

# HASP<sup>TM</sup> STUDENT HAPPINESS & STRENGTHS PROFILE

JOYGYM APPLIED POSITIVE PSYCHOLOGY

HASP STUDENT FACTSHEET V2/2011.

HASP ASSESSMENTS AND REPORTS ARE PROVIDED BY JOYGYM HAPPIMETRICS USA WITH CONSULTATIONS BY JOYGYM SOUTH AFRICA

## Start on the road to happiness and success

with **FREE EBOOK**

HASP STUDENT: Happiness and strengths profiling for Grades 10+, college + university.

### 1. Discover and develop your natural strengths

Every individual is graced with natural strengths and talents – unique patterns of thought, feeling, and behavior.

To help you to flourish and become your most authentic and successful self, you need to:

- Identify and know your strengths
- Develop and build your strengths
- Pursue activities and a life path that utilize your strengths

HASP STUDENT identifies your strengths so you can choose subjects, sports, hobbies and activities, and even a career that you will enjoy and be good at.

#### DEVELOP ALL YOUR STRENGTHS

Most people have realized and unrealized strengths.

HASP tells you what your strengths are, and also *which strengths you are not using*.

Starting to use unrealized strengths can add new capabilities and dimensions to your life.

#### KNOW YOUR WEAKNESSES

Exercising weaknesses makes you unhappy and saps your energy. HASP identifies your weaknesses so you can minimize their use for a more positive and satisfying life.

#### LEARNED BEHAVIOR CAN MAKE YOU MISERABLE

HASP identifies 'learned skills' – things you may be good at, but that do not align with your strengths.

Practicing these skills does not build energy, happiness or life satisfaction. Knowing your learned skills helps you to manage and improve your life.

### 2. Assess your happiness and mental wellbeing

HASP STUDENT Happiness Profile assesses your happiness, hope and joy; positivity; resilience; gratitude; self-esteem; satisfaction with life; stress; worry; social anxiety; depression; and physical stress indicators.

The written report identifies causes for concern and suggests possible actions for improvement.



#### RESEARCH: People who identify, exercise and build their strengths

1. Are happier
2. Are more confident
3. Have higher levels of energy and vitality
4. Experience less stress
5. Have higher levels of self-esteem
6. Are more resilient
7. Are more likely to achieve their goals
8. Perform better
9. Are more engaged
10. Are more effective at developing and growing as individuals

**STRENGTHS** HASP lists your realized (used) strengths, your unrealized (unused) strengths, your learned skills, and also your weaknesses.

**HAPPINESS** HASP provides a snapshot of your current happiness and mental wellbeing.

**ONLINE ASSESSMENT** Order and complete the assessments online, then Skype or visit our Johannesburg office for your consultation and reports.

INFORMATION & ORDER ONLINE AT **WWW.JOYGYM.ORG**

#### ALSO FOR STUDENT, SCHOOLS, ADULT & BUSINESS

HASP YOUTH: for Grades 6 to 9

HASP STUDENT: for Grades 10+/college/university

HASP EDUCATION: for schools/colleges/universities

HASP SELF-DISCOVERY: for adults and seniors

HASP CORPORATE: Staff & management performance

JOYGYM INTERNATIONAL is represented in sub-Saharan Africa by Happy Healthy People Clubs SA (Coop) Limited Reg 2009/004055/24

Happiness House, Linden, Jhb. PO Box 91096 Auckland Park 2006  
Tel 010 590 7000 Fax 086 666 3242 Email happy@joygym.org

**JOYGYM<sup>TM</sup>**  
BUILDING HAPPINESS INTELLIGENCE