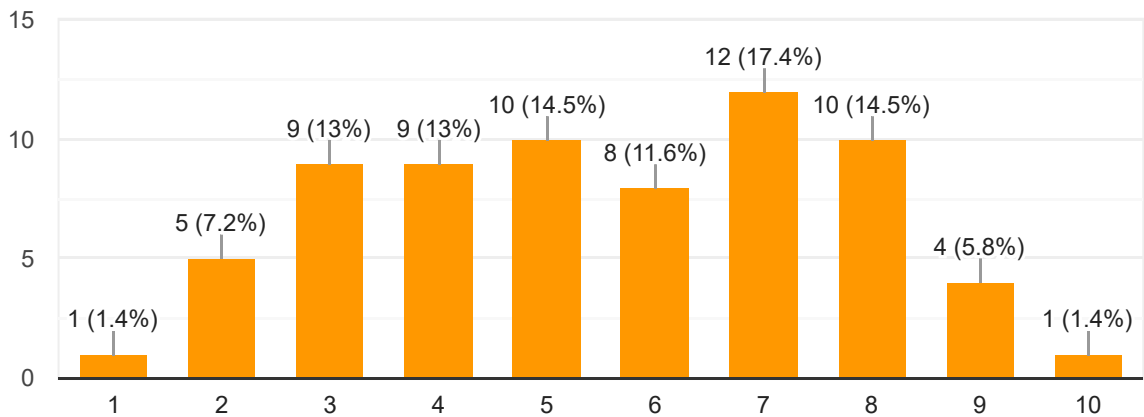


# The happiness survey

71 responses

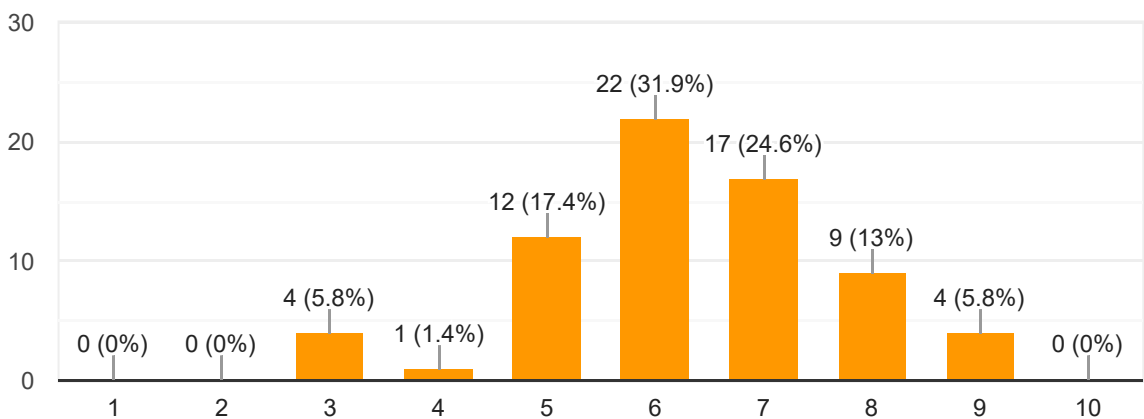
Rate your current general happiness, not "at the moment" but on average.

69 responses



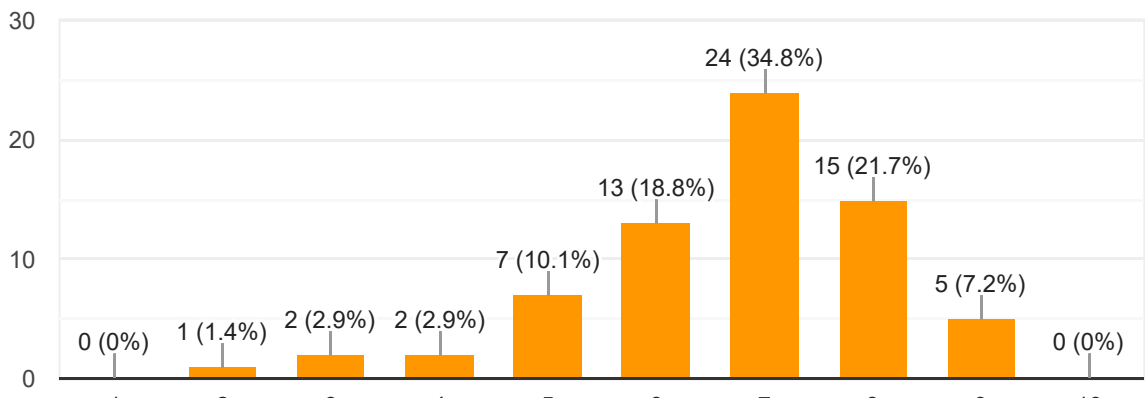
Where on the happiness line from 1-10 would you place being content (by your own definition)?

69 responses



What average happiness score do you consider to be acceptable for your life, going forward?

69 responses



In one or two words, what works most strongly against your happiness? (eg: debt)

68 responses

Inconsiderate people

Mental health problems - my unhappiness can be triggered by small things

Fear to change

My family

Loneliness, single

Health, poverty

Friend Problems

Lack of connection

Family drama and weight

In one or two words, what is the main positive contributor to your happiness?

66 responses

Having a laugh with family & friends

Peace

Long term goals, friends, family

My cats, books

Friends, games

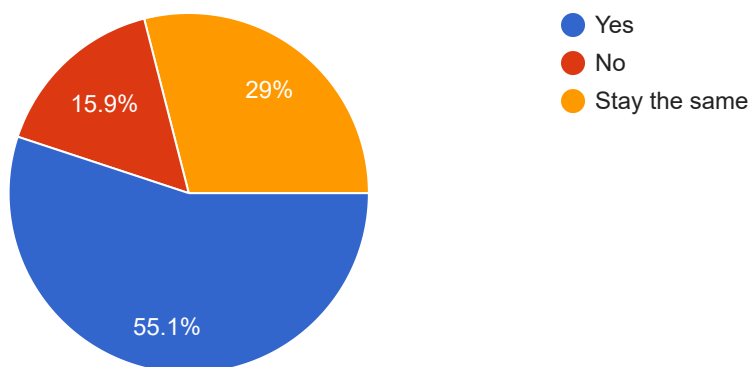
my boyfriend

The little things

Animals, supportive friends

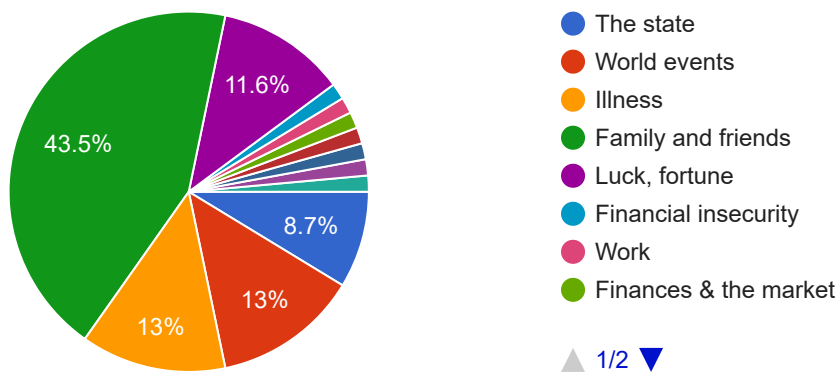
In the next ten years do you feel your happiness will improve?

69 responses



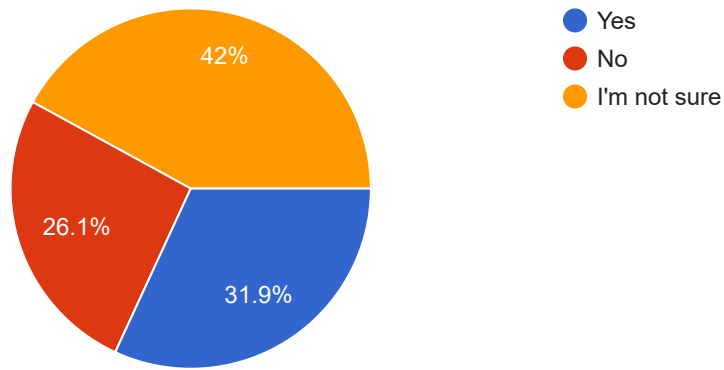
Which force or actor beyond yourself do you believe will most strongly impact on your happiness in the next ten years?

69 responses



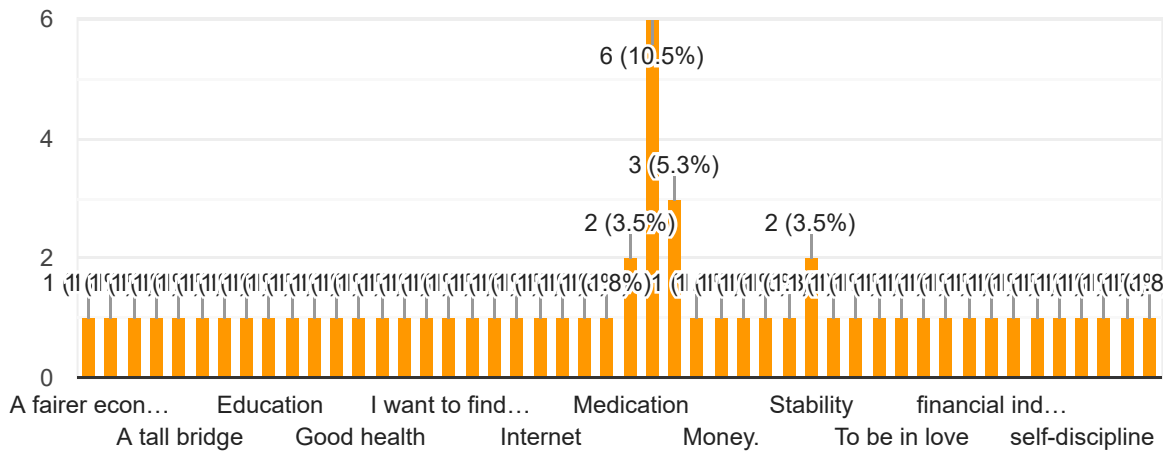
Do you feel that you have the tools to counter unhappiness if it impacts you from an external source?

69 responses



What is the one tool that would give you the greatest control over your future happiness?

57 responses



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