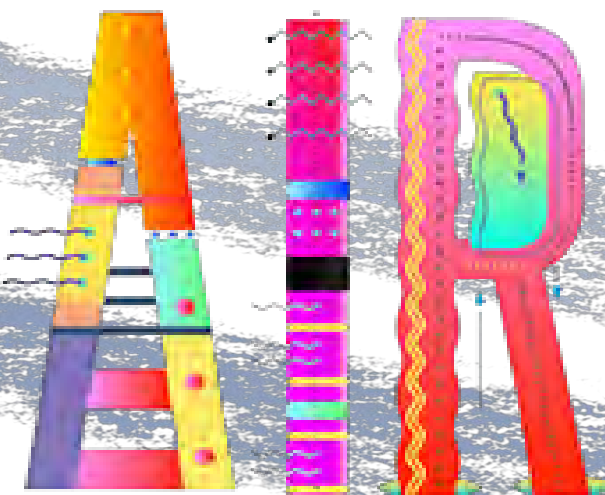
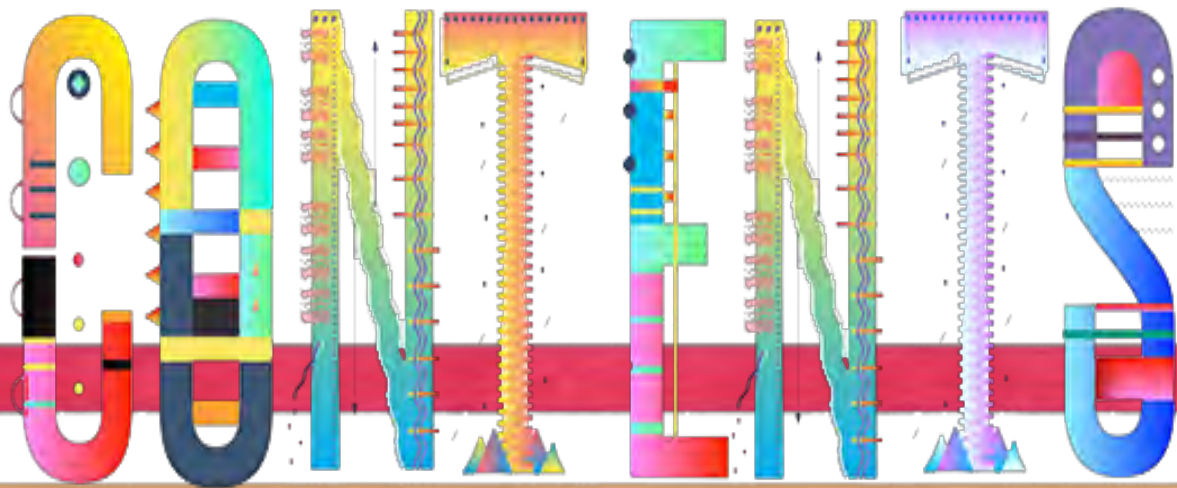



HAPPINESS REPORT CARD 2018

THIRD QUARTER FOURTH QUARTER





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MONKEY

Page 34

POSTIVITY

Page 66



The Happiness Report Cards are issued with the intent of contributing to the conversation about what really matters in life, inspiring grassroots activism, and fostering a new economic paradigm.

Most importantly is empowering people to take action in life, community, and systems for happiness of all beings.

In this report, read about happiness data for air, money and loneliness. Our hope is that you will be inspired to use the Happiness Index to foster happiness in your life, community & government.



**You are the
happiness
movement.**

We envision a future where all beings thrive.

Do you?

What thrive means to us:

That you feel happy, and able to feel and deal with difficult emotions.

That you flourish in your relationships, work, community, and alone time.

That you know and realize the purpose of your life.

That your life circumstances support you in your living your life's purpose.

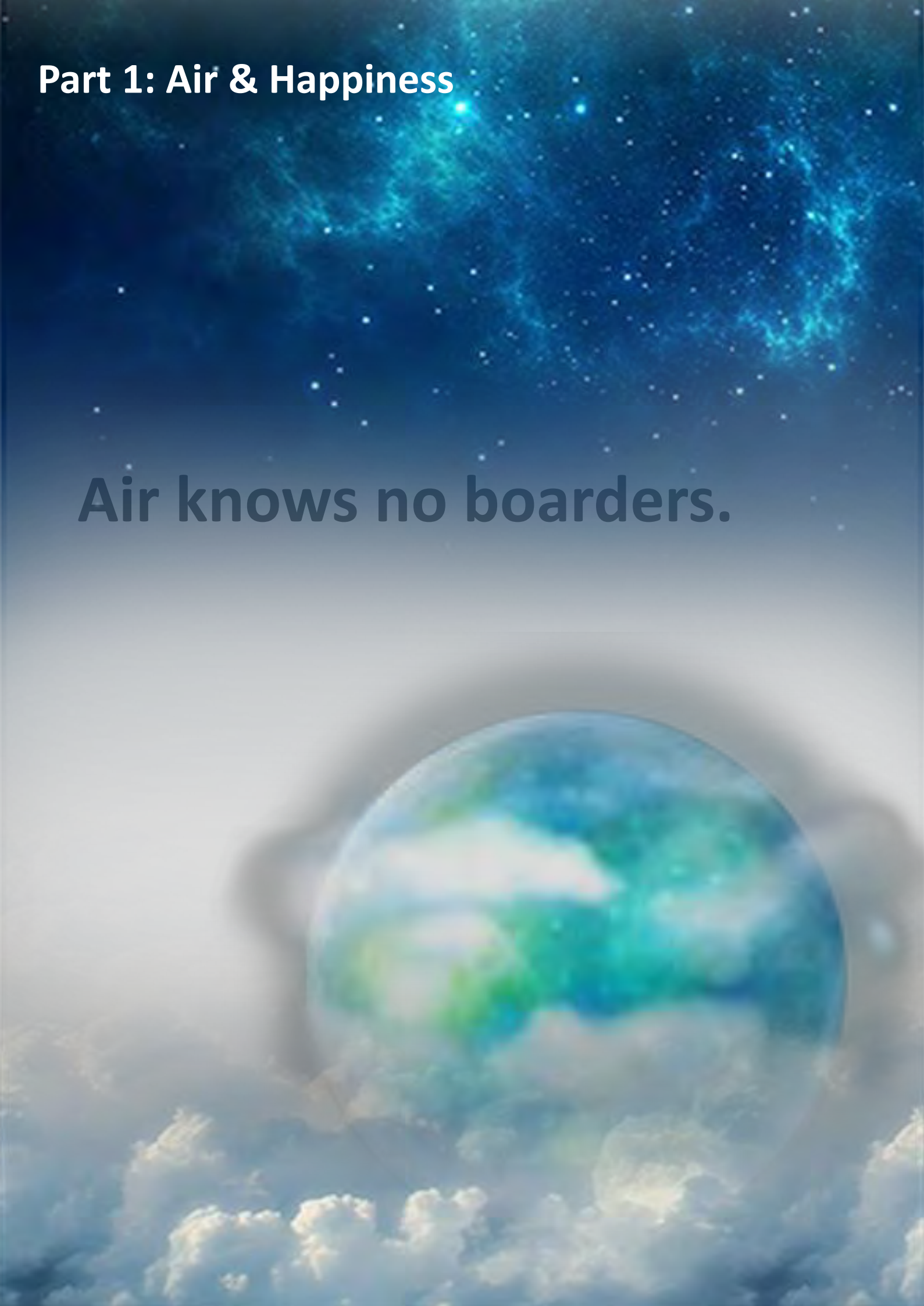
That you feel loved and connected to others.

That our beautiful earth supports you and all other beings now and in the future.



Part 1: Air & Happiness

Air knows no borders.




Air makes no distinctions.



Air knows no boundaries.

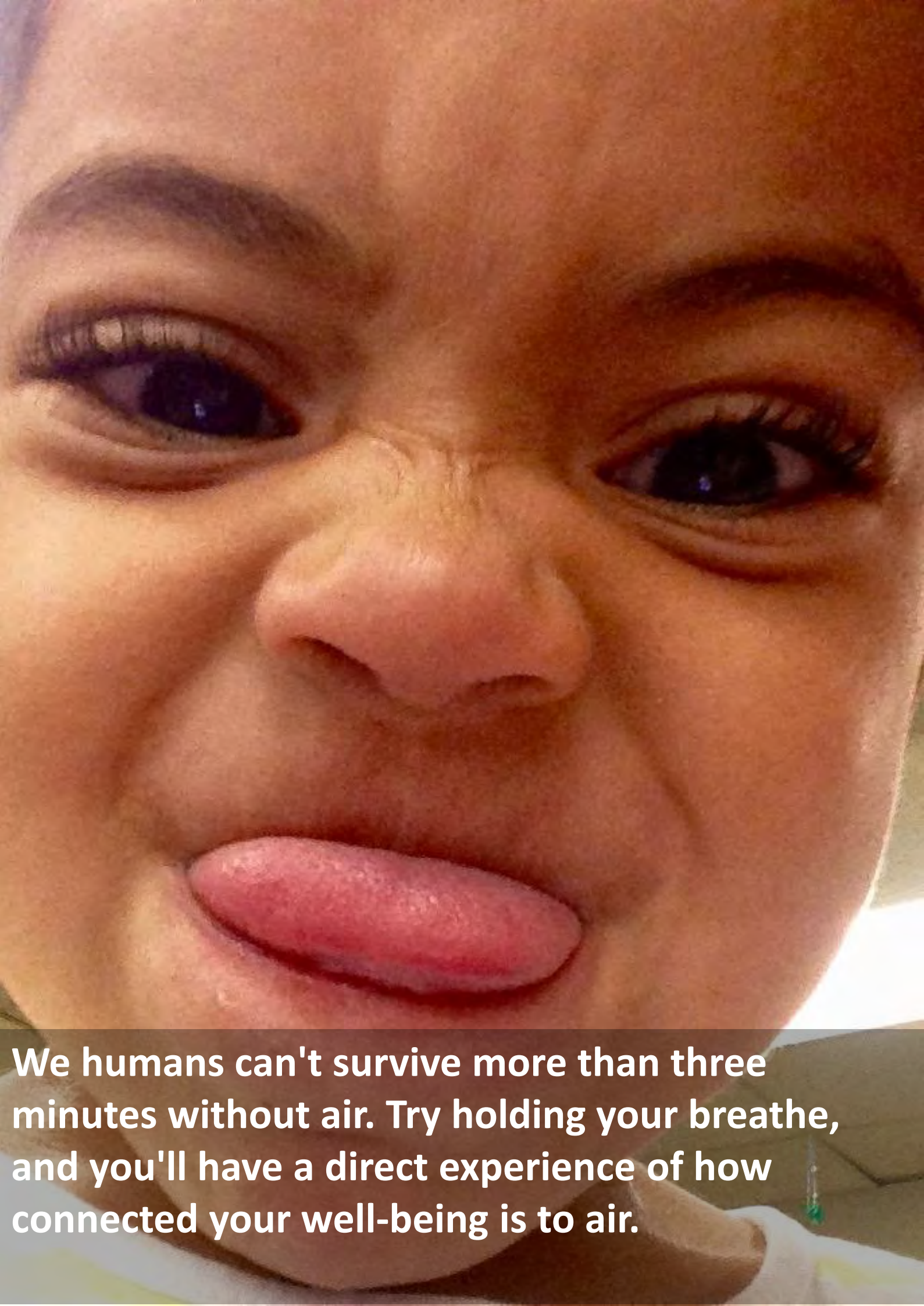
**We are all connected through
the air we breathe on the
planet.**





The air you breath is the same air that your ancestors breathed and that future generations will breathe.

It is the same air your neighbor breathes, the air breathed by seven billion people on and all other beings.



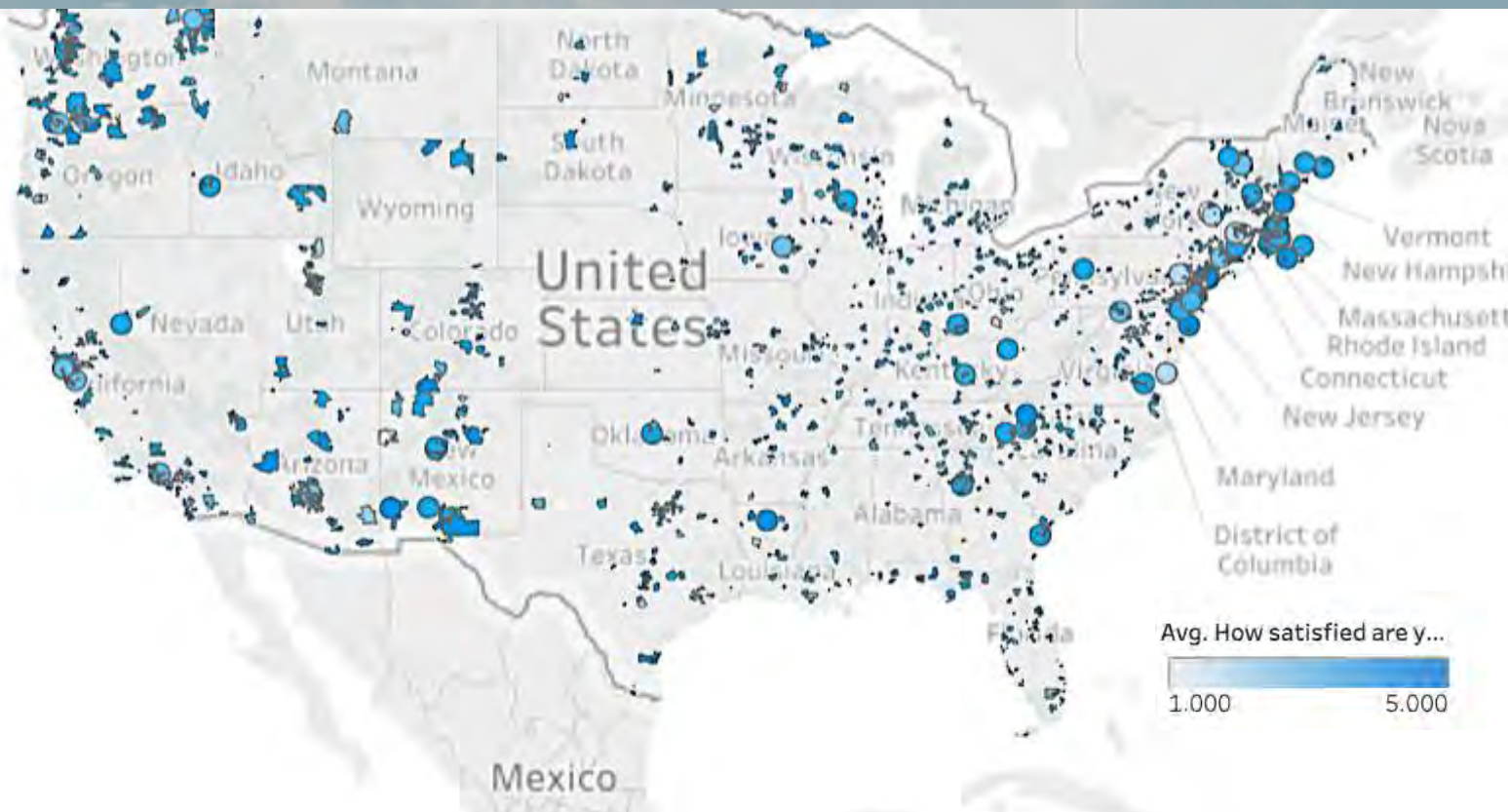
We humans can't survive more than three minutes without air. Try holding your breathe, and you'll have a direct experience of how connected your well-being is to air.

But what about the connection between satisfaction with quality of air and happiness?

And what does the connection between satisfaction with air quality and happiness have to do with climate change?



The map* shows darker blue where people have higher satisfaction with air quality, and lighter colors where there is lower satisfaction with air quality. Overall, in 2017, people are fairly satisfied with their air quality. Interact with the data by [clicking here](#).



But what about air quality objectively measured?



The [Real Time Air Quality Index](#) helps to get a balanced picture of air quality. Air quality is measured in terms of pollutants, pollen, ozone and other factors of air quality. Air quality is only moderately good in many areas (yellow) and unhealthy or very unhealthy in others (red and purple respectively).

*Our subjective data is from a convenience sampling, so reflects satisfaction for those who took the survey, but is not necessarily representative of everybody in the area. Also, we are comparing across different times. We give this comparison as a starting place for contemplation, study, and conversation.

Why is it important to think about...



...the differences between air quality measured in terms of pollutants and people's satisfaction with air quality?



Because since the industrial revolution, overall air quality has gotten worse, even though in some areas it is getting better.*

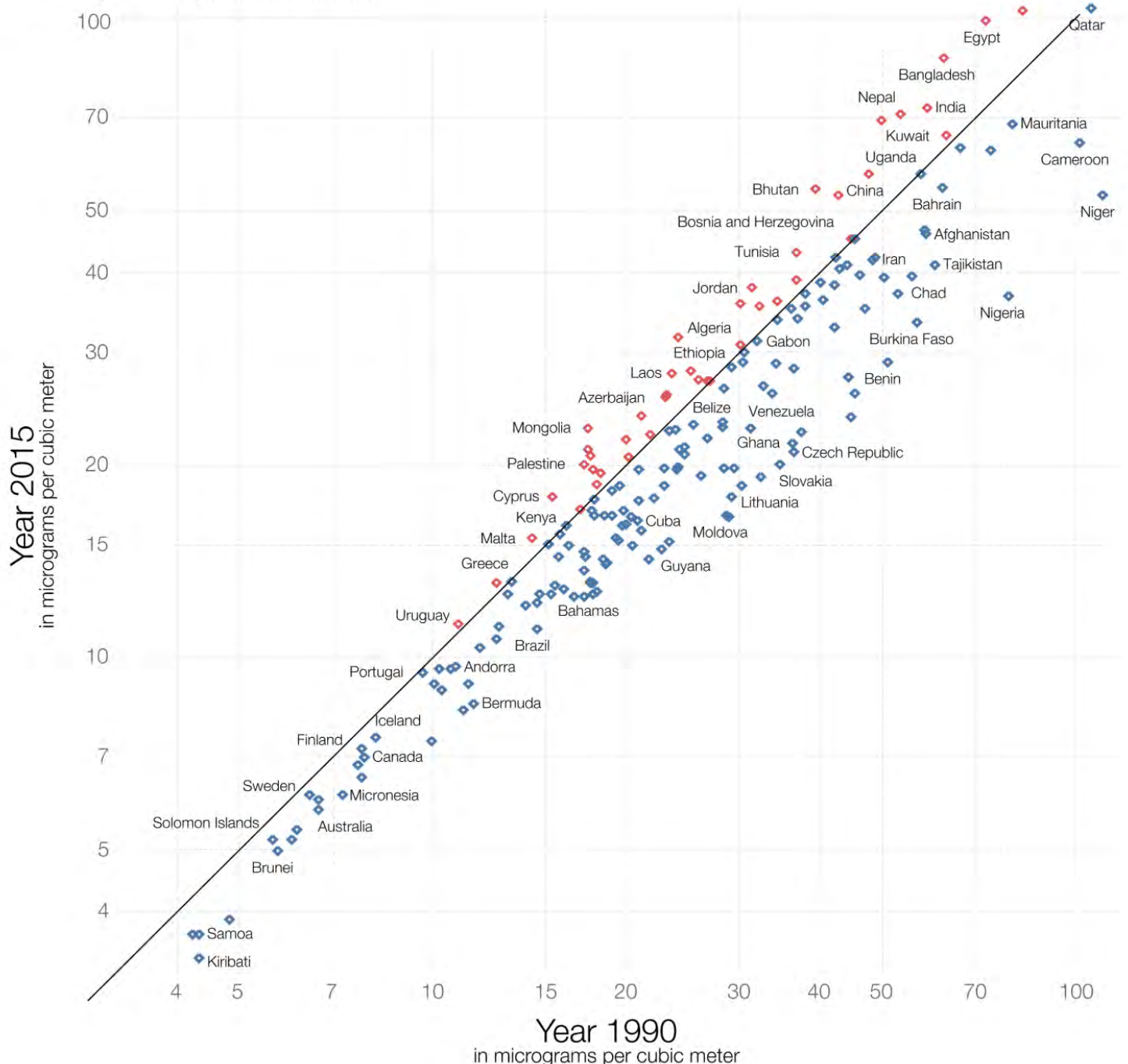
[*learn more.](#)

Exposure to particulate matter (PM2.5) in 1990 and 2015

Our World in Data

Shown is the mean annual exposure to particulate matter with a diameter of 2.5 micrometers and smaller in micrograms per cubic meter for the population of 193 countries.

Countries above the black 45° line experienced an increase in exposure, the blue countries below that line experienced a decline in exposure to particulate matter.

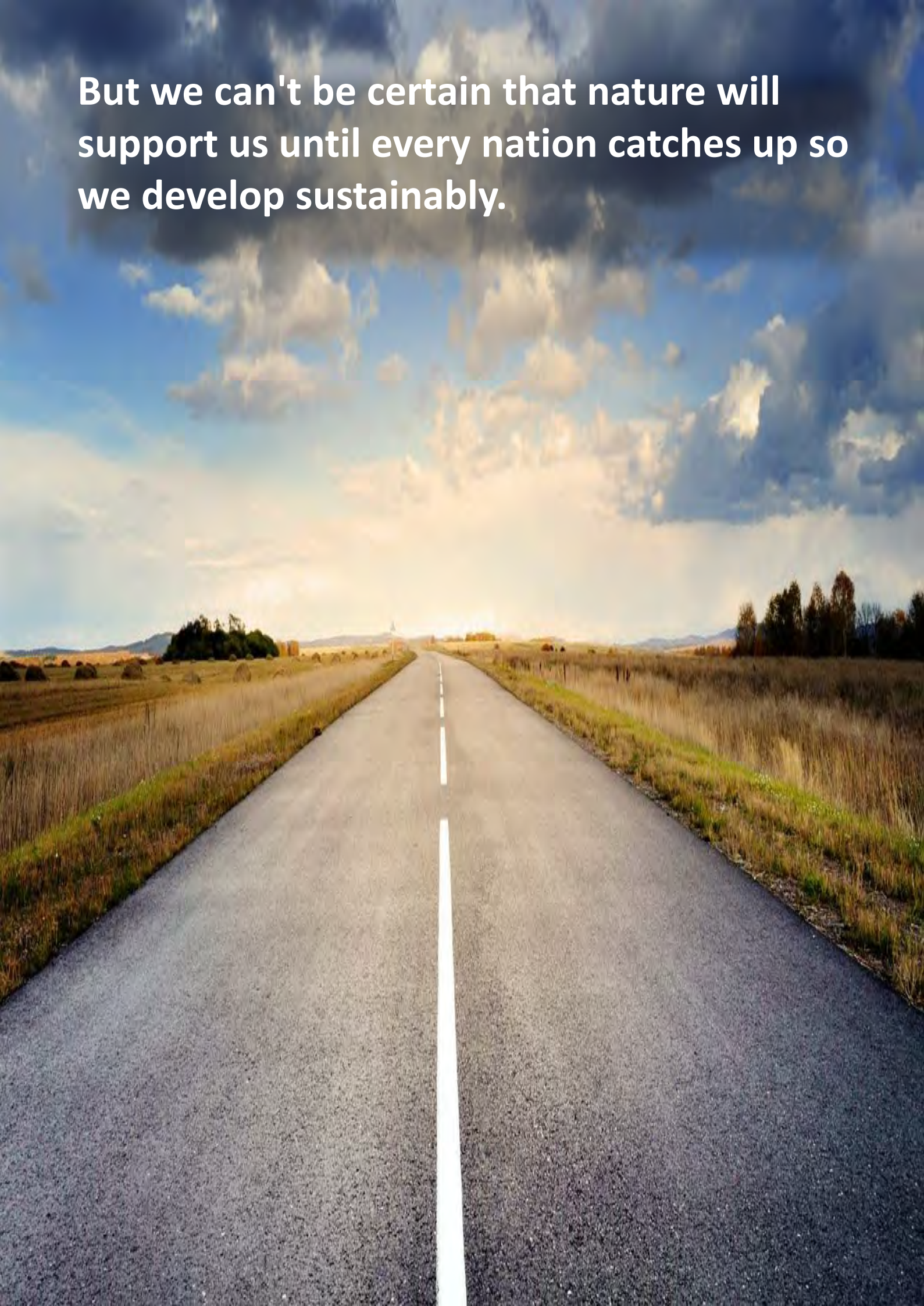


Data source: Brauer, M. et al. 2016, for the Global Burden of Disease Study 2015. (obtained via the World Development Indicators published by the World Bank)

The interactive data visualization is available at OurWorldinData.org. There you find the raw data and more visualizations on this topic.

Licensed under CC-BY-SA by the author Max Roser.

But we can't be certain that nature will support us until every nation catches up so we develop sustainably.



Because with the impacts of climate change, we can expect some major impacts on air quality due to a cascade of other changes.



**Because what humans cause,
humans can solve.**



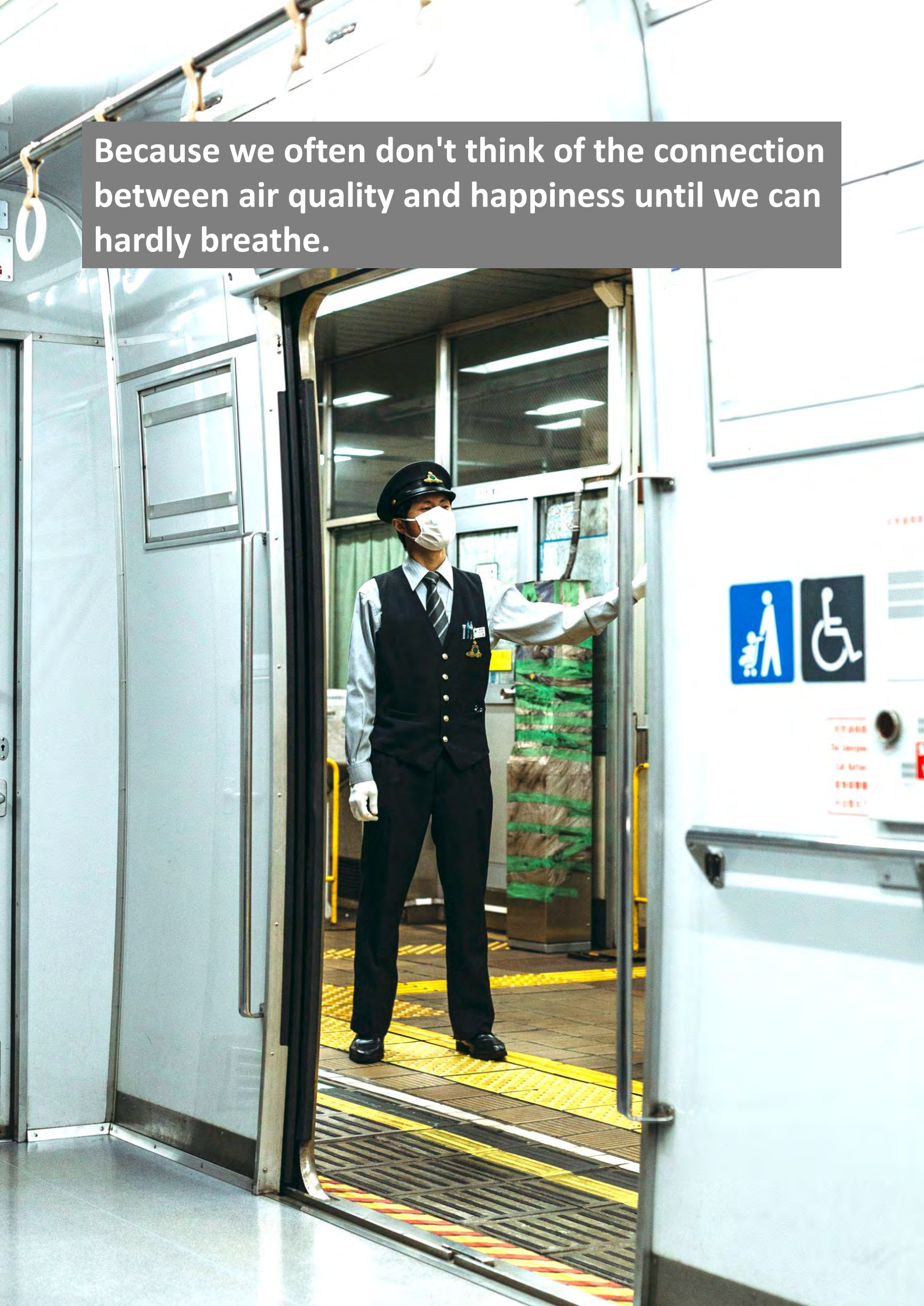
Because where there is fire...





...there is smoke.

Because we often don't think of the connection between air quality and happiness until we can hardly breathe.



Because we often wait to take action until we reach a personal crisis.



Because it feels overwhelming.



Because modern social conditioning inculcates us with the concept that we do not have a capacity for long term thinking.



Because we are gifted and cursed with an ability to adapt to many circumstances.

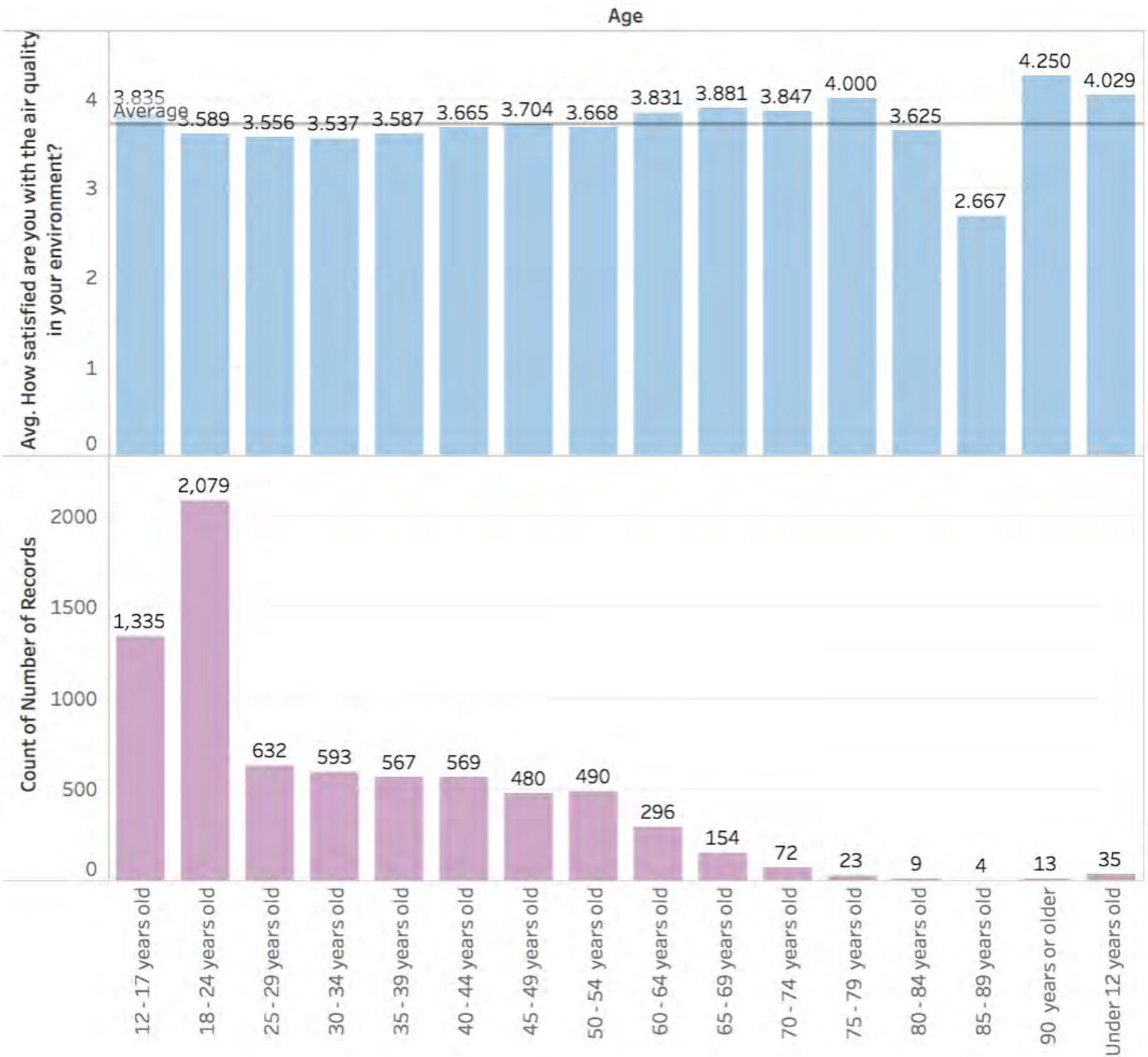


Our data shows that except for the very few 85-89 year old people who took the Happiness Index, overall in 2017, we were satisfied with our air quality.




A lot more youth took the survey than adults, and a lot fewer older people took the survey than adults or youth. If this were a random sampling, the few people in the 85-89 year old bracken might be called outliers, and their data would not be included, but our data comes from a convenience sampling, meaning everyone who takes the Happiness Index made the personal decision to do so.

Satisfaction with Air Quality by Age.



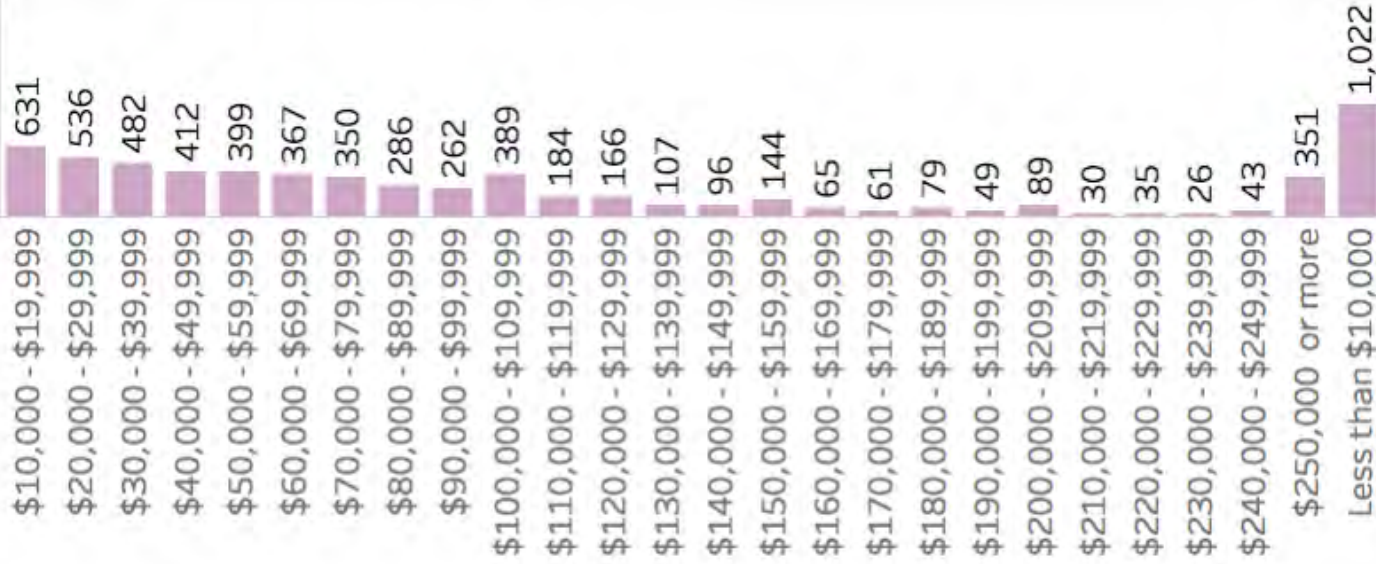
Also across all income levels except for the 43 people whose household income is between 240,000-250,000USD a year (they were more satisfied), most everybody was satisfied. Other than that, the differences between the very wealthy and poor were small, but many more people on the low income spectrum took the survey than the wealthy.



A score of 5 means very satisfied, a score of 3 means neither satisfied or dissatisfied, and a score of 4 means satisfied.

Count of Number of Records

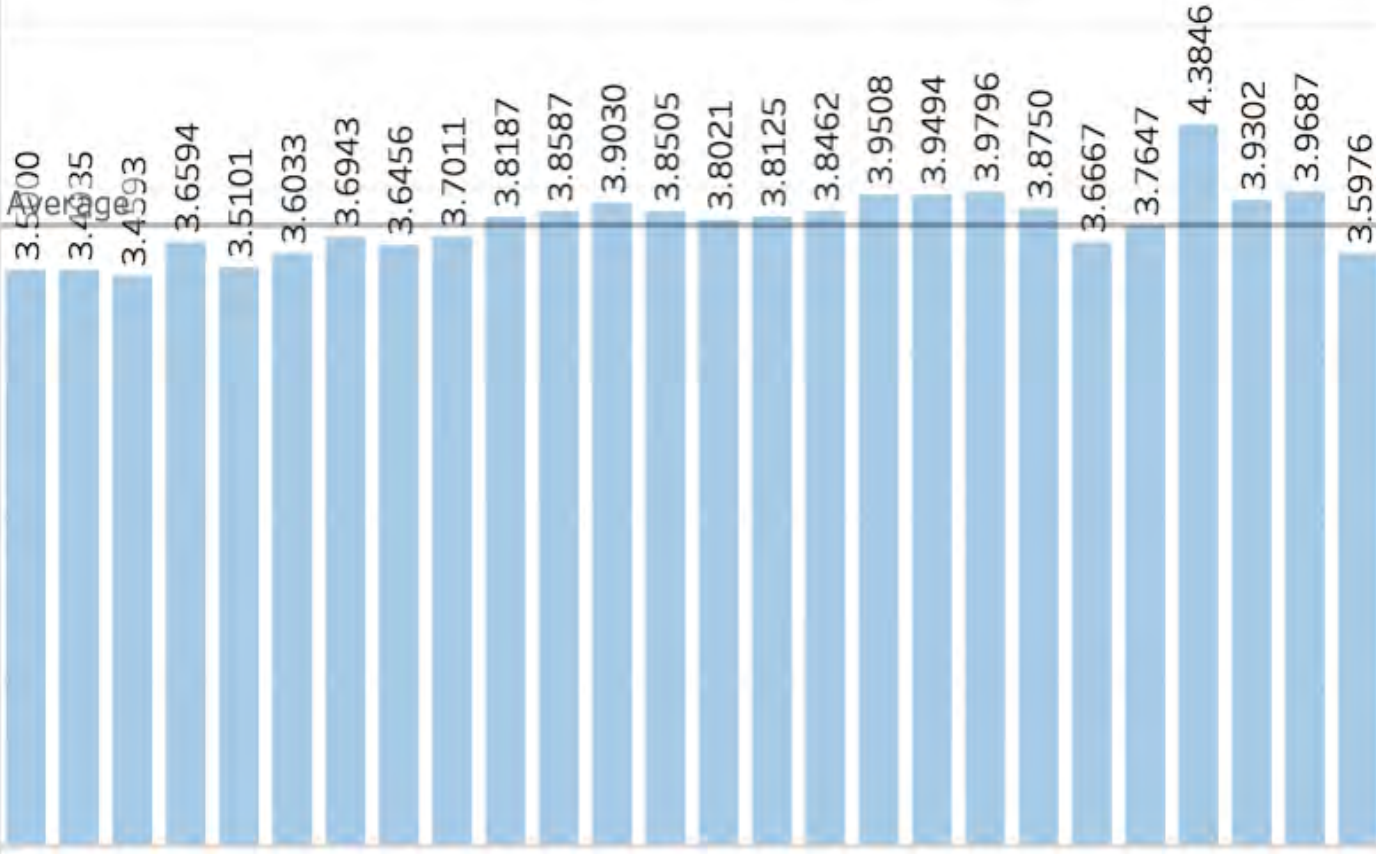
8K
6K
4K
2K
0K



Satisfaction with Air Quality by Income Level

Avg. How satisfied are you with the air quality in your environment?

5
4
3
2
1
0



Income

Air & Happiness: A Local Global Connection



Make the connection between air quality and happiness because happiness is deeply connected to our environment.



You can use the Happiness Index to commence conversations about happiness, our environment, and making a difference for today and our future.

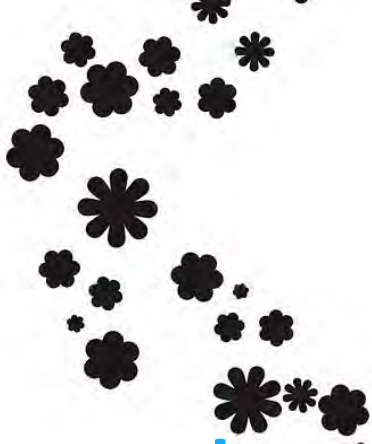
Part 2: Money & Happiness





**Is money
the answer?**





Do we have the right measure for..



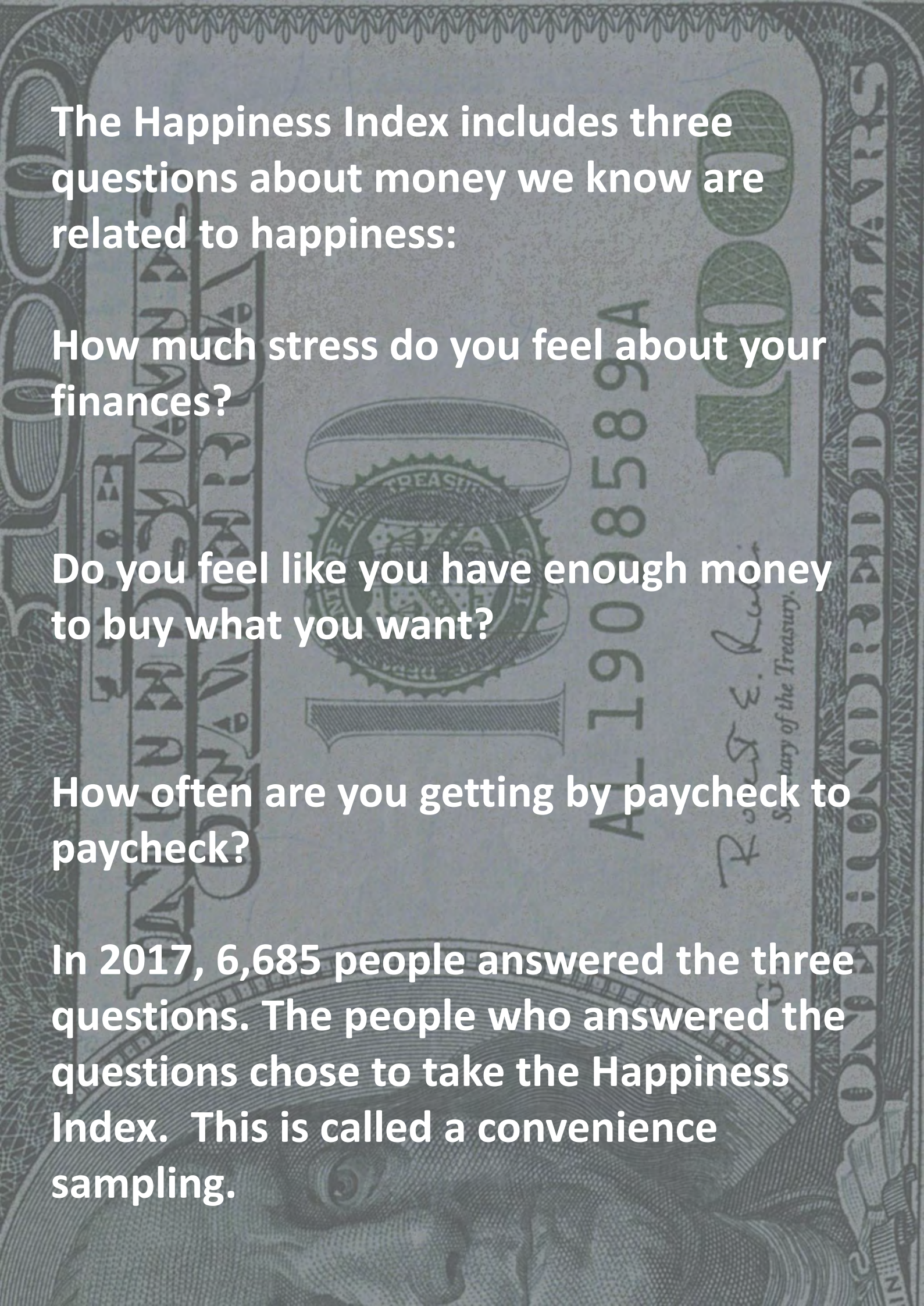
Happiness?



Does more money make you happier? Happiness science says no - not after a certain point.*



*Layard. Richard. Happiness: Lessons from a New Science. (Second edition). New York, NY: Penguin Books



The Happiness Index includes three questions about money we know are related to happiness:

How much stress do you feel about your finances?

Do you feel like you have enough money to buy what you want?

How often are you getting by paycheck to paycheck?

In 2017, 6,685 people answered the three questions. The people who answered the questions chose to take the Happiness Index. This is called a convenience sampling.

Money can't buy you love, but can it buy you happiness?



What is the relationship between money and happiness?

At a deep level, you know that that money can't buy you happiness, but you also know that money does buy what you need to be happy.

After all, without money, you would not be able to meet your basic needs, like food, shelter, and health care. You need money to a certain extent to meet your higher needs, like getting an education, buying art supplies, and travel.

Some ways we
meet our
needs

based on Maslow's Hierarchy of
Needs

Creative activities,
Achieving your full
potential...

Self-improvement activities,
Having nice things...

Going out with loved ones, Gifts for loved ones,
Classes and membership fees...

Healthcare, Education to get a job, Transportation to work,
Owning a home...

Food, Shelter, Utilities & Power, Basic Clothing...

**If you had enough
money to meet your
needs, would you still be
stressed about money?**

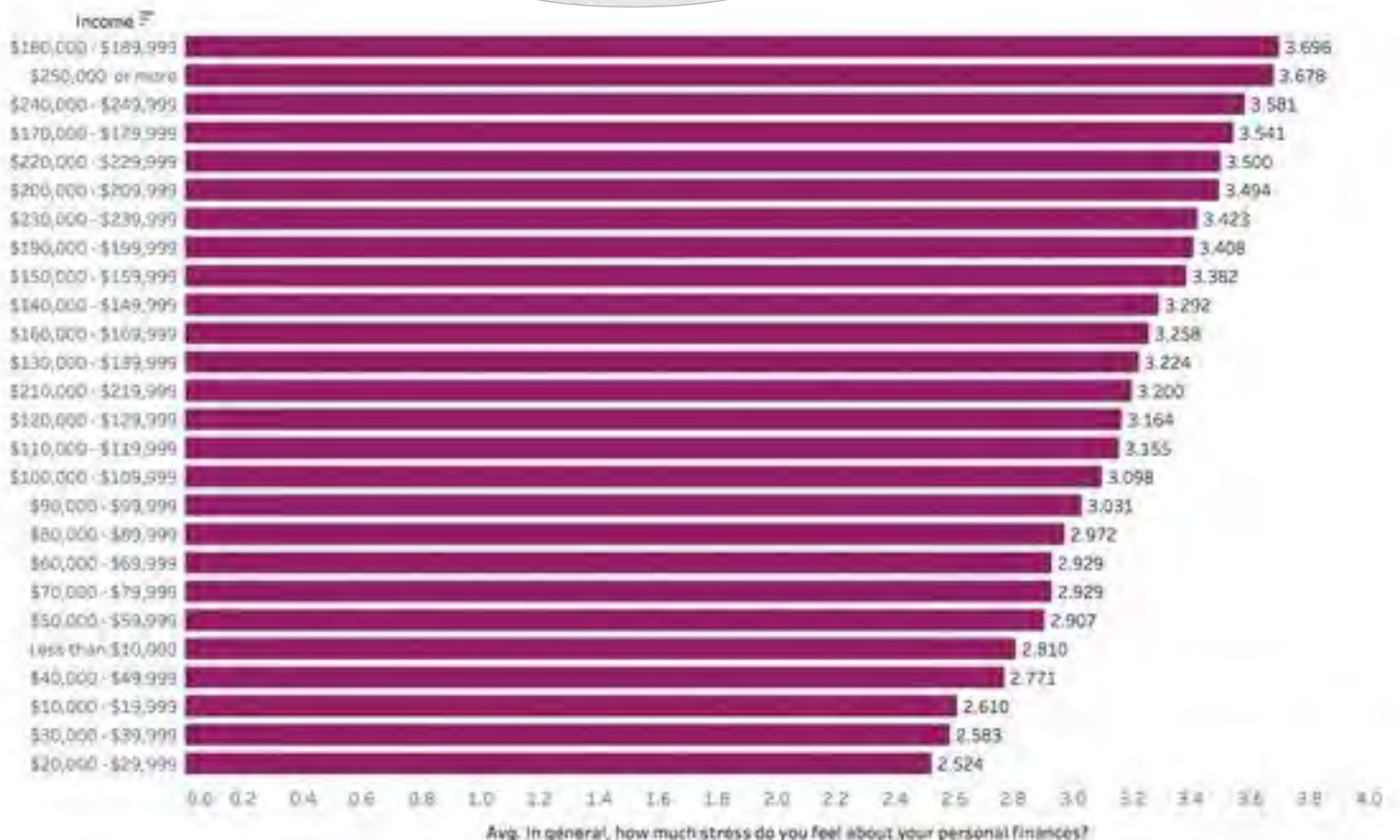
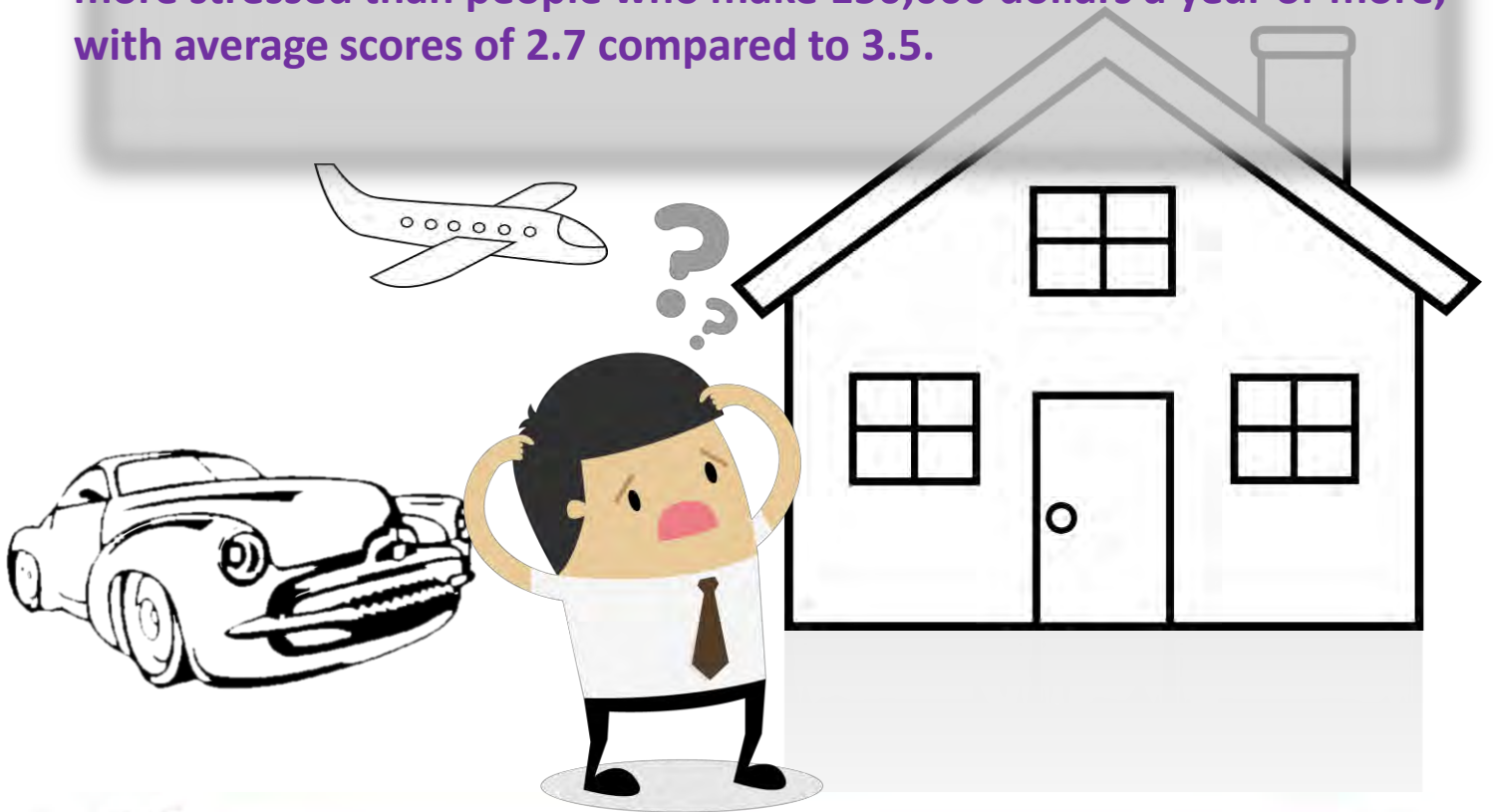


On average, nobody feels zero stress about their personal finances.

Even those with high incomes are feeling some stress.

A score of five would mean no stress and a score of four would mean low stress.

People who make 50,000 dollars a year or less are only about 20% more stressed than people who make 150,000 dollars a year or more, with average scores of 2.7 compared to 3.5.



Does it make sense that people with more money are not without stress about money?

Happiness science says yes. Richard Layard, author of *Happiness: Lessons from a New Science*, found that while average income levels more than doubled (in real dollars, meaning comparable spending power) between the fifties and the late nineties, happiness levels hardly changed at all.

In other words, the amount of money you make after meeting your basic and some higher needs has relatively little impact on your happiness.

What does this mean to you?

Figure 1 Income and happiness in the USA

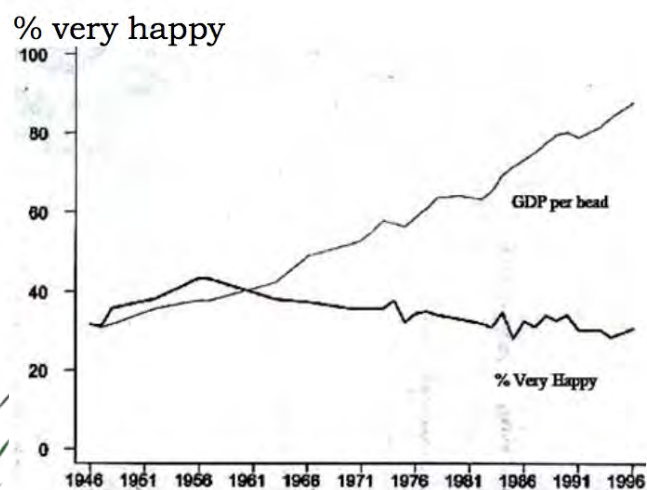


Figure taken from Layard (2005)
GDP = Gross Domestic Product, which is the total value of the annual amount of goods and services produced within a country, regardless of whether they are produced by its citizens.

Give even a little bit to a cause you believe regularly and you will find you feel richer.*



Giving money will help put your stress about money in perspective & is a step towards rethinking your relationship with money.

This lesson is aligned with many spiritual traditions that promise a sense of richness in giving.





In Christianity and Judaism, tithing is a practice that brings great spiritual wealth.

In Buddhism, generosity is one of the pathways to enlightenment.

There are many ways to give.

You can give your time, your attention, or your love.

You can give away the extra things you don't need, or give away something you love but can live without to someone you know needs it more than you.



**But won't giving
money put a cramp on
how much you can
buy?**





**And is there such thing as
enough money?**

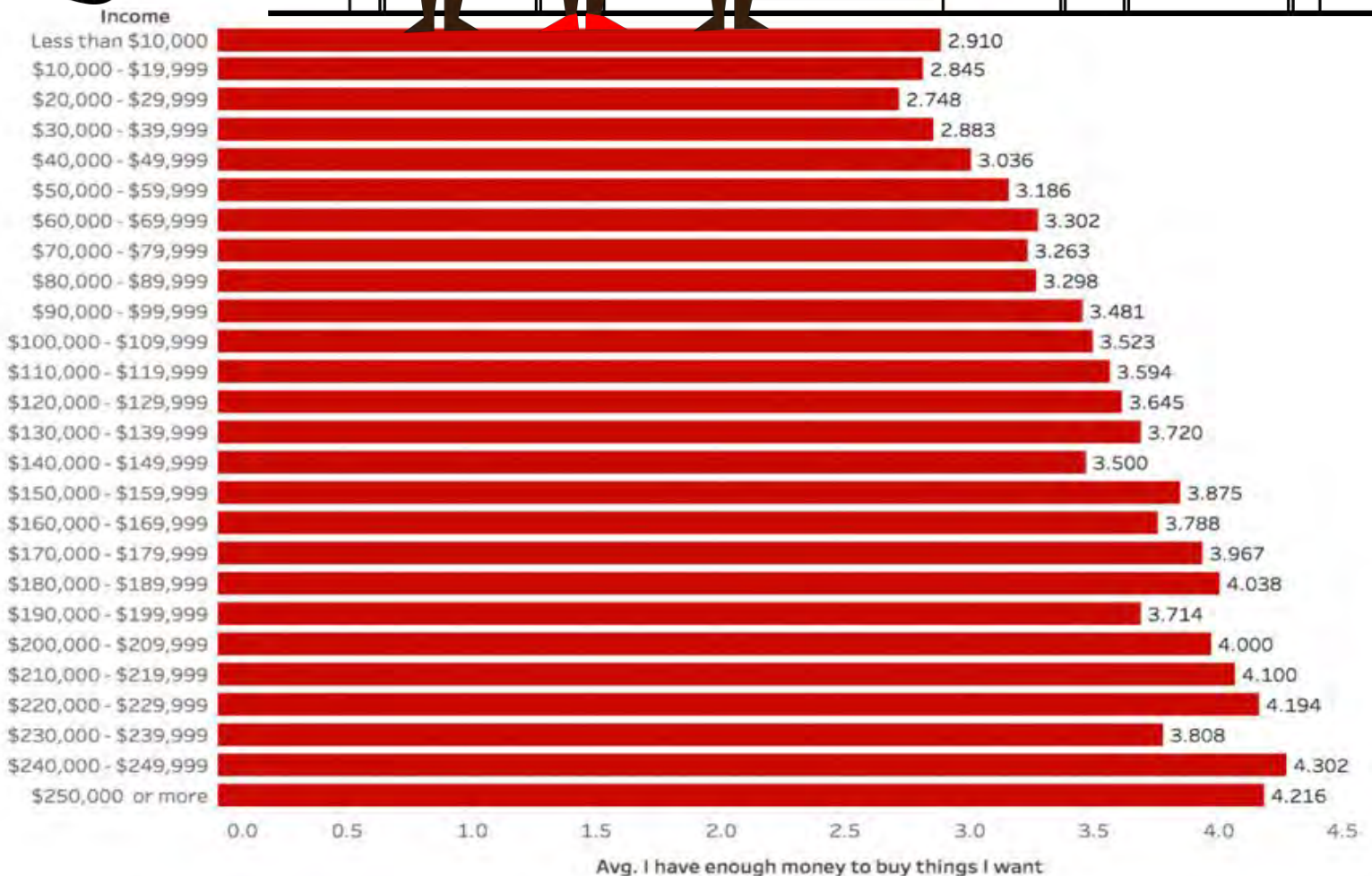
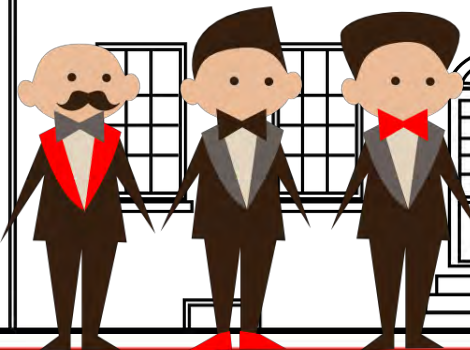
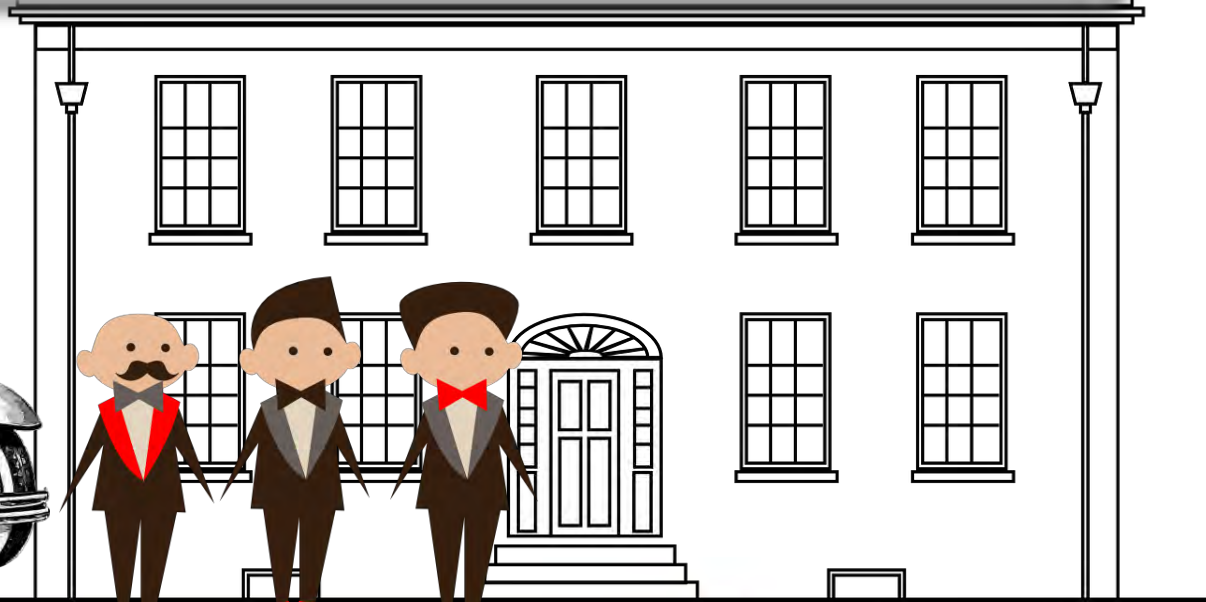
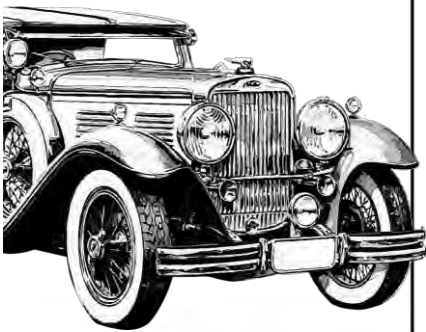
**If you had enough
money to meet your
needs, would it feel like
you had enough money
to buy what you want?**



On average, nobody completely agrees they have enough money buy everything they want. A score of four means you agree that you have enough money. A score of three means you neither agree nor disagree that you have enough money.



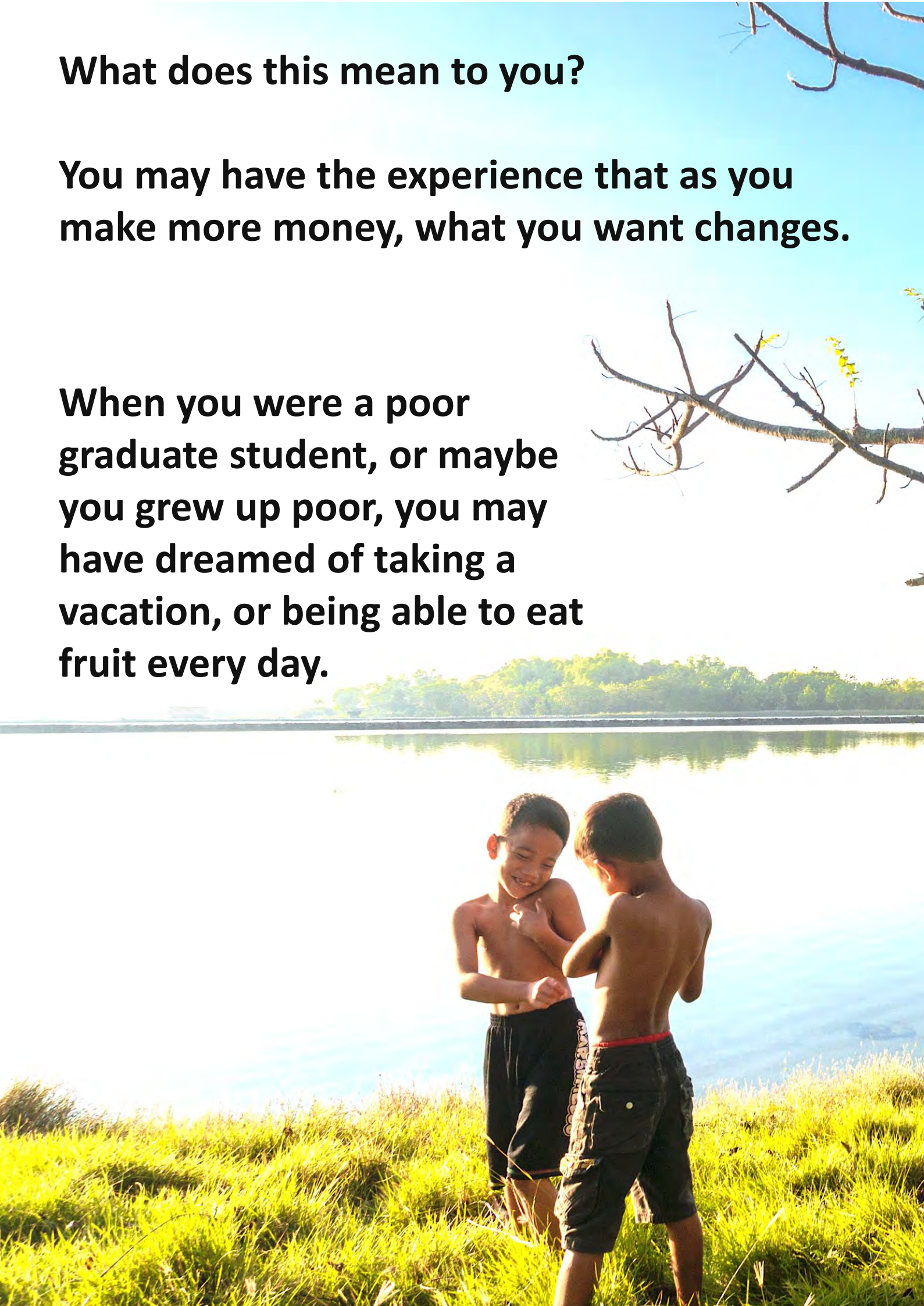
The difference between the people who make over 150,000 and people who make 50,000 a year or less is wider. The wealthy are 28% better off than the poor, and on average agree, albeit not strongly, that they have enough money to buy everything they want. On average, those who make less money would not say that they absolutely don't have enough money to buy what they want, or that they do.



What does this mean to you?

You may have the experience that as you make more money, what you want changes.

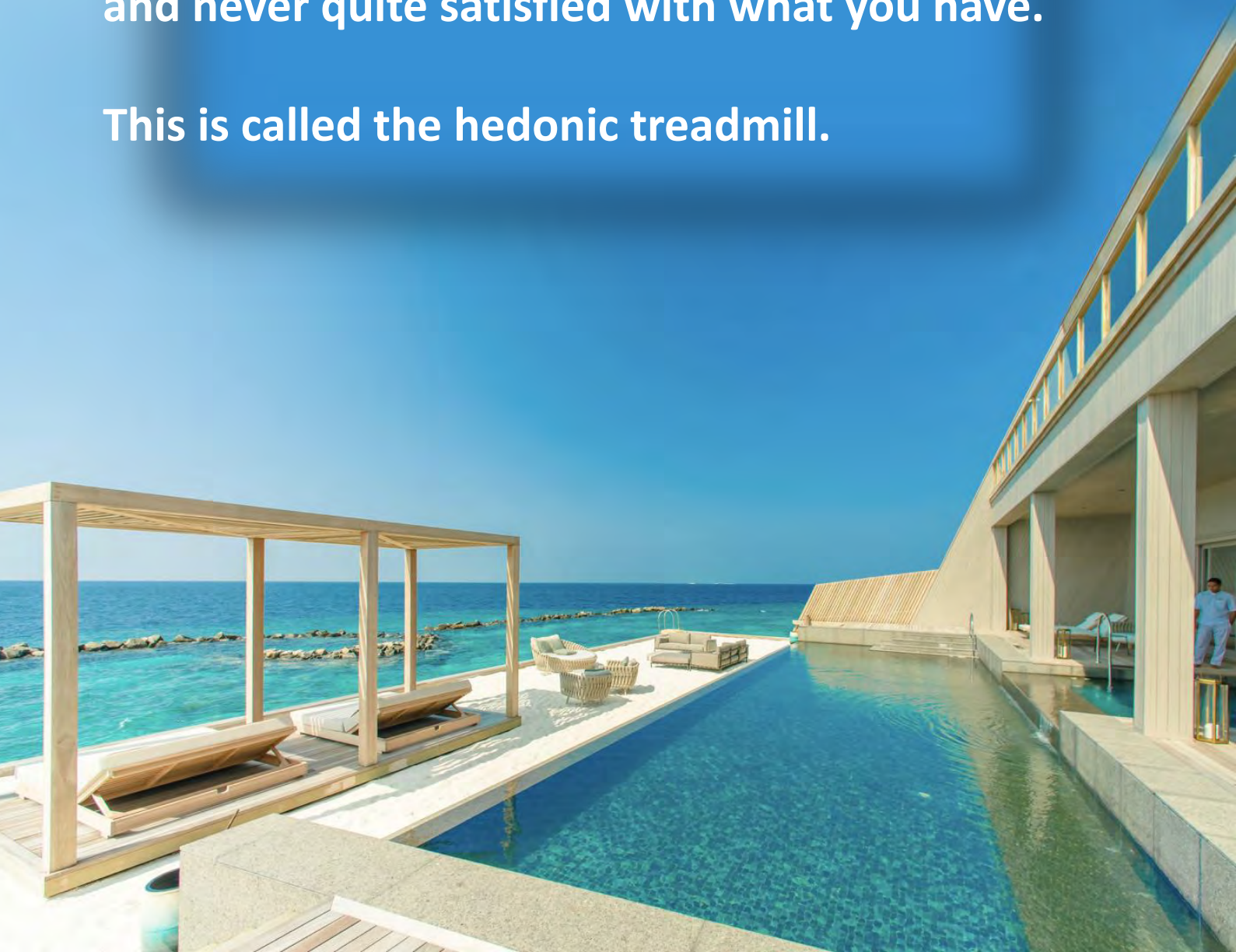
When you were a poor graduate student, or maybe you grew up poor, you may have dreamed of taking a vacation, or being able to eat fruit every day.



When you started earning more money, it became normal to eat fruit every day, and take a nice vacation or two a year.

As your income increases, your desires may change. You find yourself buying a designer suit or electric car that in your poorer days you not have dream of buying. With enough money to buy designer suits, beautiful cars, and the latest cellphone, you find yourself scaling up regularly; buying nicer suits, better cars, and cooler devices and never quite satisfied with what you have.

This is called the hedonic treadmill.



Yet another lesson from happiness science about money and happiness has to do with saving instead of spending.

Happiness research tells us that when we save money, we feel better in the short and long run.* You can think of saving money as investing in your well-being.



* Chancellor, J. & Lyubomirsky, S. (2013). Money for happiness: the hedonic benefits of thrift. In Tatzel, M. (Ed.) *Consumption and Well-being in the Material World*. Pp. 13-22. Nantucket, NY: Springer

Whether you have just a little money, or a lot of money but are not in a position to save a lot these days, saving even a little bit every week or month has an effect on your brain and on your feelings.

Happiness science says that making a habit of saving will increase your happiness, as well as your resilience for hard times. This makes common sense.

Sometimes you can't save money, but can save in other ways.

Cut down on expenses.

Buy less things and eat inexpensive foods at home, like lentils and rice.

As you develop new habits of saving, other ways to save will come to you.



With all this giving and saving, will you be able to get by financially?

**And how do you save when its hard
to make ends meet?**

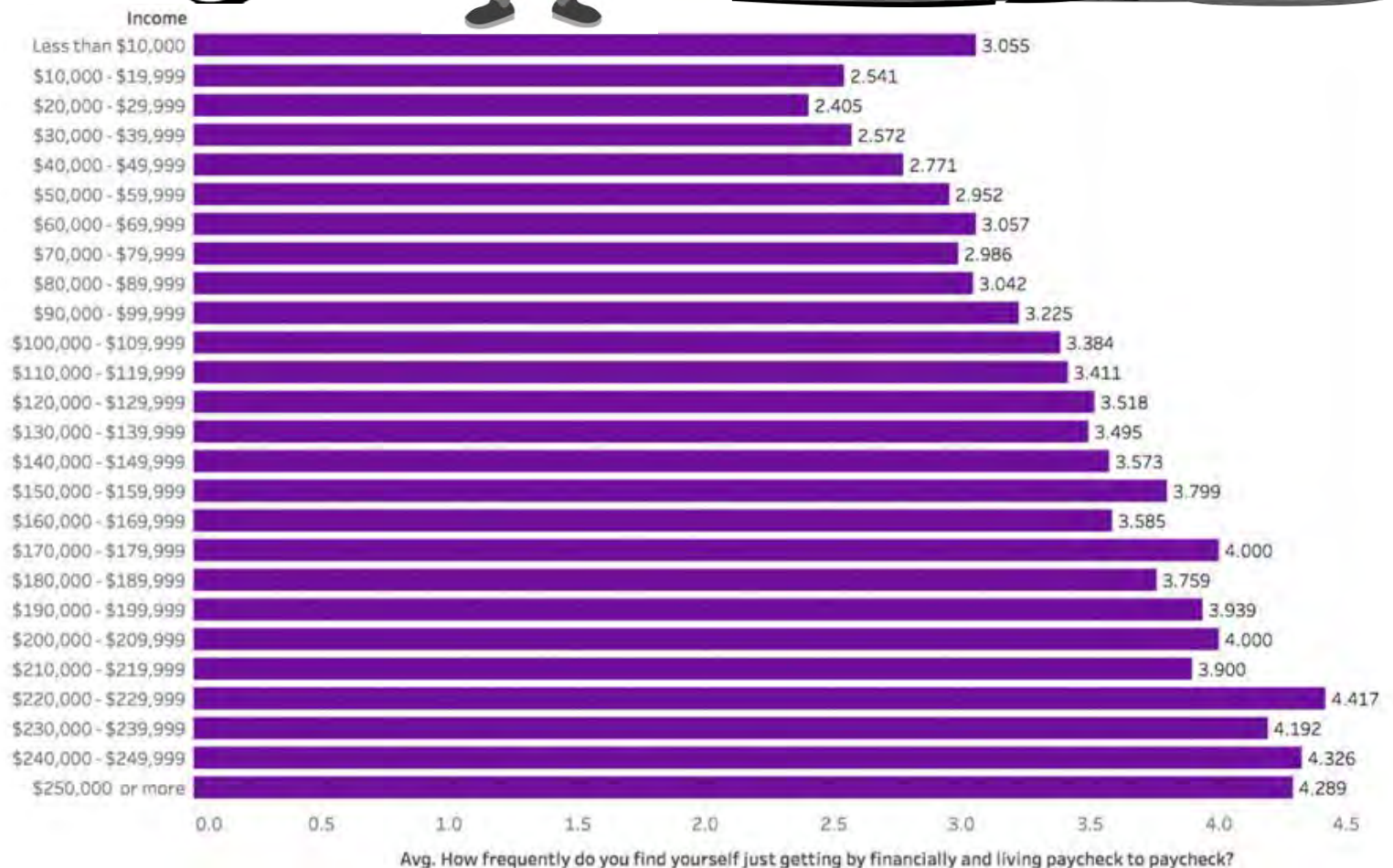
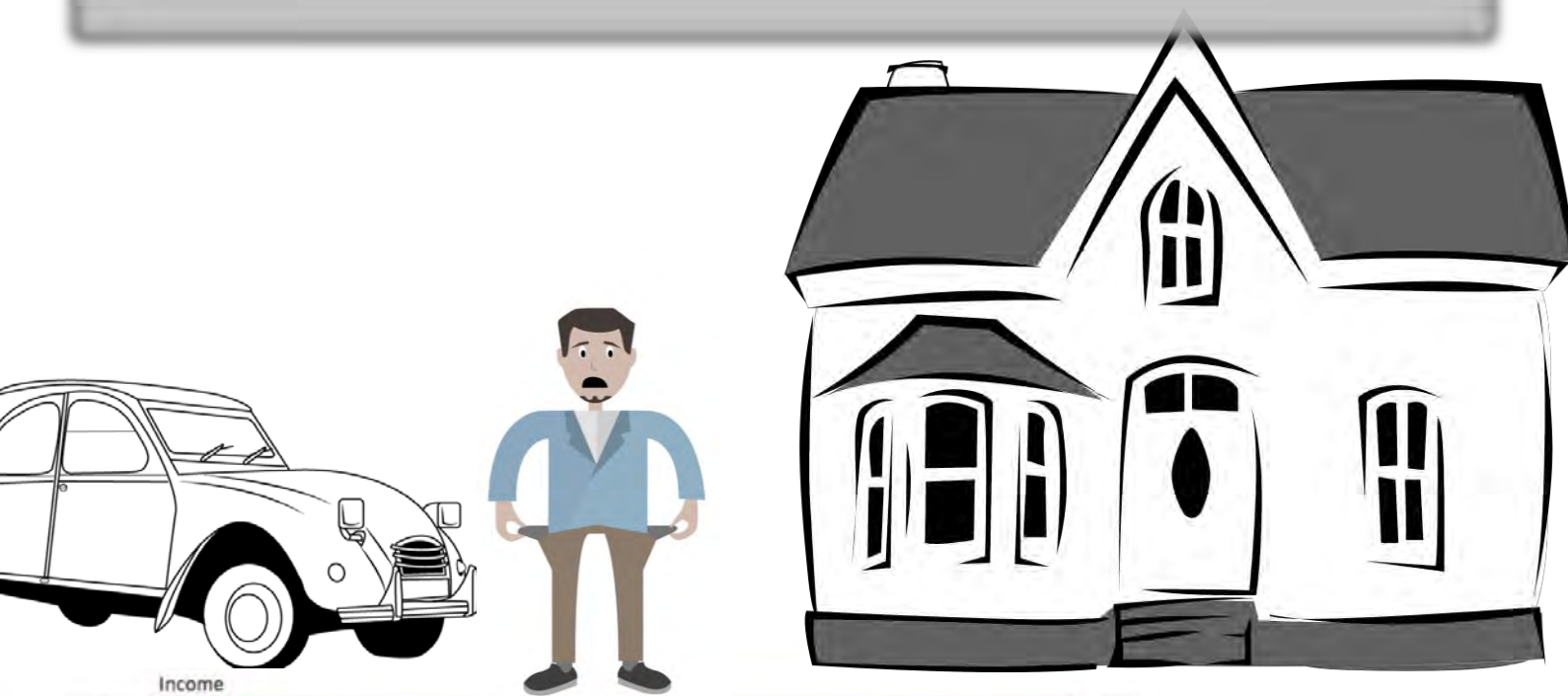


**How often are you
getting by paycheck to
paycheck?**



On average, nobody completely agrees they never live paycheck to paycheck. A score of five would mean you never live paycheck to paycheck. A score of three means you sometimes live paycheck to paycheck.

On this question, the people who make 150,000 a year or more are better off compared people making 50,000 a year or less. Those who make 50,000 a year or less are quite likely to live paycheck to paycheck.

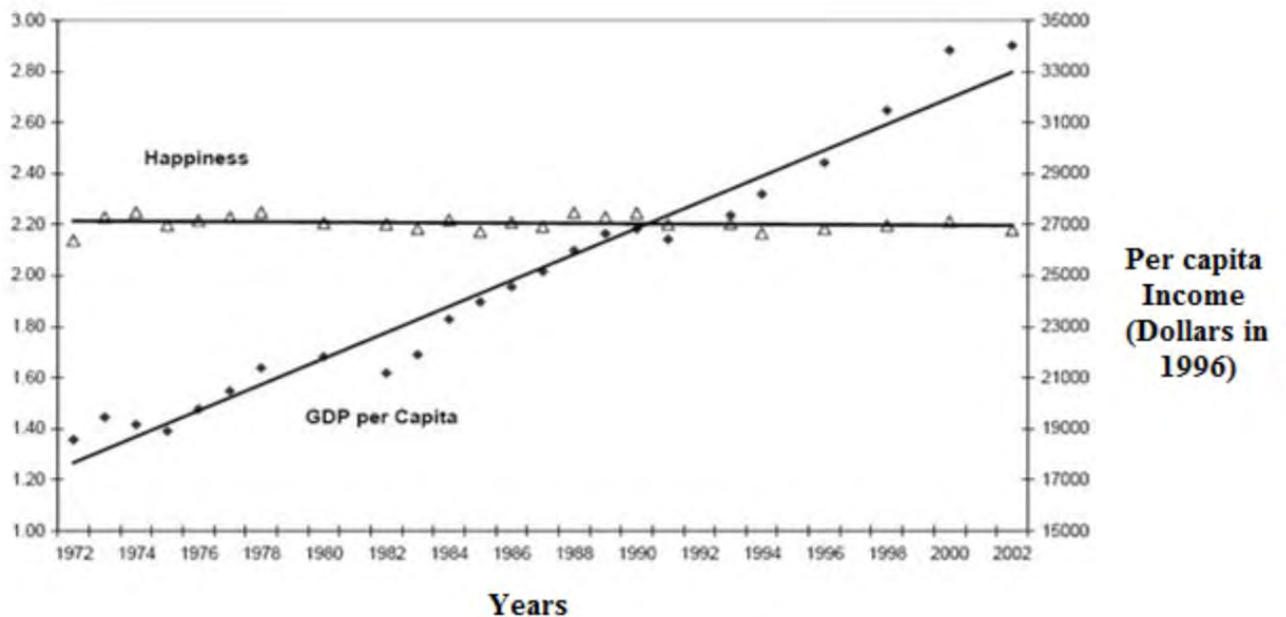


What does this mean to you?



Longitudinal studies conducted by Richard Easterlin give us important clues.* Easterlin's research is based on many years of data gathered in many countries about happiness and income levels.

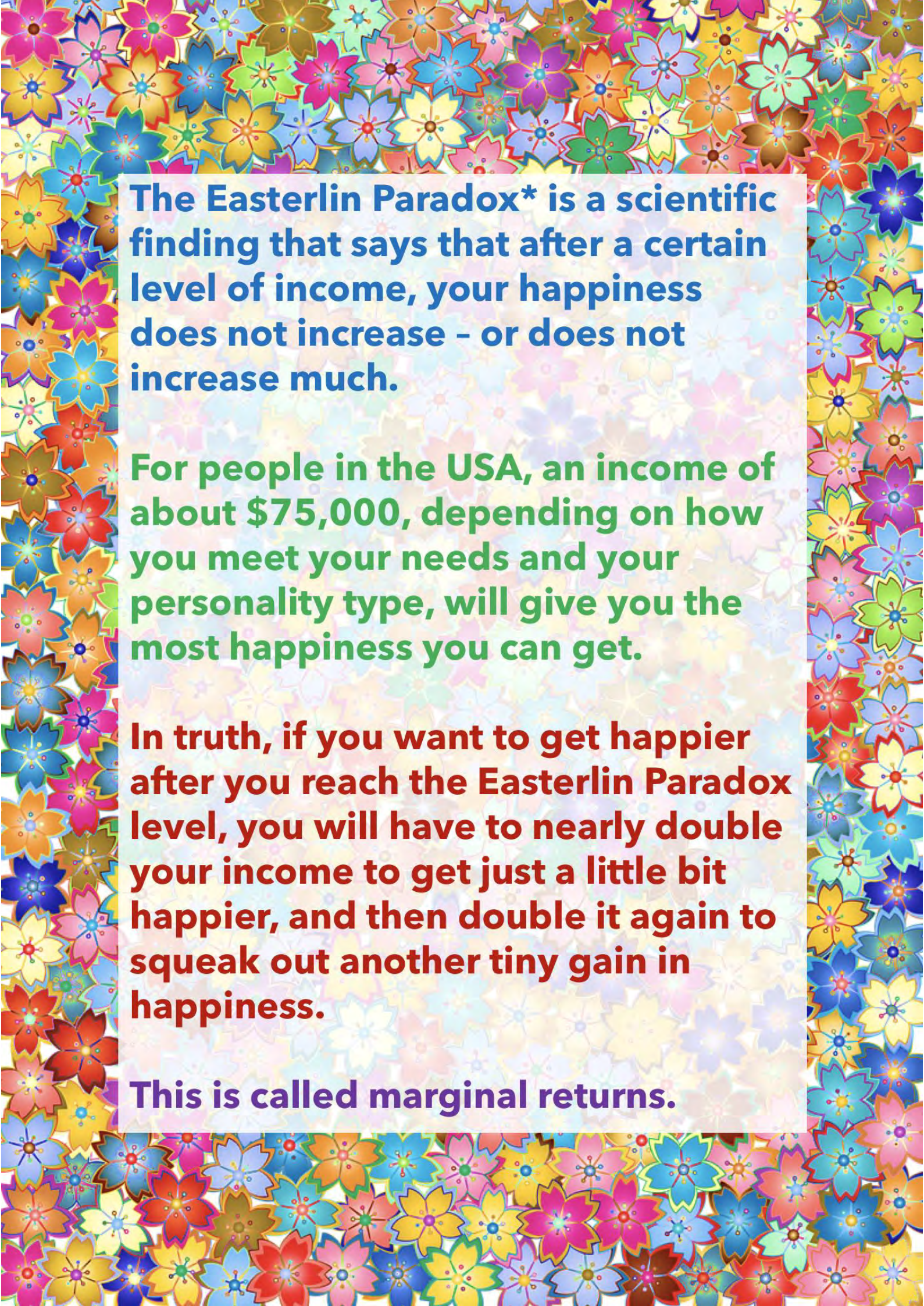
You may have heard of the Easterlin Paradox.



Easterlin's paradox



* Easterlin, R. et al., (2010). The happiness-income paradox revisited. Proceedings of the National Academy of Sciences of the United States of America (PNAS). doi: 10.1073/pnas.1015962107



The Easterlin Paradox* is a scientific finding that says that after a certain level of income, your happiness does not increase - or does not increase much.

For people in the USA, an income of about \$75,000, depending on how you meet your needs and your personality type, will give you the most happiness you can get.

In truth, if you want to get happier after you reach the Easterlin Paradox level, you will have to nearly double your income to get just a little bit happier, and then double it again to squeak out another tiny gain in happiness.

This is called marginal returns.

**In other words, you're better putting
your time and energy
into other things
besides
making money
if you want to be happier.**

**Using Maslow's
hierarchy of needs
you can figure out what
makes you happier given the
circumstances of
your life.**



For some, great happiness comes from spending time with family and friends.

For others, pursuing a dream or spending time on creative pursuits gives them joy.

Others get meaning and contentment from doing things with people; joining club, team, group or volunteering for a cause.

Still others get great happiness from spending quiet time alone, reading, meditating, or gardening.

For all of us, a balance of various activities that are not necessarily aimed at making money are necessary for our happiness.


To recap, happiness science give us
three lessons we can employ to make
us happier when to comes to money:

A close-up photograph of a bouquet of pink roses. The roses are in various stages of bloom, with some fully open and others as buds. The background is softly blurred, showing more of the bouquet.

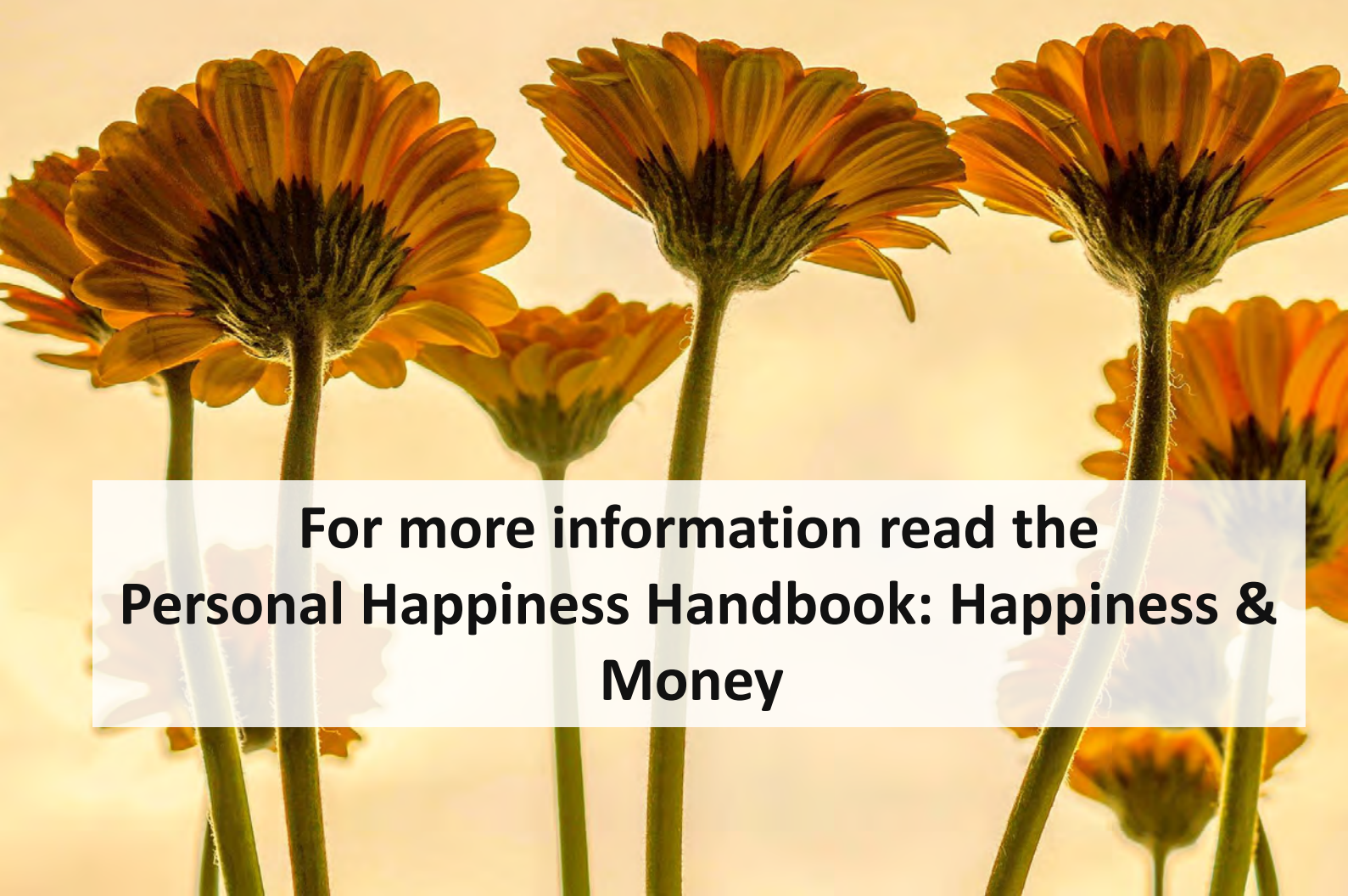
Give



Save

A group of people are seen from behind, standing on a hillside and looking out over a vast landscape at sunset. The sky is filled with warm, golden light, and the silhouettes of the people are dark against the bright background. One person in the center has their arms raised, and another to the left is holding a camera. The overall mood is peaceful and joyful.

Spend time on activities that make you happy and cost nothing or very little money.

A close-up photograph of several yellow daisy flowers. The flowers are in full bloom, with their petals radiating outwards. The background is a soft, out-of-focus light, suggesting a bright, sunny day. The overall tone is warm and positive.

**For more information read the
Personal Happiness Handbook: Happiness &
Money**

Part 3: Positivity & Happiness

The Power of Positivity.



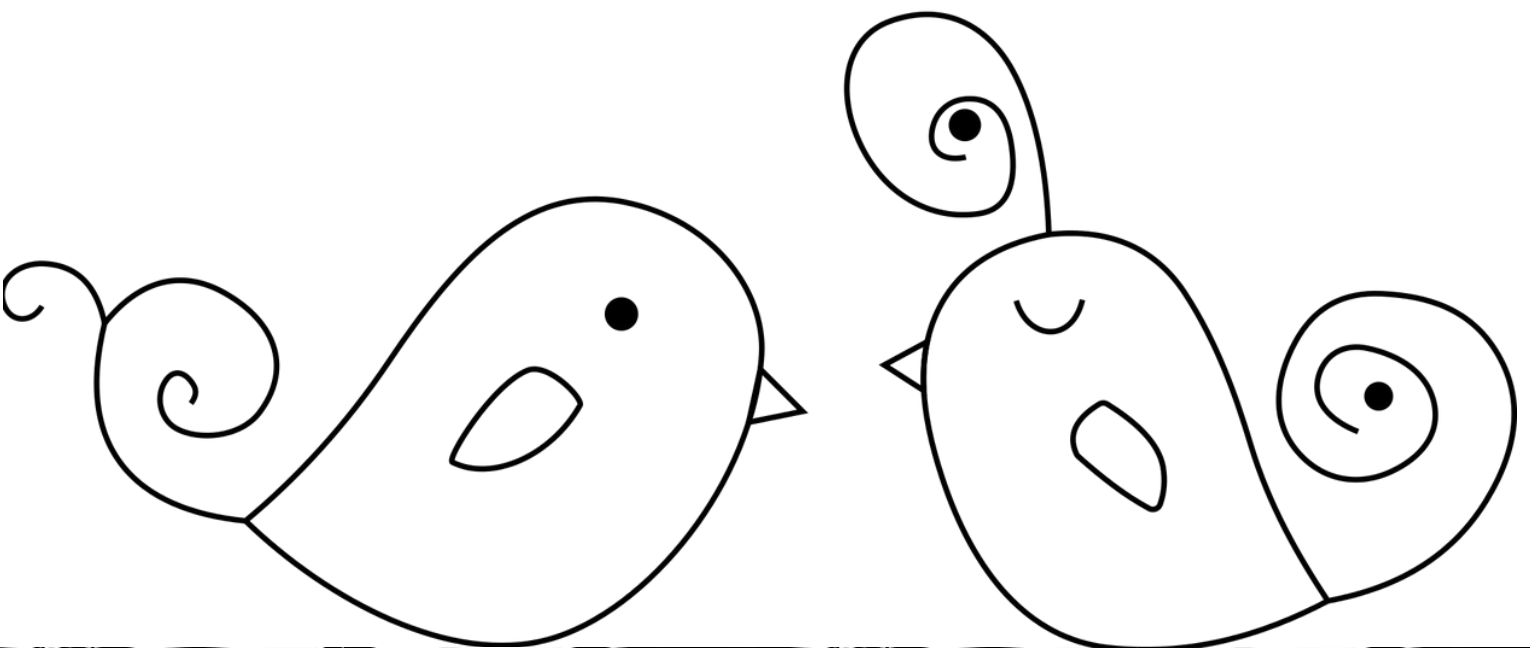


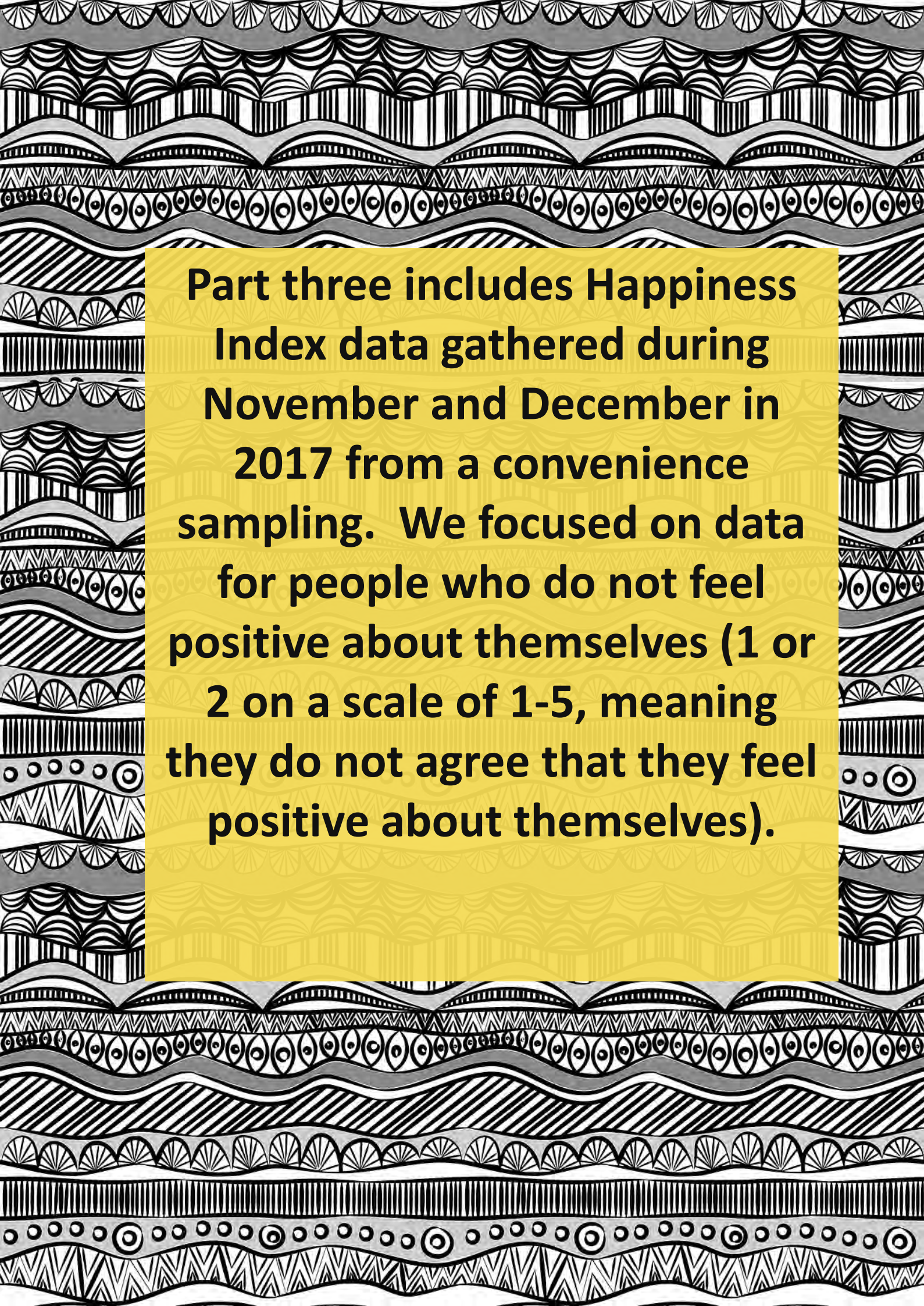
**Why is it important is
it to feel positive
about *yourself*?**



Note that we are not using the data to explain causality.

**We are not saying that people are lonely
stressed
disengaged
or otherwise unhappy because they do not
feel positive about themselves.**

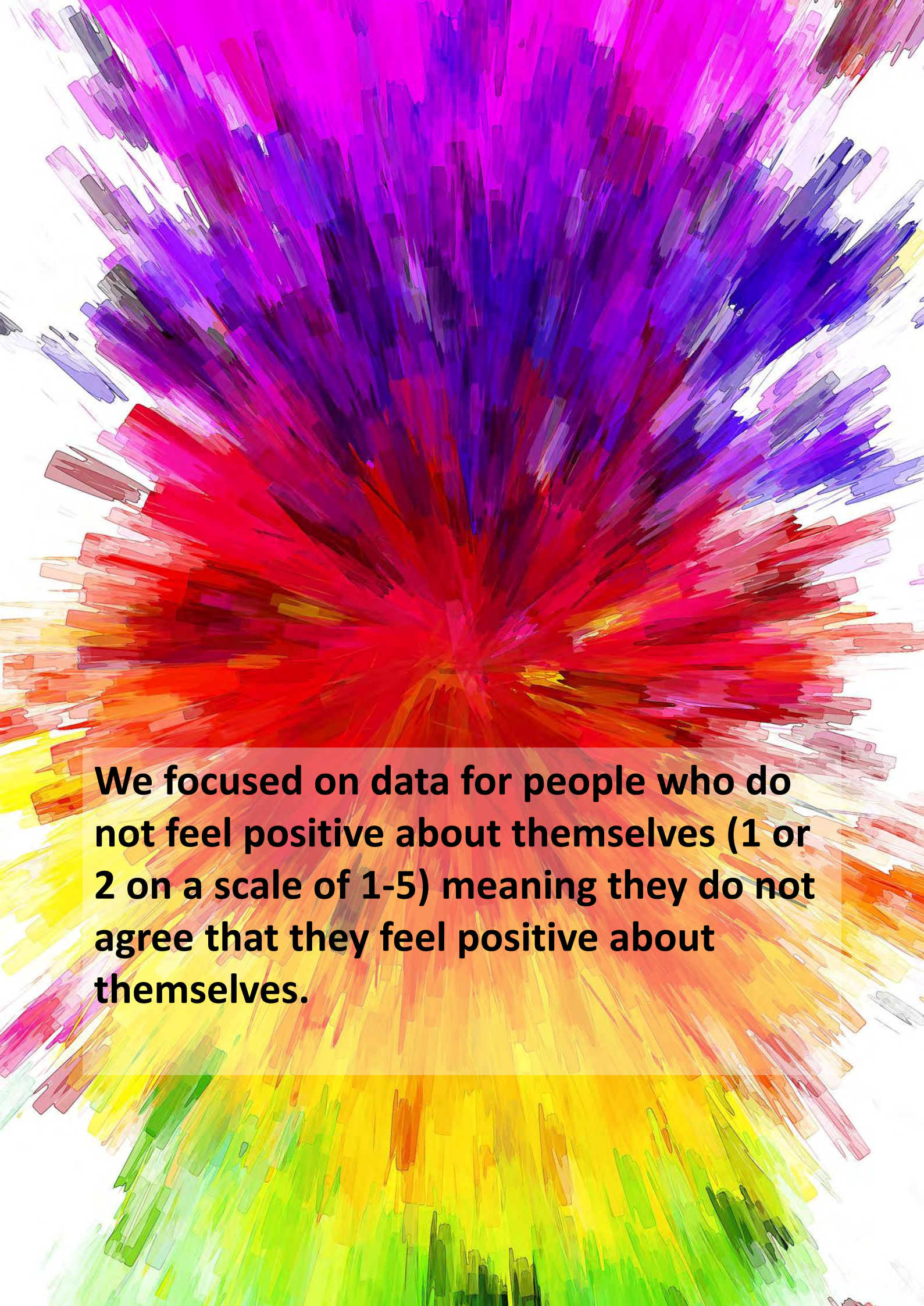




Part three includes Happiness Index data gathered during November and December in 2017 from a convenience sampling. We focused on data for people who do not feel positive about themselves (1 or 2 on a scale of 1-5, meaning they do not agree that they feel positive about themselves).

The background of the slide is a dark, almost black, space filled with numerous thin, vibrant, multi-colored lines. These lines, resembling light trails or fiber optic paths, are primarily vertical but have a slight diagonal tilt. The colors include bright yellow, green, orange, red, blue, and cyan. The lines vary in thickness and intensity, creating a dynamic and energetic visual effect.

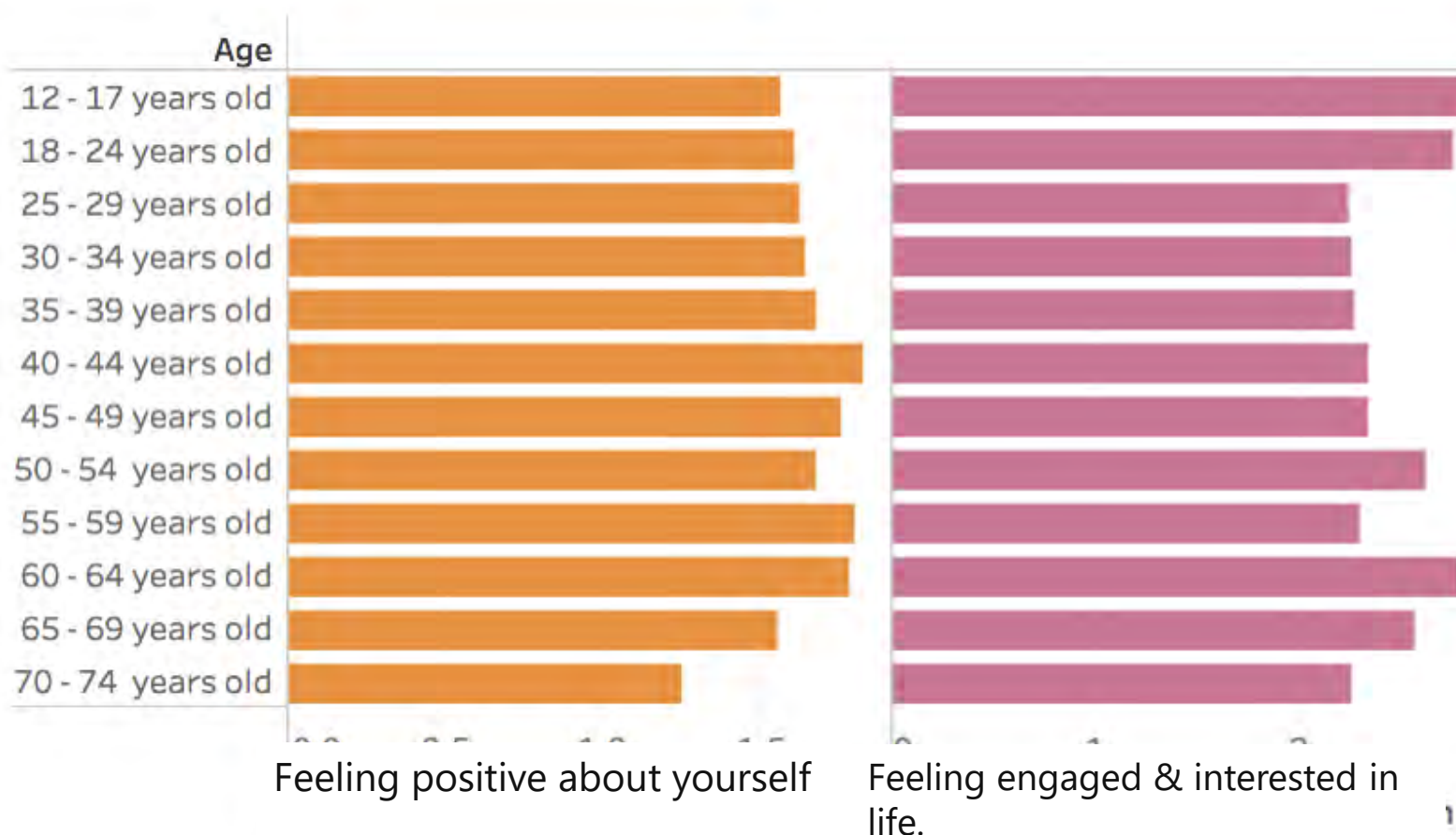
We have examined the Happiness Index data gathered during November and December in 2017 from a convenience sampling.



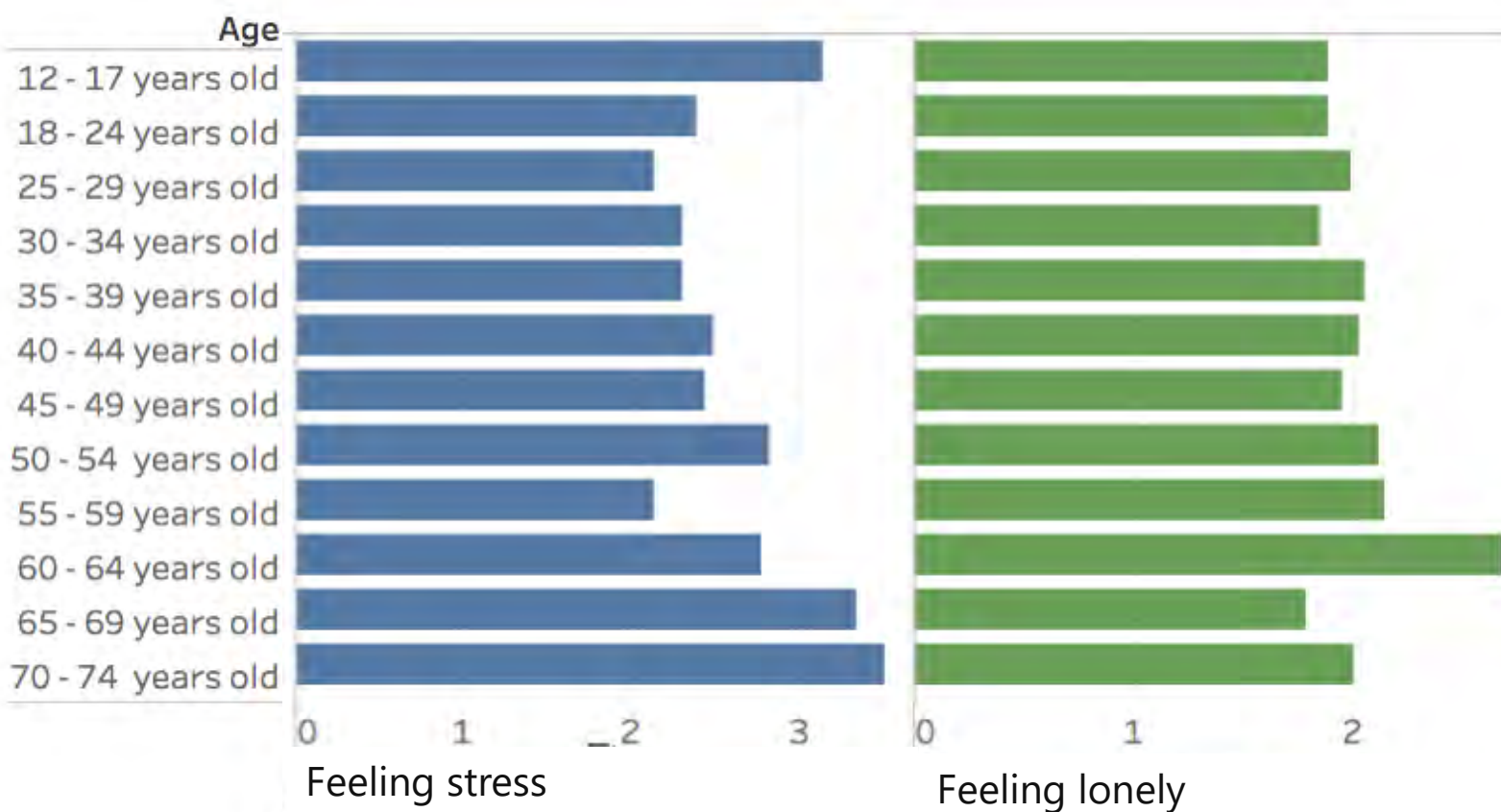
We focused on data for people who do not feel positive about themselves (1 or 2 on a scale of 1-5) meaning they do not agree that they feel positive about themselves.

People who do not feel positive about themselves are also hurting on many other levels.

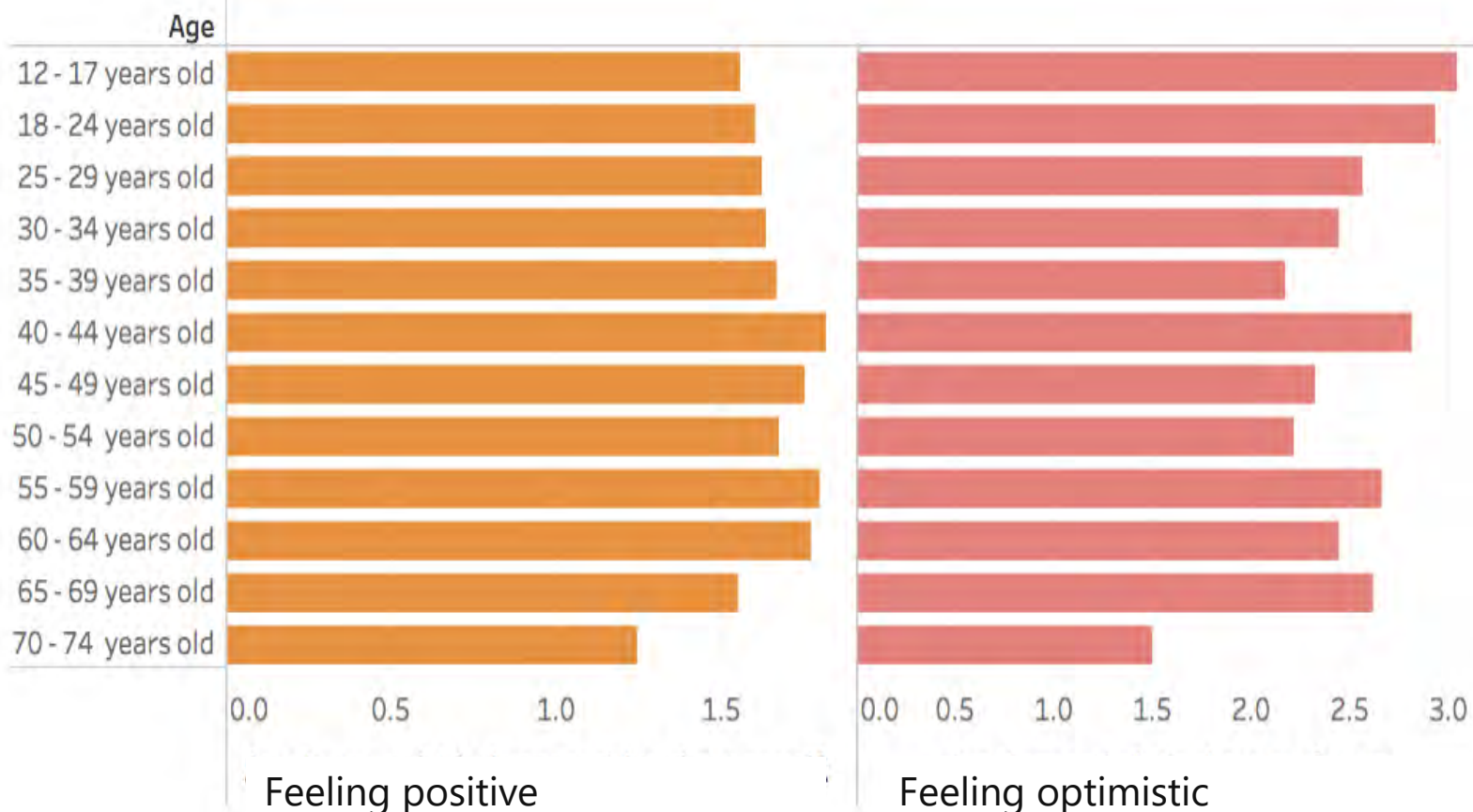
They do not feel engaged or interested in their life. A score of 2 means you disagree that you feel engaged and interested in your life.



People who do not feel positive about themselves are also hurting on many other levels. They feel stressed and lonely. A score of 2 means you often feel lonely. A score of 3 means you sometimes feel lonely.

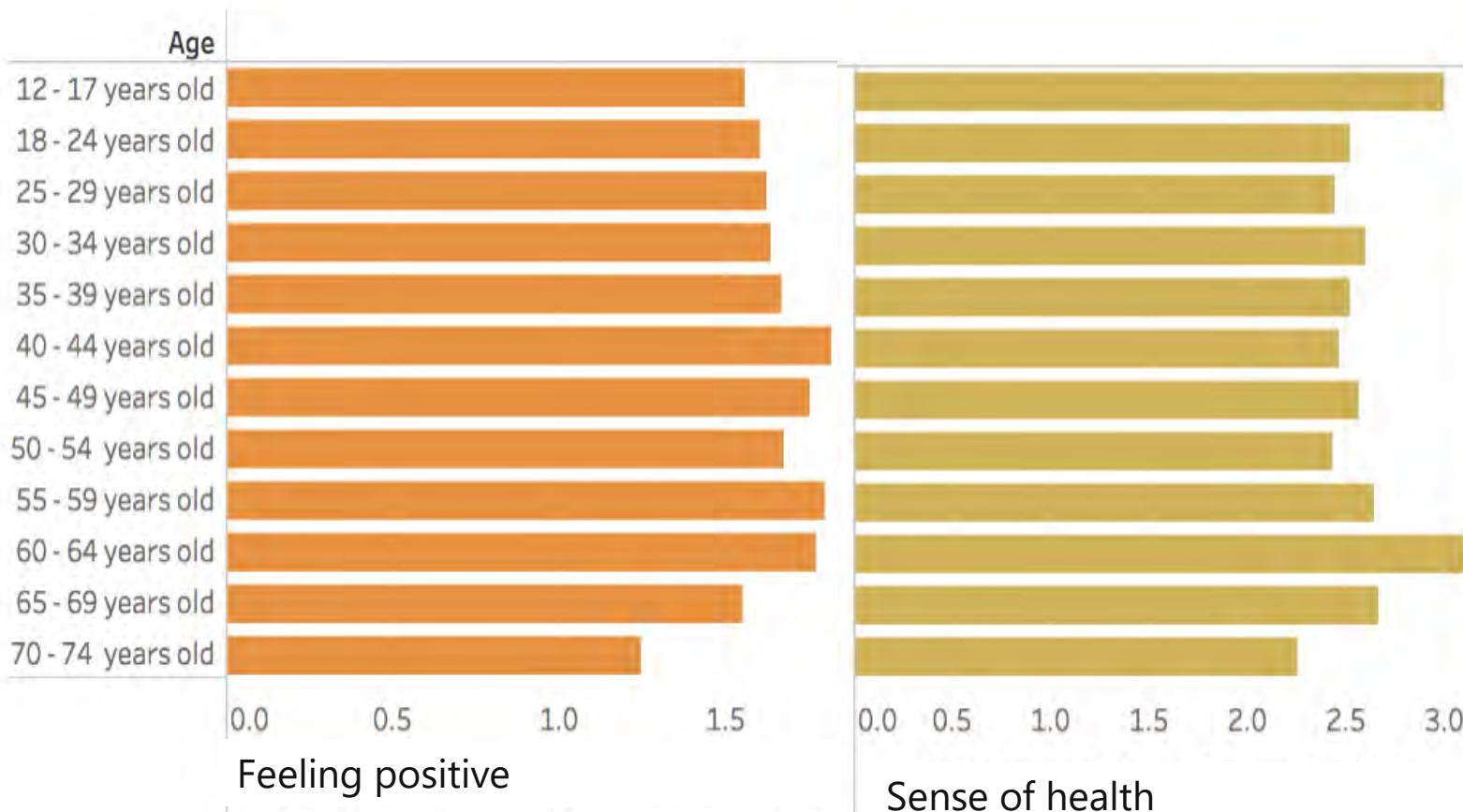


People who do not feel positive about themselves are also hurting on many other levels. They are not optimistic. A score of 2 means you disagree that you feel optimistic about your future. A score of 3 means you feel neutral.




People who do not feel positive about themselves are also hurting on many other levels.

In general, they do not rate their health high as score of two if fair, as score of three is good, and four is very good.



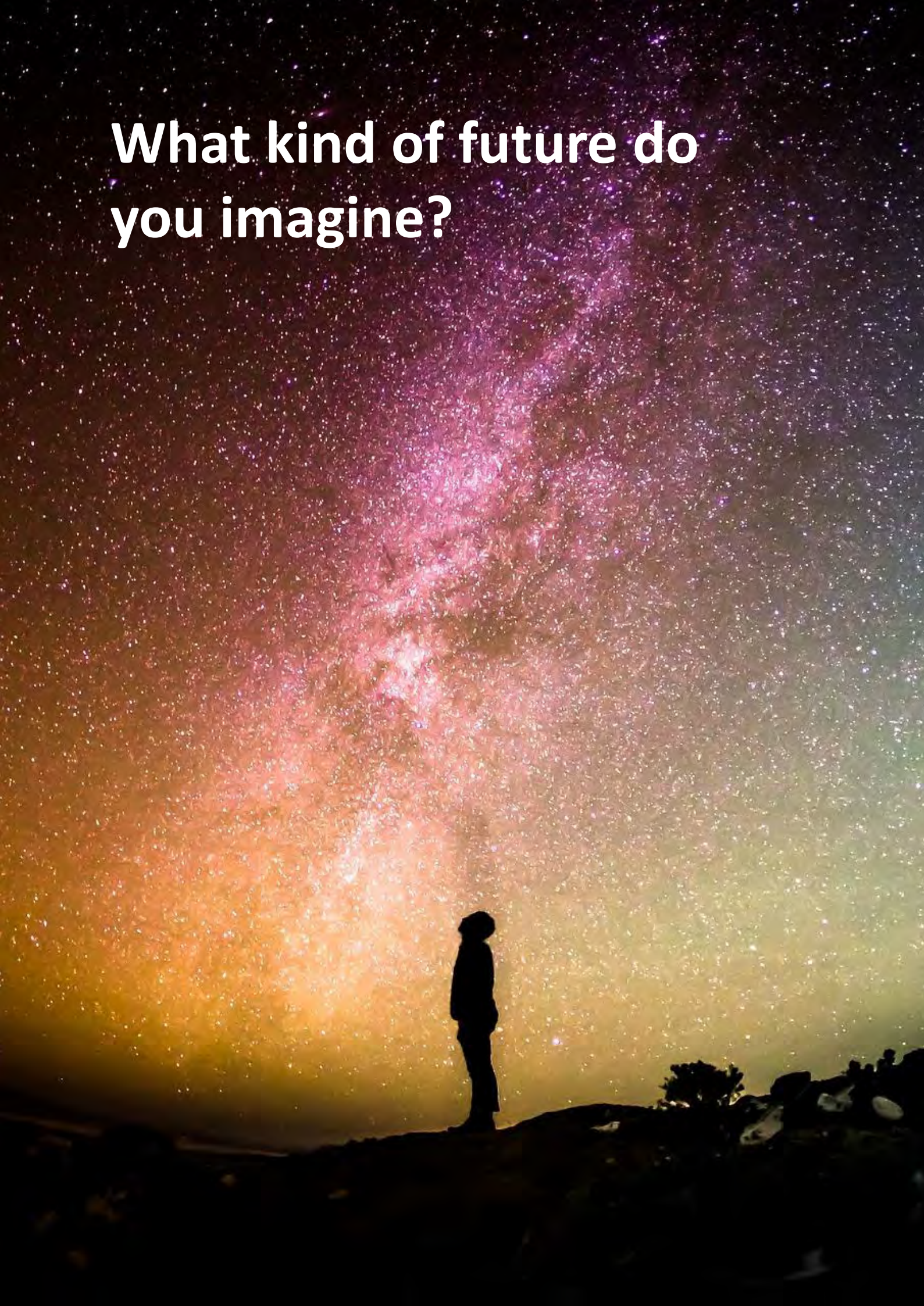
Why is positivity important?





**When we are happy,
positive & resilient, we
unlock our full potential to
contribute to happiness,
resilience & well-being for
ourselves, others, and our
planet.**

**What kind of future do
you imagine?**



Imagine governments worldwide are using wider measures of well-being in lieu of Gross Domestic Product (the sum of all goods and services produced in a year).

Government, business and society consider people's happiness, community well being, and ecological sustainability as least as important as the economy.

We narrowly escaped a situation in which the ice caps melted, sea levels rose enough to engulf millions of homes and hundreds of species escaped extinction.

We have transformed our transportation, food, energy, production, waste, and commerce systems to sustainable methods.

Economic inequalities in which people go hungry, without work, homes, or healthcare, children go without education, and millions live in slavery or servitude, are a distant and distasteful memory.

Culturally, we put a higher value on personal integrity and care of others and self than personal wealth, status, and looks.

People feel positive about themselves, optimistic about the future, satisfied with their lives, and happy in the moment.

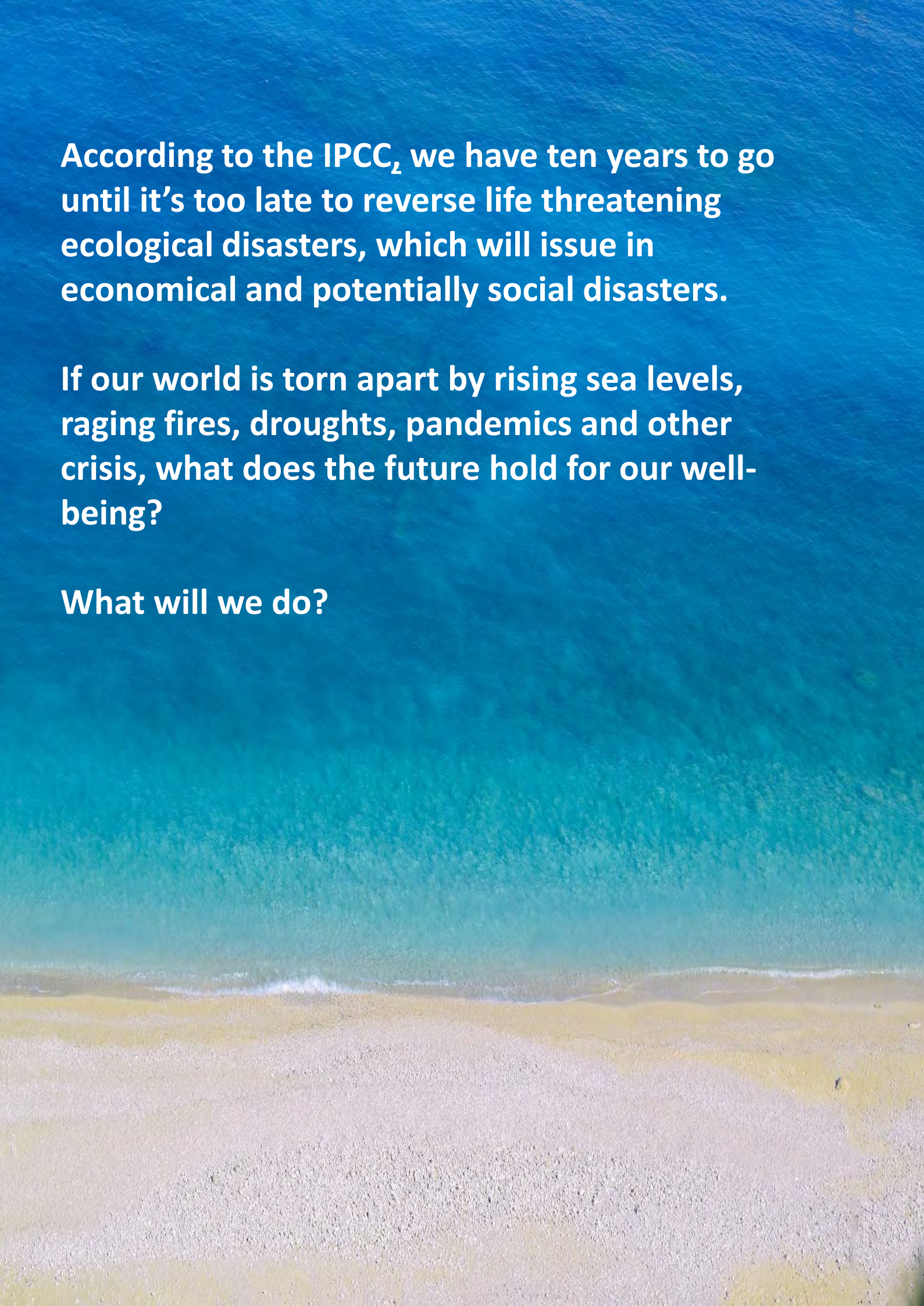
If our vision of the future comes true, then today's efforts will have resulted in systematic changes. Governments globally will be using wider measures of well-being as their primary metrics. The OECD Better Life Index, or a measurement like it, will be as common topic of discussion in the media as GDP is today. Cities, town, communities, campuses and companies will be using measures like the Happiness Alliance's Happiness Index as their primary measure of success, as economic growth rates are used today.




According to the IPCC, we have ten years to go until it's too late to reverse life threatening ecological disasters, which will issue in economical and potentially social disasters.

If our world is torn apart by rising sea levels, raging fires, droughts, pandemics and other crisis, what does the future hold for our well-being?


What will we do?





This is a particularly important question for those in the Happiness or Beyond GDP Movement because what we do will be based on what our values are.

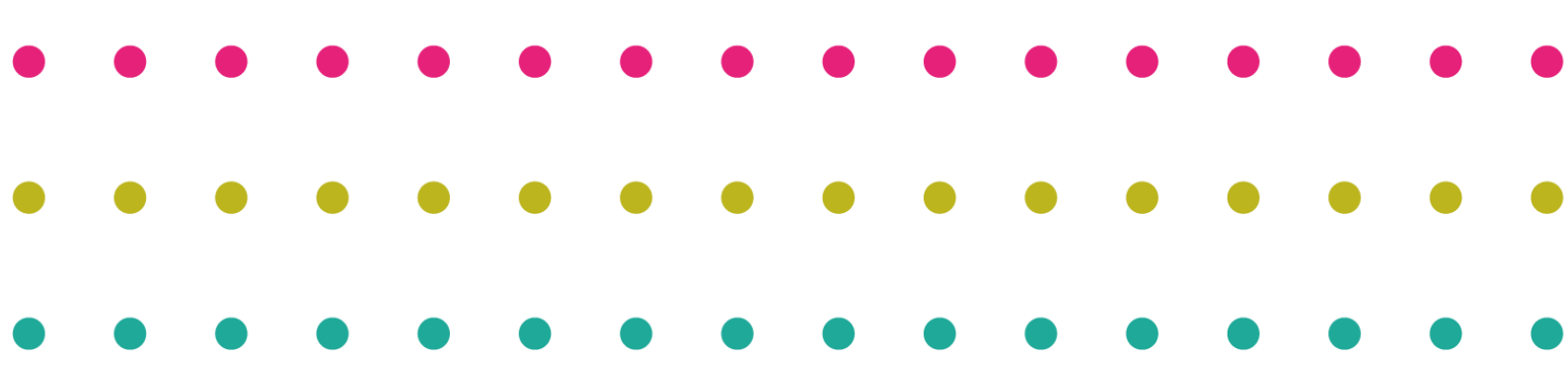
If we value our relationships, community, and each other more than personal gain and the associated greed; mother nature more than distraction; and a full heart more than a full pocketbook, we will know what to do to face these challenges in ways that bring grace, love, healing and happiness.



One thing we can do right now to face the future of well-being is develop our capacity at an individual and societal level to heal.

We can do this by being present with where we are hurting.

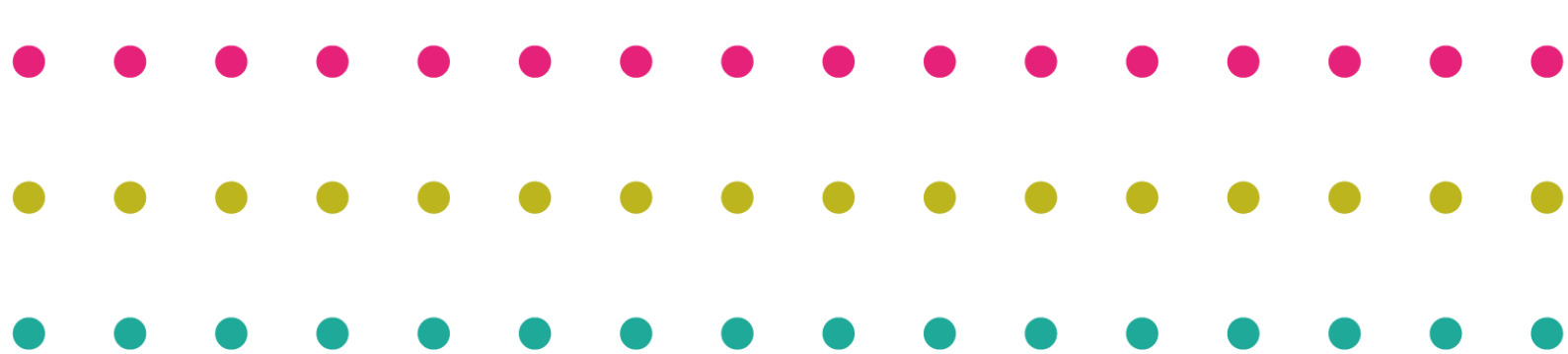




It turns out that one of the most important things you can do for your own well-being is care for somebody else.

It also turns out that one of the most impactful ways you can care about someone is to listen attentively with love and without judgments.





Connecting the dots is the fact that when we feel cared about, we are more happy, and when we are happy, we are more resilient.



Listening attentively is one of the many steps on the path to well-being today and in the future.

It is human nature to prefer to talk (and be heard) than to listen.



If you are like most people, when someone else is talking, you are either trying to get something out of the conversation or waiting for the person to stop talking so you can take your turn.

When you listen with love and without judgment, you take a different approach.



First, you attend to what is happening in your body and mind when the other person talks.

Does your body relax or tense up?

What thoughts or memories arise?

What feelings come and go?





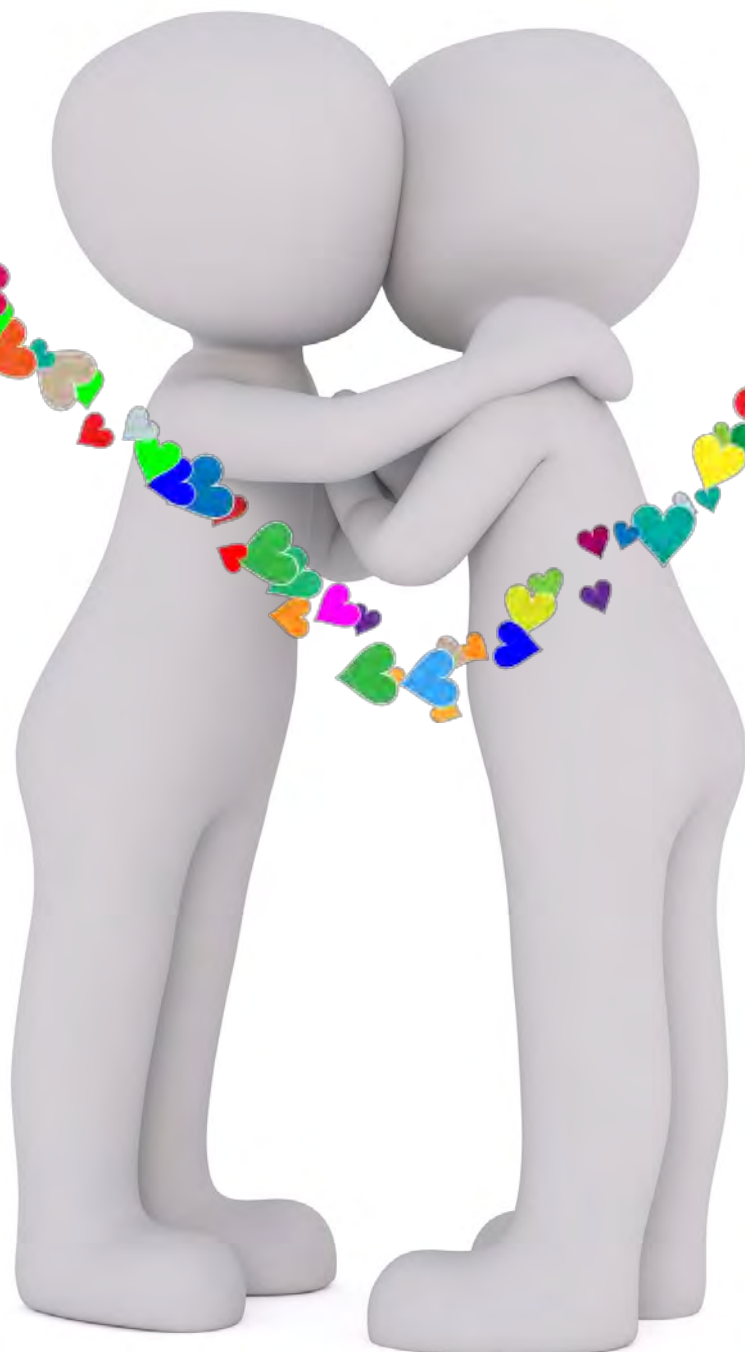
You attend to your body, feelings and thoughts by noticing them arising, then falling away, then the next feeling, thought, or change in your body arise, then fall away.


If feelings or thoughts arise that are unkind you notice that they are unkind, and notice how the unkindness hurts inside.

You notice that you are hurting and hold yourself in compassion.

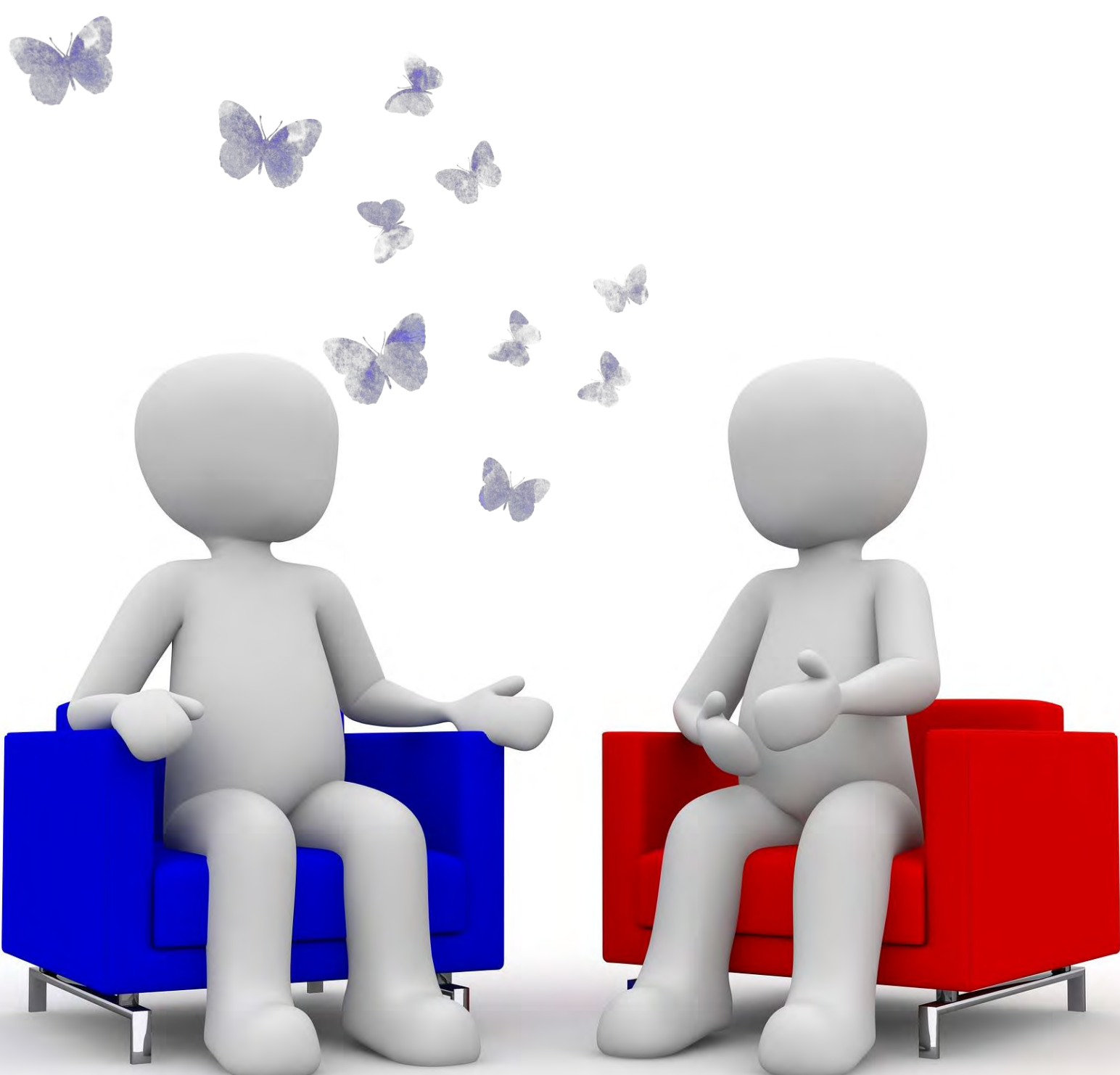


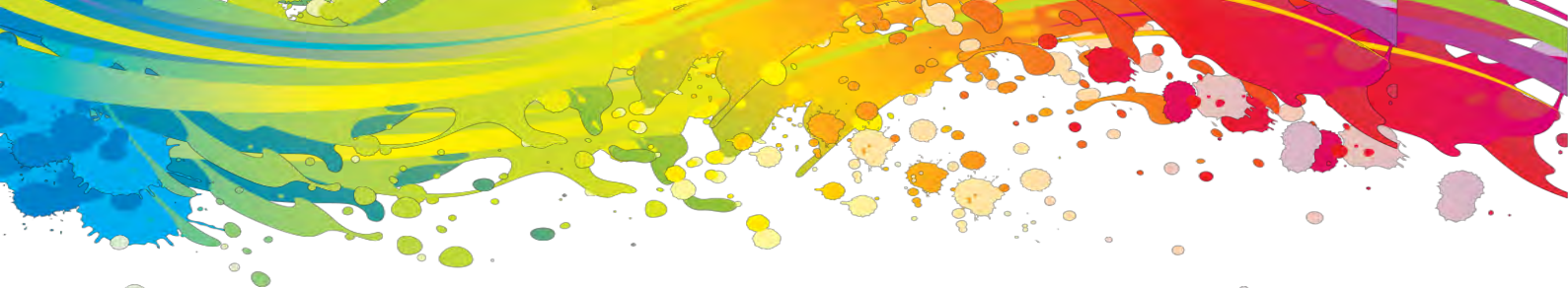
This is listening with love.





Second, you attend to what the person who is speaking is saying with their words, tone, facial expression and body language.

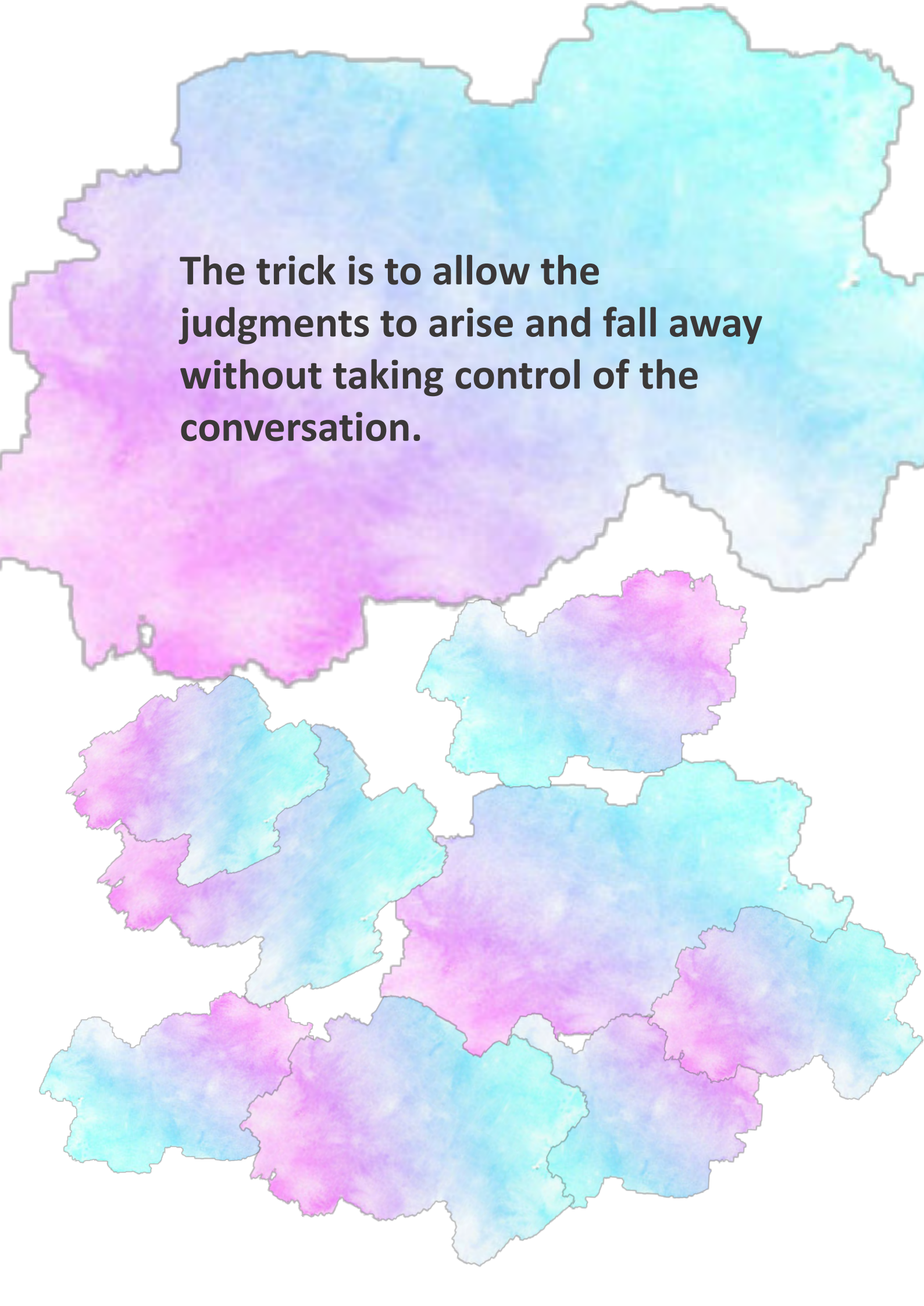




You do this with as much acceptance as you can, noticing when you judge something they say, and allowing that judgment to arise without acting on it.

Eventually the judgement will fall away as they continue speaking, and you notice the judgment is gone, or a new one has arisen.





The trick is to allow the judgments to arise and fall away without taking control of the conversation.

**This is
how to listen
without judgment.**





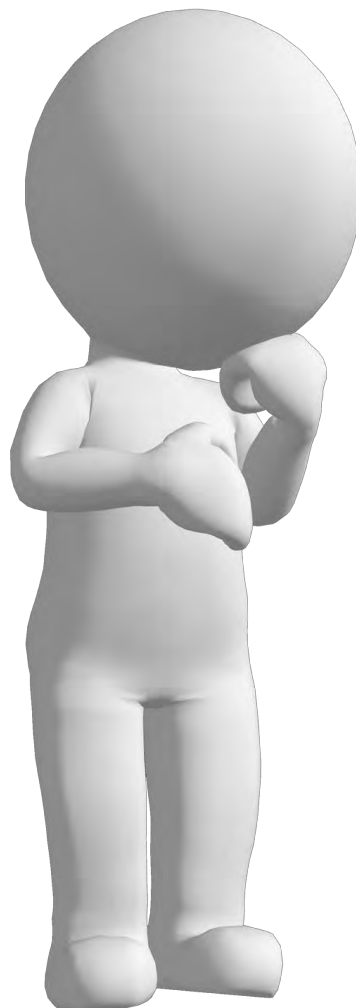
Listening is an act of love.

When a person feels heard, and is ready for you to speak, you let go of everything that your mind has been storing up to say.

Pause.

Take a deep breath. Then two more.

Then see what feeling, thought or memory comes up.



You ask yourself if it would be loving, helpful and appreciated by the person to say what comes up.

If the answers to all three are yes, then you speak.

If not, you tell the person you need more time to reflect, or that you would like to come back to the subject later, because you care about them and want to think more deeply about what they said.



**This is how to listen with love
and without judgment.**




Listening and the future of well-being may not seem connected at first blush, but as you develop your listening skills, you are developing your own capacity for realizing well-being in your life, you are helping others to realize it in theirs, and you are contributing towards the future of well-being.

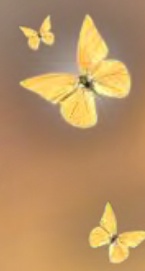
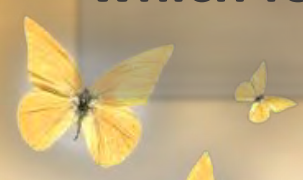


When we listen with our heart, our body, and awareness, we are contributing in one small but powerful way to a future of well-being.



A cluster of several yellow butterflies of various sizes in the top-left corner.

With listening, we find other ways to contribute to the future of well-being that give us a sense of love, connection, and joy, which fosters well-being right now.

A cluster of several yellow butterflies of various sizes on the left side of the text box.A cluster of several yellow butterflies of various sizes on the left side of the text box.

The Happiness Alliance provides tools, resources and knowledge for a new economic paradigm and personal happiness.

Our mission is to the awaken happiness in all beings.



For attribution, please cite:

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