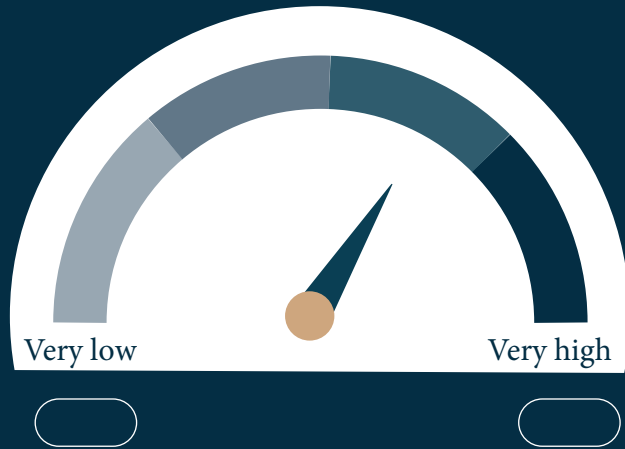


Hack your happiness!

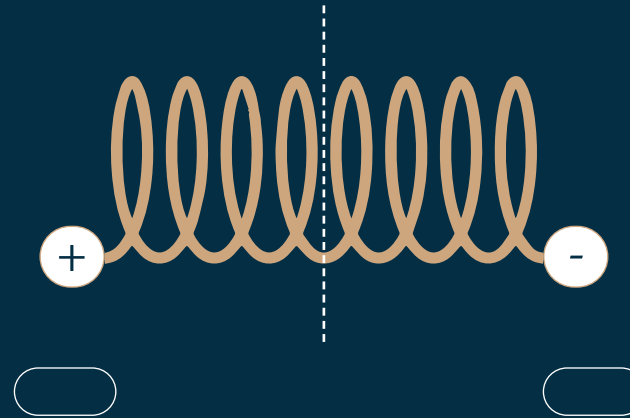
My Energy

Estimate your energy levels



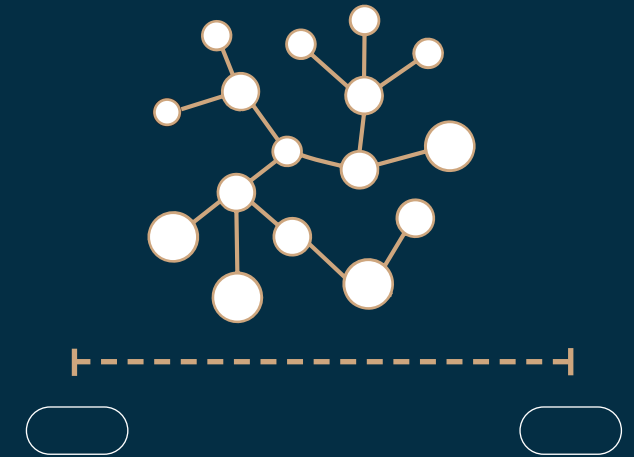
My Emotions

Rate your positive and negative emotions



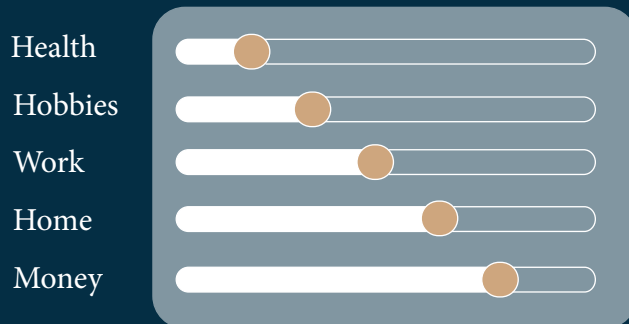
Real Relationships

How connected do you feel with others?



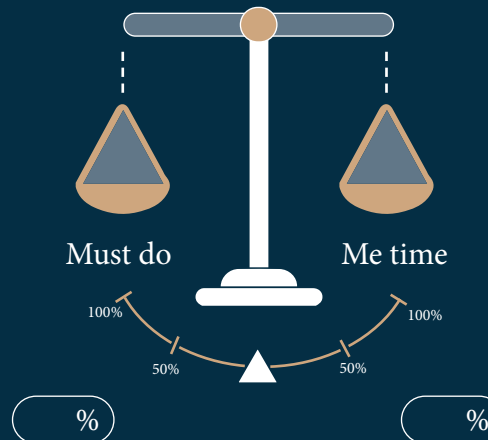
Contentment Zone

How content are you?



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

