

THE SCIENTIFIC PURSUIT OF HAPPINESS

1. Taking all things together, how would you say things are these days? Would you say you are :
 - a) very happy
 - b) pretty happy
 - c) neutral (neither happy or sad)
 - d) not too happy
2. How satisfied are you with your life as a whole these days?
 - a) very satisfied
 - b) satisfied
 - c) not too satisfied
3. What factors contribute to your happiness (circle any that apply)
 - a) personal wealth
 - b) material possessions
 - c) family
 - d) friends
 - e) spirituality
 - f) health
 - g) activities (sports, dance, hobbies, etc.)
 - h) school
 - i) work
 - j) romantic relationship
 - k) other _____
4. As personal income rises, people become happier.
T or F
5. Can happiness be measured? Yes or No

6. Being married has no impact, in general, on personal happiness. T or F
7. Gender has little or no impact, in general, on personal happiness. T or F
8. The United States, in surveys, is near the top in overall happiness, compared to other countries. T or F
9. If you had to guess, what countries are at the top as the "happiest" nations?

10. If you had to guess, what U.S. states are at the top as the "happiest"?

11. What factors do you think contribute to a state's overall happiness?

12. What percentage of Americans would describe themselves as "very happy"

13. What percentage of Americans would describe themselves as optimists? _____
14. Do you think that Americans define happiness in a particular way that is different from other countries?
Yes or No - Why? _____
15. Does happiness lead to success or success lead to happiness?
16. What do you think is the key to long-lasting happiness?

