



*Happiness*  
*Survey Results*

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*Marina Zd*

# *The Happiness Survey*

- The happiness survey was conducted as Phase 1 of The Ultimate Answer project
- Main goals of the survey were to understand
  1. What makes people happy,
  2. If happiness has “common denominators”,
  3. If happiness changes,
  4. If people think they can increase happiness,
  5. Willingness to share ideas on happiness and help others,
  6. Willingness to use technology as a tool to increase happiness
  7. If personal happiness is the meaning of life
- 82 People volunteered to complete the survey anonymously either online or on paper (15 from Boston Ethical Society(BES) and 67 from non-BES)

## Question 1:

*Are you happy with your life in general?*

How	BES	Non-BES	Total
Yes	80%	63%	66%
No	7%	22%	20%
Don't Know	7%	7.5%	7%
Other	6%	7%	7%

## Question 2:

### *What is happiness to you (main ingredients)?*

Some answers in no particular order:

#### **BES:**

Health, family and social network, ability to pursue interests, financial security, contribution to society, clear consciousness,  
Its main ingredients seem to change, love, valuing oneself and others and the world around us

#### **Non-BES:**

Don't have to worry what tomorrow will be made of  
Loving partnership, meaningful work, relationships  
Health and connectedness to the earth and community  
Personal development, making others happy, self-esteem, compassion, low standards, peace of mind, new things and experiences, the people in my life around me, comfort, happy with life choices

## Question 3:

*Would you like to know how you compare to other people in terms of happiness?*

How	BES	Non-BES	Total
Yes	60%	40%	44%
No	13%	29%	26%
Maybe	27%	31%	30%

## Question 4:

*Would you want to learn how to be happier?*

How	BES	Non-BES	Total
Yes	73%	45%	50%
No	7%	27%	23%
Maybe	20%	28%	27%

## Question 5:

*Would you share your opinion regarding somebody's problem if you experienced it yourself and have a good solution?*

How	BES	Non-BES	Total
Yes	100%	78%	82%
No	0%	0%	0%
Maybe	0%	22%	18%

## Question 6:

*Would you become a member of an online group if it could improve your happiness?*

How	BES	Non-BES	Total
Yes	40%	42%	41.5%
No	13%	18%	17%
Maybe	47%	40%	41.5%

## Question 7:

*Would you want to receive free online recommendations on how to improve your happiness?*

<b>How</b>	<b>BES</b>	<b>Non-BES</b>	<b>Total</b>
<b>Yes</b>	53%	42%	44%
<b>No</b>	27%	48%	44%
<b>Maybe</b>	20%	10%	12%

## Question 8:

*Do you think that your feeling of happiness may change once you know what makes others happy?*

<b>How</b>	<b>BES</b>	<b>Non-BES</b>	<b>Total</b>
<b>Yes</b>	40%	10%	16%
<b>No</b>	7%	45%	38%
<b>Maybe</b>	53%	45%	46%

## Question 9:

*Do you think that happiness is a permanent state or it changes over time?*

How	BES	Non-BES	Total
Yes	93%	87%	88%
No	0%	7%	6%
Don't Know	7%	6%	6%

## Question 10:

# *What do you think is the meaning of life?*

**BES:** (100% have the answer)

- Connecting to others, enjoy oneself and do the right thing, to be satisfied how you have lived, to improve the world, consciousness plus compassion, learning life's lessons and helping other people get through life, enjoy and share the joy

**Non-BES:** (only 72% have the answer)

- Becoming one people, helping those with bad luck and poverty, living in compassion, evolve our spirits, Learn how to develop relationships with other people and develop a sense of self-respect, to live your life in the best way you know to add meaning to the lives of other living organisms to ensure that life goes on even after you are gone, This determination is very subjective and probably evolving, Finding the best role and playing it. Means being part of it all: society/ planet and make you and them others happy with it, creation, Life is our attempt to improve our understanding of the universe. Our existence is our attempt to procreate, I'd like to leave this life and leave something behind that's good for others, when I live I think it is important to be happy or if by some reason I cannot be happy at the moment make someone else happy. And that is what I live for - to bring more good happy feelings into the world
- Main theme – interaction with others and positive impact on others

# *Analysis of results*

## **When asked about happiness people:**

- list sources of happiness by categories
- name common groups of sources of happiness
- are interested in increasing their happiness
- are willing to share and help others
- say they would use technology tools to improve their happiness
- have different definitions of categories vs. those of meaning of life

# *Future Steps*

- Group common sources of happiness and create categories
- Provide tools to create personal formula of happiness
- Provide analytics to compare results over time (by changing categories, their importance and satisfaction with them)
- Enable comparison of personal formulas and results to those of other individuals and cumulative results (by categories, types)
- Offer ways to reengineer your sets of categories and increase satisfaction with categories by modifying types
- Enable reality check and mentoring
- Increase happiness in the world

# Contacts

- Questions? Contact me at:

[marina@theultimateanswer.org](mailto:marina@theultimateanswer.org)

- Check for updates on <http://TheUltimateAnswer42.wordpress.com>

- ***Thank you!***

