strongly agree

A person's responses to questions like these are often more complex and nuanced than a single number can indicate. But for scoring purposes, for each question please choose the number above that is most accurate (or least inaccurate!).

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### QUESTIONS

Many things are pleasurable, interesting, delightful, or nurturing (i.e., enjoyable) to me.

Even when there is a sense of stress, worry, irritation, or blue mood in the back of my mind, I can still enjoy some things.

It is easy for me to feel pleasure, interest, or delight, or to feel nurtured.

Little things often make me happy.

I am rarely bored.

I use the enjoyable aspects of things I'm trying to get myself to do (e.g., exercise, speaking up in a meeting) as ways to motivate myself to do them.

I feel that it's fine and appropriate for me to enjoy life.

I notice potentially enjoyable things, I feel enjoyment when I do, and I open to this enjoyment and take it in.

I think that enjoying life more could help me be more successful; it certainly couldn't hurt.

I deliberately create enjoyable experiences for myself.

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Your responses to particular questions can be taken at face value, in their own right, as opportunities for seeing useful things about yourself, for investigating further—perhaps talking about them with others—and for identifying inner resources that would be good to develop further in yourself.

Additionally, it can be helpful to get an overall sense of where you stand. Add up your responses to each question to get your total score. The lower your score here, the more likely you are to be a good friend to yourself. See where your score fits in just below; please hold these descriptions lightly, but in a general sense it could well be true that:

40 - 50 | You enjoy life! Little things readily move the needle in your "Enjoy-o-meter," and there are lots of specific things that you like doing or find interesting, or that nurture you. You can even enjoy some of your own goofy qualities and laugh (with self-caring) at yourself. When you recognize potentially enjoyable things (e.g., sunset, sound of wind in the trees), you feel something inside, and you open to this feeling and let it sink in. You don't think it is selfish or otherwise bad to enjoy life. Even when times are hard, you can find sources of pleasure or interest.

21 - 39 | Life is pretty enjoyable, but sure could use more savor. Perhaps something is wearing you down or preoccupying you, such as a loss, health issue, chronic pain, financial trouble, relationship upset, or depression. A lack of enjoyment in life, or difficulty in finding pleasure in things that were once enjoyable, can be a clue that other factors are at work that would be important to address, perhaps in part through getting some kind of professional support (e.g., physician, therapist).

10 - 20 | You are not currently enjoying life much if at all. Perhaps you have just gotten too caught up in the rat race and need to focus more on looking for those things, usually little ones, that could bring you more ease, comfort, interest, pleasure, and nurturance. Or you could be dealing with serious difficulties, intensely painful feelings, depressed mood, or a combination of these; if this is the case, it's really important to do what you can to increase your resources to a scale that is proportionate to whatever you are dealing with, such as by working with licensed physical and/or mental health professionals.