

# Ruby Red World Happiness Audit

## Step 1: Create a Life Pie

*Part A* – Make a list of what you spend most of your time doing on a day-to-day basis. List as many or as few items as appropriate, but do not include sleep.

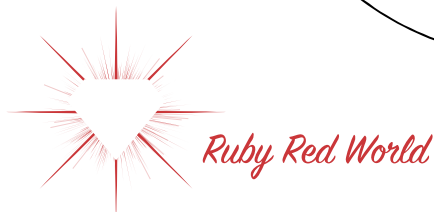
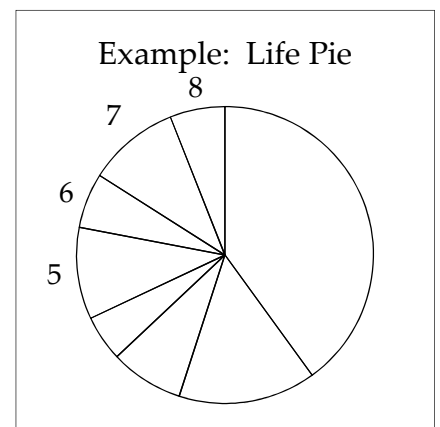
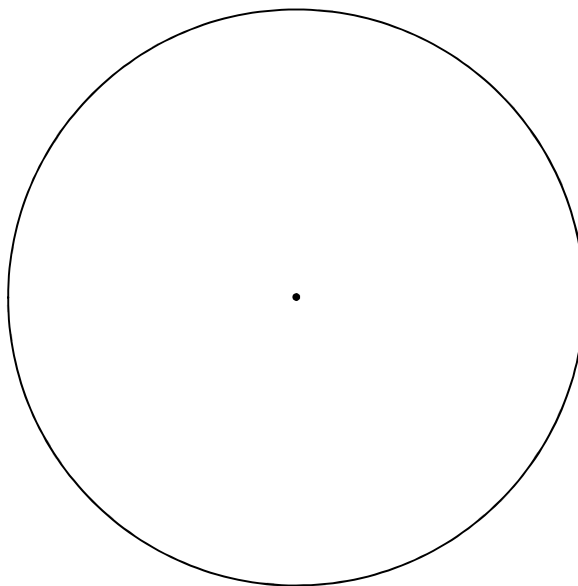
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.

Example	
1.	work
2.	kids
3.	spouse
4.	pets
5.	cooking/cleaning
6.	errands
7.	watching TV
8.	exercise

*Part B* – Use the circle below to draw your Life Pie. Divide your Life Pie into wedges that roughly match the amount of time you spend doing each item from your list in Part A, i.e. use larger wedges for the items you spend more time doing.

Label each wedge using the item number (or label each wedge by name, if you prefer).

## Life Pie



## Step 2: Create a Happiness Pie

*Part A* – Now, using the same items from your list in Step 1, rewrite your list in the order of what you ENJOY doing the most. Which items on your list bring you the most joy? This is your current Happiness Ranking.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.

Example	
1.	pets (4)
2.	kids (2)
3.	exercise (8)
4.	spouse (3)
5.	watching TV (7)
6.	work (1)
7.	cooking/cleaning (5)
8.	errands (6)

*Part B* – Return to the Life Pie you created in Step 1, Part B, and shade each wedge according to how you ranked the items above – that is, by their amount of Happiness in your life. So, the items that bring you the most joy – that have the highest Happiness Ranking - should be shaded the most.

In the example, the shading has 4 levels - either double cross-hatch, single cross-hatch, dots, or no shading at all – but you can vary the amount of shading as you like as long as the shading represents your amount of Happiness with each item from your list.

## Step 3: Compare your Life Pie (amount of time you spend) with your Happiness Pie (amount of joy experienced)

Ask yourself: 1) Am I spending my time in the way that brings me the most Happiness? 2) What do I need to change in my day to day to increase the amount of Happiness I experience?

