

Hack your happiness!

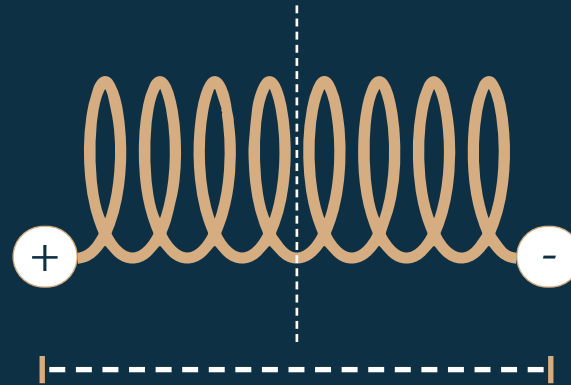
My Energy

Estimate your energy levels



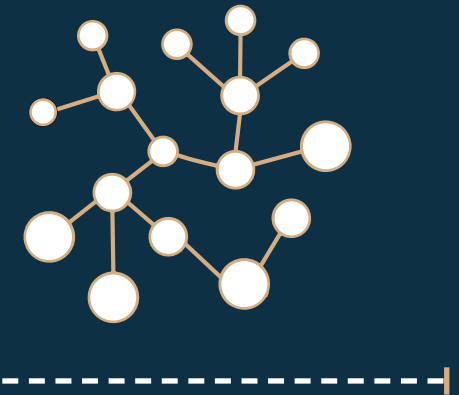
My Emotions

Rate your positive and negative emotions



Real Relationships

How connected do you feel with others?



Contentment Zone

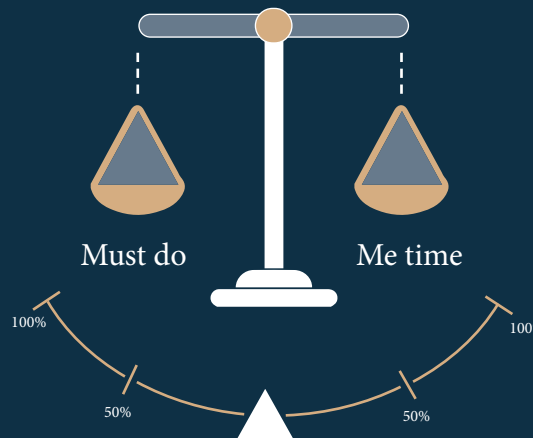
How content are you?

- Health
- Hobbies
- Work
- Home
- Money

Five horizontal input fields for rating contentment levels.

My Balance

How do you split your time?



Stress Test

How stressed are you?



Meaning

Is my life?

- Meaningful
- In my control
- Engaging
- Making a difference

Four horizontal input fields for rating meaning levels.