Happiness Report Card

2019
Semi-annual Report
Dear Reader,

This report is written for that small but growing percent of the population – including you – who understand that in order to be really happy, all beings today, and in our future, must have equal opportunities to be happy. And in order for this to happen, we must have sustainable economies, ecologies, communities and companies.

Our theory is that an important step toward a sustainable and happy life is changing the metrics we use to measure our success and guide our decisions. Our Happiness Index is the change we want to see. When we use happiness metrics, we value love, each other and our natural systems.

This report compiles our monthly data reports for the first half
It begins with accumulated data for the domains of happiness, and ten ways you can bring happiness into your life. This year we did something not done before. We used dimensions of our Happiness Index, including access to nature, sense of spirituality and experiences of discrimination, to explore relationships to happiness. Each section includes knowledge and tips. Our final data story for the first half of 2019 focuses on work-life balance. We asked you for your wisdom, and you gave us some beautiful ideas. The report concludes with them.

We gather our data online from a convenience sampling. We have a grant from Google that allows us to run ads for free. Last year we reformatted our ads to invite both liberal and conservative oriented people to take the survey in an effort to collect more and better data. We do not collect data for political affiliation anymore, but felt it was important because everybody matters.

We hope you enjoy this report and share it with your friends. If you do, please donate! Happycounts.org and scroll down!

With love and hope,
The Happiness Alliance
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Our
Happiness Scores
Our scores took a tumble in 2017.
Scores improved in 2018.
Are things looking up, or are we adjusting to tough times today and ahead?

The Happiness Alliance’s Happiness Index measures our happiness, well-being and sustainability.
The Happiness Alliance's Happiness Index measures our happiness, well-being and sustainability. Our scores took a tumble in 2017. Are things looking up, or are we adjusting to tough times today and ahead?
We were happier in terms of our life satisfaction, economy, health, and work and every other domain except community, social support and government.

For both years, our government scores are the lowest of all.
In 2017, we registered a downturn in happiness.

With the political climate in the United States and in many other nations, it was not too much of a surprise on one level, but nevertheless, seeing the scores was a bit shocking.
Our scores took a tumble in 2017. Scores improved in 2018. Are things looking up, or are we adjusting to tough times today and ahead?

Happiness scores for 2018 show a slight upturn in all the domains...except those that may matter the most.
Where we hurt
Where we hurt the most.

the most
The domains of community and social support may be the most important contributors to our happiness.

They are often the foundation allowing us to meet our basic needs and enjoy good mental and physical health.
And yet, our scores in these domains are low...and getting lower.
Happiness Scores in the domain of community measure:

- Do you feel a sense of belonging in your community?
- Do you feel safe in your neighborhood?
- Do you trust the people around you? Do you volunteer?
- Do you donate?
Happiness Scores in the domain of social support measure:

- How satisfied are you with your relationships?
- Do you feel loved?
- Do you feel lonely?
Why
are community and social support so important to our happiness?
Because we are social beings.
We need each other.
Our relationships are core to our happiness and well-being.
A good relationship brings great happiness.
And fosters happiness in all aspects of life.
In 2018, our scores in community and social support went down.

There could be many reasons for this.
One of them is that in the United States, many people feel a growing divide between political perspectives.
There is a pervasive tension.
We propose that this situation is leading to a decline in trust and breakdown in communication both on a geographic scale, between urban and rural communities, and on a personal scale, between colleagues, friends, and within families.
How about you?
Has your happiness increased or decreased in any of the happiness domains in the last year?
If so, has it changed because of a change in your life? For instance, did you find your true love, get the perfect job, or suffer a big loss? Obviously, that could explain a change in your happiness score.
But if your life’s circumstances are not much different than last year and you are a bit more or less happy than last year…

why has your happiness changed?
Do you feel that the political, media, or social climate is influencing your happiness?
You can use this happiness scorecard to reflect on your happiness changes in the last year.
<table>
<thead>
<tr>
<th>Happiness Domains</th>
<th>Am I doing better this year than last?</th>
<th>Why? What changes or stasis in my life explain that I am doing better, worse, or not changing?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Satisfaction with Life</td>
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<tr>
<td>Sense of Purpose</td>
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<tr>
<td>Sense of Belonging in Community</td>
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<tr>
<td>Time spent in the Beauty of Nature</td>
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<td>Trust in Government</td>
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<td>Physical Health</td>
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<td>Learning Something New</td>
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<td>Strong Sense of Culture</td>
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<td>Sense of Good Relationships</td>
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<td>Economic Security</td>
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<td>Time Balance/Work Life Balance</td>
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<tr>
<td>Satisfaction with Work</td>
<td></td>
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</tbody>
</table>
What you can do to be happier.
Your happiness is based in part on your genetics, in part on your habits, and in part on your external circumstances.
In the near term, there is nothing you can do to change your genetics.
There is a lot you can do to change your habits (i.e. gratitude practices, exercise, spending more time with loved ones), but of course changing habits can be difficult.

The tricky part comes in your external circumstances.
It may feel like there is nothing you can do to change the political climate, the landscape of your community, or social systems, but that would be a mistake.
Often one of the reasons we feel helpless or useless is that our expectation is that change will happen immediately.

It would be nice if change happened that way, but in fact, it rarely does.

Instead, it often takes time, patience and persistence.
Sometimes change does appear to happen quickly, like a change in administration, a mudslide, or the flowering of spring blossoms, but even that change has been months or years in the making, with seemingly nothing happening for all the effort being made.
Don’t buy into the fiction that you can’t make a difference.

In fact, every time you make an effort for change, you contribute to progress.
Make a Difference
Ten things you can do right now for a change to
happiness.
Change is inevitable.
The trick is to change intentionally. The first thing you can do for a change to happiness is to set your intention for happiness.
1) Set an intention to be happy in your life and to bring happiness to others.
2) Define your happiness both in terms of how you feel and how you live (hedonism and eudaimonia).
3) Do something regularly that helps others and makes you feel like you are part of something bigger than yourself. It should be something that makes you feel good.

This can be a small thing, like holding the door open for others to enter a structure, or contributing to a big thing, like undertaking a Happiness Initiative in your community.
4) Choose one domain of happiness, learn about it and share what you learn with others – online, in person, etc.

You can use the Happiness Index at happycounts.org to learn experientially about the domains of happiness.
5) Dream up a plan for how you would change the world in that domain so you and others will be happier and healthier. Share your plan with others.
6) Develop your listening skills including active listening and non-violent communication.
7) Everyday, refrain from doing one small thing that would *not* make you happier, like having a conversation with someone when you are upset, buying something you don’t need, or having an extra glass of wine.
8) Take one small step to foster the change you imagined in your plan.
9) Release an expectation that the change you wish to see will happen immediately. Remind yourself that you are part of a bigger picture, and even if you can’t see it right now, that you are part of a paradigmatic shift.
10) As much as possible, be the change you want to see – with the caveat that you do this in ways that bring you and others happiness.

If the change you wish for is large scale, find ways that are manageable and fulfilling and that are based on the values of your vision.
International Day of Happiness is a day to reflect on how far our nation has come in developing and using wider measures of well-being to guide public policy.
In some countries, such as New Zealand, the United Kingdom, and Bhutan, there has been much progress.

In others, like the United States, at the national level, the conversation has yet to begin...
Resolution adopted by the General Assembly on 28 June 2012

[without reference to a Main Committee (A/65/L.48/Rev.1)]

66/281. International Day of Happiness

The General Assembly,

Recalling its resolution 65/309 of 19 July 2011, which invites Member States to pursue the elaboration of additional measures that better capture the importance of the pursuit of happiness and well-being in development with a view to guiding their public policies,

Conscious that the pursuit of happiness is a fundamental human goal,

Recognizing the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives,

Recognizing also the need for a more inclusive, equitable and balanced approach to economic growth that promotes sustainable development, poverty eradication, happiness and the well-being of all peoples,

1. Decides to proclaim 20 March the International Day of Happiness;
2. Invites all Member States, organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Happiness in an appropriate manner, including through education and public awareness-raising activities;
3. Requests the Secretary-General to bring the present resolution to the attention of all Member States, organizations of the United Nations system and civil society organizations for appropriate observance.

118th plenary meeting
28 June 2012

...Invites Member States to pursue the elaboration of additional measures that better capture the importance of the pursuit of happiness and well-being in development with a view to guiding their public policies...
How do you answer the questions:

What are measures of well-being and happiness?

How do you develop them and use the data for public policy?
When researchers and policy makers talk about happiness, they rarely mean the feeling of happiness.
The feeling of happiness, called by researchers positive affect is just one of many components of what happiness is.
The term happiness is defined by most researchers and policy makers in the happiness movement as flourishing, eudaimonia, or living a good life as well as…
...satisfaction with life and the circumstances of life.
A good life is a life worth living.

When you are living a good life, you feel that your life has a sense of purpose and that you are making a difference.
You are flourishing because you are living to your full potential in your work, relationships, community, & solitude.
In terms of Maslow’s hierarchy of needs, you are fully self-actualizing.

Things in life may be hard, and you may not always feel happy, but overall you would say your life is good.
This is the kind of happiness most researchers and policy makers care about when they study or make policy for happiness.
They want to understand and create the circumstances that allow you to...
In fact, how you feel right now, and in the next moment, is the basis, as time passes, on which you decide if life is worth living.

That does not mean that how you feel right now, or in any other moment, does not matter.
You know if something is right for you or gives you a sense of purpose by how you feel.
How you feel
right now matters.
Days, weeks and lives are full of moments.
How you are feeling in this moment, and the next, and the next, will determine what you do in this moment, the next and the next.
To bridge the divide between what researchers and policy makers mean by happiness and happy as a feeling, we looked at our Happiness Index data for feeling happy, and other dimensions of life.
We wanted to see if gender, age, or educational level made a difference.
It turns out that gender makes a little bit of difference sometimes…
...and so can age and educational level...

...but not that much.
We turned to a question we ask in the Happiness Index about spirituality.
How spiritual do you consider yourself to be?
The data revealed that people* who consider themselves to be spiritual are happier on many dimensions by up to 10 points on a 0-100 point scale.
People who opted to take the Happiness Index survey and finished it (about 30% finish rate) comes to about 4500 in 2018. This is called a convenience sampling, and represents the state of the people who took the survey, and not necessarily all people in the US or elsewhere.
People who report themselves as moderately or very spiritual are happier and have more of a sense of purpose and being loved than those who are not at all spiritual. 0 is not at all. 100 is completely.

- I feel happy.
- I have a sense of purpose and meaning in life.
- I feel that I am loved.

<table>
<thead>
<tr>
<th>Spirituality</th>
<th>Not at all</th>
<th>Not very</th>
<th>Somewhat</th>
<th>Moderately</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Value</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avg. Feeling happy</td>
<td>53.37</td>
<td>53.47</td>
<td></td>
<td>Average</td>
<td>76.27</td>
</tr>
<tr>
<td>Avg. I lead a purposeful and meaningful life.</td>
<td>60.95</td>
<td></td>
<td></td>
<td>Average</td>
<td>74.12</td>
</tr>
<tr>
<td>Avg. Feel that you are loved</td>
<td>Average</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Average values are provided for comparison.
How do you connect happiness and spirituality?
People who consider themselves to be very spiritual have higher levels of happiness, interest in work and life, and satisfaction with work and work-life balance.

0 is not at all. 100 is completely.

I feel happy.
I am engaged and interested in my life.
I am satisfied with my work.
My life-work balance.
I find my work interesting.
How do you connect work, happiness and spirituality?
Our belief is that spirituality is a part of being human...
and that there is not a need for people to become more spiritual, but there is a need to redefine spirituality.
A constricted definition of being *very spiritual* might entail being a member of a religious organization, going to worship at least once a week, and engaging in other activities daily, such as prayer, proselytizing or volunteering for an activity of the religious organization.
Following this constricted definition to its extreme, this kind of very spiritual person believes that anyone who is not a member of their religion should be converted or is unworthy of life. This definition of spiritual has been over the centuries by people worldwide to spread wars, oppression and unhappiness.

This is not what we mean by the term spiritual.
An open definition of spirituality allows a sense of the spiritual to be found anywhere.
The term spiritual in this context could be described in terms of feeling connected to something much bigger than the self, being in the flow, or having a deep sense of purpose and meaning, but ultimately...

...it can’t be definitively described with words.
Spirituality is something that humans experience.
Our Happiness Proposal

We propose that right now, you revolutionize your definition of spiritual. Here are three ways to do that.
Right Now Experiment
Assume that right now, in this moment, no matter how hard things may be, you can experience the spiritual.

You can pull yourself out of your feelings, thoughts and sense of who you are, even if just for a second, and connect to all that is without it having to be a special or revelatory moment.

It can just be this moment, right now.

Maybe it’s a moment when the mind calms down, and a feeling of love or calm floods in.

Maybe it’s a moment of feelings buzzing about like mad flies. It’s just a moment that is.

We propose that as you experience more of these moments, you will get in touch with your innate sense of the spiritual. It’s not an easy task, but it is possible.
Nature Touch Experiment
Go somewhere in nature and do something you love to do. Maybe you go into your back yard to garden. Maybe you go for a walk in a wooded park in your neighborhood. Maybe you go for a trip to the mountains, seashore, lake or river.

If you cannot go into nature, imagine when you were last in nature doing something you loved doing. Touch in with yourself. How do (or did) you feel? Do you feel that you are a part of something much bigger than yourself, and not separate from it?

Imagine that you are an astronaut looking from the moon at the earth. Can you see the difference between any one person, tree or any other life form and the earth itself?

See if you can experience this concept at an emotional rather than intellectual level.
Community Connection Experiment
Spend time in a group of people with whom you share a bond. It may be a singing or dancing group, a book club, a mountaineering or bird watching group, a classroom, or a team at work. You may be a member of AA or Al Anon, or a member of a religious organization or any other entity. It may be just a few people or many.

Fully engage in the activity that you do with that group. If you particularly like or do not like an individual in that group, let thoughts of that person go for the time.

Observe how it feels to do something as part of a group. If you can, observe the feelings that arise in the body and thoughts that arise in the mind when you are fully engaged. If you can’t, cast your mind to the last time you had this experience.
Our theory is that by getting into touch with our spiritual nature, we will love and care more for each other, our mother earth, and ourselves.
We will be happier, in all senses of the word.
What do you think?
What if spending time in nature made you **happier**, gave you a greater sense of **belonging to community**, increased your **satisfaction with life** and gave you more sense of **purpose and meaning in life**?
Would that change how you thought about **spending time in nature**?

Would it change how, as a collective, we **treat our beautiful planet**?
What makes you happy on Earth Day?
We wanted to see how happy people are when they are satisfied with their opportunities to enjoy nature versus when they are dissatisfied with their opportunities to enjoy nature.
The results were startling.
People who are very satisfied with their opportunities to enjoy nature are 25% happier than people who are not satisfied with their opportunities to enjoy nature.
When looking at satisfaction with life, people who are very satisfied with their opportunities to enjoy nature are 21.9% more satisfied with life than people who are not satisfied with their opportunities to enjoy nature.
Happy (100 is very happy, 50 is neutral, 0 is very unhappy)

Satisfaction with opportunities to enjoy nature

- Very Satisfied: 68.6
- Satisfied: 61.2
- Neutral: 53.9
- Dissatisfied: 51.0
- Very Dissatisfied: 43.0
Our data shows that people who are more satisfied with their access to nature are happier.

It suggests that by spending time in nature, you might be able to raise your happiness level by 25%.
When looking at sense of belonging to community, it turns out that people who are very satisfied with their opportunities to enjoy nature are 29 points on a 100 point scale higher than those who are very dissatisfied with their opportunities to enjoy nature.
Sense of Purpose and Meaning
(100 is strong sense of purpose and meaning, 50 is neutral, 0 is weak sense of purpose and meaning)

<table>
<thead>
<tr>
<th>Level</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>Very Satisfied</td>
<td>73.2</td>
</tr>
<tr>
<td>Satisfied</td>
<td>64.7</td>
</tr>
<tr>
<td>Neutral</td>
<td>57.7</td>
</tr>
<tr>
<td>Dissatisfied</td>
<td>53.9</td>
</tr>
<tr>
<td>Very Dissatisfied</td>
<td>45.1</td>
</tr>
</tbody>
</table>
Comparing sense of purpose and meaning (measured by asking the degree to which you agree or disagree with the statement “I lead a purposeful and meaningful life”) to satisfaction with opportunities to enjoy nature, people who are very satisfied with their opportunities to nature score 28% higher in terms of their sense of purpose and meaning.
Our data do not show that there is a relationship between satisfaction with opportunities to enjoy nature and happiness, sense of belonging to community, sense of purpose and meaning in life or satisfaction with life.
It does indicate interesting topics for research. That said, research by Nisbet, Zelenski and Murphy* (2010) shows that when people spend time in nature, they enjoy a greater sense of well-being, as well as a greater sense of belonging (relatedness).*

This earth day, experiment.
Every day is earth day.

Every day is an experiment.
Why not do some research on yourself?
First, take the Happiness Index at happycounts.org & save your scores.
Next, spend time in nature and/or with animals.
If you can go to the mountains or for a walk in the park, do!

If you have pets, spend time playing with them.

Garden or plant some seeds in egg cartons to put in the soil later.

If you live in a place where nature is not accessible, spend some time looking at picture or a video or show about nature.
Then, take the Happiness Index again.
See if there is a change in your scores.
Spend a little time in nature everyday this week.
At the end of the week, take the Happiness Index again. Compare your scores to what they were when you began your experiment.
Note that our happiness index data is gathered from people who choose to take the Happiness Index.

This is called a convenience sampling. A convenience sampling means that the data does not necessarily represent the entire population, but it does represent the people who took the survey.
The sample size for the data was:
Very satisfied with opportunities to enjoy nature: 997
Satisfied with opportunities to enjoy nature: 1800
Neutral with opportunities to enjoy nature: 854
Dissatisfied with opportunities to enjoy nature: 403
Very dissatisfied with opportunities to enjoy nature: 148
We’re only human.
What does it mean to be a human to you?
The term homo sapiens is comprised of two words.

Homo has its roots in an ancient word *dhghem* meaning earthling.
Sapiens comes from the Latin verb *sapere*, which means to know, to be aware, to be wise.
A human being is a part of the whole called by us universe, a part limited in time and space.

One experiences oneself, one’s thoughts and feeling as something separated from the rest, a kind of optical delusion of one’s consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

- Albert Einstein
And yet, one of the characteristics of humans is to see ourselves as separate, different and better or worse than others, and to sometimes behave in ways that are unkind and unwise.
The **Happiness Index** is a comprehensive survey for well-being that includes a question for experiences of discrimination because feeling included or excluded has a big impact on your happiness.
If you think about it and how it feels to be treated badly because of your gender, nationality, race, sexuality or any other aspect of you, it makes common sense that discrimination hurts in all kinds of ways. This is backed by science.*

We decided to analyze our data based on how included or excluded people feel.
The question is: How often do you feel uncomfortable or out of place in your neighborhood because of your ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion?
We found a strong connection between sense of discrimination and happiness in terms of satisfaction with life, feeling positive about oneself, feeling anxious, sense of health, stress about finances and work satisfaction.
The biggest gap is feeling positive about oneself, with an 18.7 spread on a scale of 0-100. The average difference is 15.3 spread of six factors.
Satisfaction with life.

Feeling positive about oneself.

Feeling anxious.

Sense of health.

Stress about finances.

Work satisfaction.
Satisfaction with life

Sense of discrimination
how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.
People who never or rarely feel discriminated against score higher on satisfaction with life.
Feel Positive about Self

<table>
<thead>
<tr>
<th>All of the time</th>
<th>Most of the time</th>
<th>Some of the time</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>41.3</td>
<td>45.7</td>
<td>51.2</td>
<td>57.9</td>
<td>60.0</td>
</tr>
</tbody>
</table>

Sense of discrimination
how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.
People who feel discriminated against all of the time or most of the time feel less positive about themselves than people who never or rarely feel discriminated against, by almost 20%.
Sense of discrimination
how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.
People who feel discriminated against all the time, most of the time or some of the time feel between 13.2%-8.9% more anxious than people who never feel discriminated against.
Sense of discrimination

how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.
People who said they rarely or never feel discriminated against, on average, feel healthier than people who experience discrimination.
Stress about Finances

Sense of discrimination
how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.
People who feel discriminated against all the time, most of the time or some of the time feel more stress about finances than people who never feel discriminated against.
Satisfaction with Work

![Bar chart showing satisfaction with work levels.](image)

Sense of discrimination
how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.
People who said they rarely or never feel discriminated against, on average, have higher satisfaction with work than people who experience discrimination.
What does this mean?
There are a few things you can do right now to help yourself and others.
Become aware that you are no different from any other human in your innate tendency to see others as different and so better than or less than you.
Acknowledging this tendency is not the same as acting on it.

By acknowledging it, you are less likely to act on it consciously or unconsciously.
When you are treated badly because of your nationality, race, gender, sexuality or any other part of who you are, acknowledge how it feels inside you.
Then simply state what you observe and how you are feeling, without blaming or attacking.
When you speak badly about a group of people, such as the rich, a political party, or other group that you see as distinct and different from you, notice how it feels inside.
Even if you know there is something wrong with the others, take the time to observe how your statements about them feel inside you.
Individually, you may not be able to change the entire system or change a basic feature of human nature with these actions...
…but a person never knows the ripple effects they have over time.
If you do practice these three things, you will probably find there is greater ease in your life, and you may find that you are impacting the social environment around you – your family, your friends, your workplace, your community.
— in positive ways you had not expected.
Work

Life
Balance
When it is beautiful outside...
or the inside needs tending...
Do you have the time...

to enjoy life...
Or take care of what needs time?
We pulled data for work-life balance for the 1st to the 25th of June for the years 2015-2019.
Who has life balance? Not many. Do you?
Work-life balance scores over the years 2015 - 2019 for the time between June 1-24 show that on average, we are not enjoying work-life balance.
Work Life Balance:
100 is very satisfied, 50 is neither satisfied nor dissatisfied, 0 is very dissatisfied

<table>
<thead>
<tr>
<th>Year</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>45.9</td>
</tr>
<tr>
<td>2018</td>
<td>58.3</td>
</tr>
<tr>
<td>2017</td>
<td>46.9</td>
</tr>
<tr>
<td>2016</td>
<td>56.3</td>
</tr>
<tr>
<td>2015</td>
<td>54.7</td>
</tr>
<tr>
<td>Year</td>
<td>Number who answered between June 1-25</td>
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<td>------</td>
<td>------------------------------------</td>
</tr>
<tr>
<td>2019</td>
<td>399</td>
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<tr>
<td>2018</td>
<td>172</td>
</tr>
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<td>2017</td>
<td>419</td>
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<tr>
<td>2016</td>
<td>116</td>
</tr>
<tr>
<td>2015</td>
<td>177</td>
</tr>
</tbody>
</table>
Work-life Balance -
Number of people who answered and answers
for June 1-25 2019

Very satisfied: 34
Satisfied: 106
Neither satisfied nor dissatisfied: 87
Dissatisfied: 103
Very dissatisfied: 68
We asked you.

What is your wisdom?
How do you preserve (or wish you did) your work-life balance?
Live simply with few needs

- Work part time
- House-share
- Play games
- Tai chi
- Grow Vegetables
- Spend time with family and friends
- Be out in nature
- Daily spiritual practice
- Study
- Volunteer
- Charity work
Work 32 hours a week
Say no to extra hours
Booking important & fun thing into my calendar after work time
Read
Listen to music
Take walks in nature
Watch films
Travel
Work self-employed

Spend time with my family

Spend time alone
Work full-time job
Have job security
No working in the late nights
Exercise
Get regular massages
Spend time alone
Take a vacation
Meditate
Live in the moment
Your happiness counts
Your happiness well-being & sustainability wisdom is the path forward
While these scores are for only about 4,356 people who completed the Happiness Index (we have about a 30% finish rate), and from a convenience sampling, we suspect they are fairly accurate in reflecting the general population. Moreover, we suspect that our data would be reflective of people in the United States on both sides of political spectrum.
Last year, we groundtruthed our data with the Gallup poll data, gathered from a random sampling. The Gallup data for 2018 is not yet released at the time of this report, but nevertheless, we suspect our data will turn out to reflect our state of well-being.
The Happiness Alliance provides tools, resources and knowledge for a new economic paradigm and personal happiness.

Our mission is to awaken happiness in all beings.