Money and Happiness Quiz – Part 2

“Money has never made a man happy yet, nor will it. The more a man has, the more he wants. ~ Ben Franklin

1. Money means different things to different people. Look at the list of items below. Rate each item on a scale of 1 to 7 where 1 means that money DOES NOT represent this to you and where 7 means that money COMPLETELY represents this to you, with numbers 2 – 6 representing levels in between these two extremes.
   a. Achievement _____
   b. Comfort _____
   c. Control _____
   d. Happiness _____
   e. Independence _____
   f. Power _____
   g. Security _____
   h. Social status _____
   i. Enjoyment _____

2. Different things are important to different people when it comes to enjoying life. Use a scale ranging from 1 to 7 where 1 means NOT AT ALL IMPORTANT to you and 7 means VERY IMPORTANT to you with the numbers 2 – 6 representing levels in between. How important is each item to you personally?
   a. Living in a beautifully decorated home _____
   b. Owning a new car _____
   c. Wearing the latest style in clothing _____
   d. Being good-looking _____
   e. Having a good-looking spouse or partner _____
   f. Having the latest technology/gadgets _____
   g. Taking really nice vacations _____
   h. Living in an upscale neighborhood _____
   i. Owning a luxury car _____

3. When you look at the following two statements, choose the one that comes closer to your own personal behavior.
   a. When I was 18, I expected that I’d be better off financially than I actually am today.
   b. When I was 18, I didn’t expect I’d be doing as well financially as I actually am today.
4. How much do you agree or disagree with each of the following statements? Use a scale of 1 to 7 where 1 means you COMPLETELY DISAGREE with the statement, 7 means you COMPLETELY AGREE with the statement, and the numbers 2 – 6 represent levels in between.

a. I am sometimes frustrated that I do not have as much money as others my age. ______
b. I am sometimes frustrated that I do not manage my money as well as others I know. ______
c. I have found that the more money I make, the more money I need. ______
d. Splurging makes me feel good. ______
e. I often find myself purchasing things I don’t really need. ______

5. Different people have different ways of coping with stress. How often do you personally do each of the following to cope with stress. Check one box for each.

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<th>A lot</th>
<th>Sometimes</th>
<th>Not Too Much</th>
<th>Not At All</th>
<th>Don’t Know</th>
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<tbody>
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<td>Eat</td>
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<td>Exercise</td>
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<td>Shop</td>
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<td>Listen to or play music</td>
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<td>Drink alcohol</td>
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<td>Smoke</td>
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<td>Take drugs</td>
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<td>Sleep</td>
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<td>Go to therapy/counseling</td>
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This quiz is designed to help you consider your expectations and aspirations and how they impact your overall happiness and peace of mind. When an individual holds higher expectations in comparison with their actual standard of living, they are more likely to experience disappointment and unhappiness with their lifestyle. Persons who place a higher value on material possessions and income than on personal relationships, health and free time are living with a materialistic belief system. This characteristic of “overwanting” leads to the belief that money buys happiness. It also can lead to feelings of stress, restlessness and hopelessness, anxiety, insecurity and depression.

Adapted from: Chatzky, Jean, 2003 You Don’t Have To Be Rich, Penguin Group, New York NY