WAYS TO GREATER HAPPINESS
A Delphi study[1]

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ABSTRACT

In the first round of this Delphi study 14 experts suggested strategies for improving life-satisfaction. In a second round, the experts rated these strategies for a) effectiveness, b) feasibility and c) cost-effectiveness. They considered 56 strategies policy makers can use to raise average happiness in a nation and 68 ways in which individuals can raise their own happiness. Experts were informed about the average ratings made by the panel and about the arguments advanced. Then, in a third round, experts made their final judgments.

　　　Summed ratings for average effectiveness and feasibility of the strategies ranged between 8,4 and 4.9 on scale 2-10, which means that most of the recommendations were deemed suitable. Agreement was slightly higher on policy strategies than on individual ways to greater happiness.

　　　Policy strategies deemed the most effective and feasible are: 1) investing in happiness research, 2) support of vulnerable people and 3) improving the social climate, in particular by promoting voluntary work and supporting non-profits.

　　　Individual strategies deemed most effective are: a) investing in social networks, b) doing meaningful things and c) caring for one's health.

Keywords: life-satisfaction, research review, policy advice, utilitarianism

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1   INTRODUCTION

Call for greater happiness
All humans want a satisfying life for themselves and their children. This is seen in the high ranking given to happiness in the value hierarchies of students all over the world (Diener et al. 1995) and in the preferences of ordinary people in western nations (e.g. Adler et al. 2012). Individually, people seek ways to achieve a more satisfying life and this quest is manifests in the soaring sales of 'how-to-be-happy' books and in the ongoing development of life-coaching businesses. Citizens in western societies call on their governments to improve the social conditions for happiness; for example, 85% of the British agree with the statement that 'A governments prime aim should be achieving the greatest happiness of the people, not the greatest wealth' (BBC 2006, question 14).

This call for greater happiness is not new, it has figured in western thought since antiquity and became particularly salient in the 18th century European Enlightenment, a spokesman of which was Jeremy Bentham, who declared that we should aim at 'greater happiness for a greater number' (Bentham 1789). This call for greater happiness gains strength these days, among other things because research has shown that greater happiness is possible (Veenhoven 2015).

Happiness research
Over the ages the subject of happiness has been a subject of philosophical speculation but in the second half of the 20th century it also became of subject of empirical research. In the 1950s, happiness appeared as a side-topic in research on successful aging and mental health. In the 1970's happiness became a main topic in social indicators research and since 2000, it has become the main subject of the field of Happiness Economics. All this research is gathered in the World Database of Happiness (Veenhoven 2017) To date (October 2017), this findings-archive covers the work of some15.000 investigators, who have produced about 30.000 research findings, both findings on how happy people are (distributional findings) and findings on things that go together with more or less happiness (correlational findings).

The available research findings show that a high degree of happiness is possible. In answer to a question on how much they like the life they live, many people tick the highest possible response option, such as 'very happy' and in Denmark the average score on a numerical scale 0 to 10 is 8.4. Correlational findings give cues about conditions for happiness, both with respect to the kind of society in which people life happiest and to differences in individual ways of life between more and less happy people.

Inference of recommendations
These data are typically gathered with the purpose of identifying ways to greater happiness, both for policy makers and individuals. Yet deriving recommendations is not easy. Correlations do not always denote causes and effects on happiness, which

can differ across persons and situations. Hence, reading the available research data requires specialized expertise. Expertise is also required to judge the practical feasibility of strategies to raise happiness.

There is a growing literature on ways to greater happiness. Scientific publications on this subject are listed in the Bibliography of Happiness (Veenhoven 2017b), which currently consist of 282 publications on policy implications of happiness research[5] and 217 publications on observed effects of individual level interventions,[6] such as psychological trainings. The scientific literature on what individuals themselves can do to get happier is much smaller, though there is an abundance of popular self-help literature, in which references are made to research findings.

Problems in getting an overview
The available literature on ways to greater happiness is difficult to oversee. Not only are the writings too numerous to digest for an interested layperson, but any view is limited by conceptual confusion and technical jargon. Even more problematic is that many of the recommendations are contradictory of others or apply only in particular situations. Another problem is that the derived recommendations are often not free from ideological bias. Therefore, considerable expertise is required to make sense of the advisory literature on ways to greater happiness.

One way to get an overview of the recommendations is to do a review study, that is, to read all the available literature and consider the strengths and weakness of the various recommendations advanced and propose a list of best ways to greater happiness. This takes a lot of time, and typically results in a book, which is then added to the pile of existing advisory literature. This approach is time-consuming and vulnerable to being skewed towards the preferences of the reviewer. An alternative way to separate to grain from the chaff among these many recommendations is to pick the brains of several experts and gather theirs views. That approach is followed in this study.

Aim of this study
We want to know what ways to greater happiness are recommended by the best-informed people of our time, that is, experts in empirical happiness research. We want to know what strategies they envision, how they rank these strategies for effectiveness and feasibility and how much consensus there is among the experts.

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[5] Section Rf 'Policy implications', direct link:
'http://worlddatabaseofhappiness.eur.nl/hap_bib/src_pubs.php?mode=1&Subject=187
[6] Section Re 'Individual level interventions', direct link
http://worlddatabaseofhappiness.eur.nl/hap_bib/src_pubs.php?mode=1&Subject=1714

2   METHOD

Expert-opinion was gathered using the Delphi-method. This involves structured consultation of a panel of specialists about a particular problem, typically involving several rounds, in which experts express their views and consider each other's opinions before making a final judgment. The method has been used for forecasting future developments. Here, we use it to understand the implications of present day happiness research.

2.1 Experts

We invited senior scientists who have a strong record in empirical research on happiness, defined in the sense of satisfaction with one's life as-a-whole. We selected these experts from the Directory of Happiness Investigators of the World Database of Happiness (Veenhoven 2017c) with an eye on the different strands that exist in this research field. Two experts from the funding agency (National Geographic) were added. Together 20 experts were invited, of which15 agreed to participate, 10 of these completed all the steps described below, 2 participated only in round 1 and 3 only in round two. Two of us (Buettner and Veenhoven) also participated in the Delphi process. This resulted in the following list of participants in this study.

- Dan Ariely, Duke University, USA
- Mak Arvin, Trent University, Canada
- Leonardo Becchetti, University of Roma Tor Vergata, Italy
- Dan Buettner, Independent science writer and National Geographic, USA
- Bob Cummins, Deakin University, Australia
- Johannes Echstaedt, University of Pennsylvania, USA
- Bruno Frey, University of Zurich, Switzerland
- Carol Graham, Brookings Institute, USA
- David Halpern, Behavioral Insights Team, UK
- Bruce Headey, University of Melbourne, Australia
- John Helliwell, University of British Columbia, Canada
- Richard Layard, London School of Economics, UK
- Richard Lucas, Michigan State University, USA
- Sonja Lyubomirsky & Kristin Layous, University of California Riverside, USA
- Ruut Veenhoven, Erasmus University Rotterdam, Netherlands
- Heinz Welsch, University of Oldenburg, Germany
- Dan Witters, Gallup, USA

The letter of invitation is presented on Appendix A, the accompanying sketch of the study is presented on Appendix B and the self-descriptions provided by the participating experts is presented on Appendix C

2.2   Concept life-satisfaction

We asked experts to focus on happiness in the sense of *life-satisfaction*; that is, the subjective enjoyment of one's life as a whole. Thus, we avoided the conceptual confusion that often haunts happiness advice. We reminded experts that the research literature on happiness defined in this particular sense is gathered in the World Database of Happiness.

2.3   Questions

We asked these experts the following two fundamental questions:

A. What policies are most likely to yield greater happiness for a greater number of citizens in nations?
B. What individual strategies are most likely to enhance people's happiness in the long run?

2.4   Procedure

The following 5-step procedure was followed:

1. We asked experts to suggest their best ideas to address each of the two questions above: what ways to follow and why.
2. We sorted the answers, eliminated redundancy and rephrased some of the suggestions.
3. We presented the resulting list of strategies to the experts, together with the justifications provided in first round. We asked them to rate each of the strategies for effectiveness, cost-effectiveness and feasibility.
4. We then presented the list obtained in step 3, consisting of strategies and initial ratings, to the experts and invited them to comment.
5. The experts then made their final rating. For this second rating, we limited to the 40 strategies on which experts had disagreed most in step 2. In this last round, the experts were also asked to consider a set of specific individual behaviors that figure in popular happiness advice. Rating of these latter strategies was optional.

2.5   Analysis

We counted the *number of experts* who had rated that recommendation for each of the proposed ways to greater happiness. We next computed the *mean ratings*, on a

1 to 5 scale, for 1) effectiveness of the strategy, 2) feasibility and 3) cost effectiveness. We also computed the *standard deviation* of the ratings, to get a view on rated agreement. These numbers are reported in Excel files, links to which are at the bottom of Table 2 and Table 3. A link to the dataset is on Appendix H

We then ranked all the strategies by the sum of effectiveness and feasibility. All rankings were classified into 4 degrees, the means into 4 degrees of effectiveness and feasibility, the standard deviation into 4 degrees of expert agreement. See table 1. We used standard deviations from the mean as boundaries, top and bottom quarters respectively above and below one standard deviation from the mean and the two middle categories within one standard-deviation above and below the mean.

<div align="center">Table 1 about here</div>

We will first discuss the general tendency in the ratings; which strategies are deemed the most appropriate and which the least? In that analysis, we focused on the means. Then, we considered the differences in the ratings, to determine on which strategies the experts agreed with most and which least, focusing on the standard deviations. Finally, we looked at the divergence between the ratings of effectiveness and feasibility, to determine which ways to greater happiness were deemed effective but not to be feasible and which feasible but not effective. This analysis was done by comparing findings across rows in the tables.

2.6   Presentation

All rankings are presented in table 2 and table 3. The colors used in these tables are explained in table 1.

Average ratings of effectiveness and feasibility are presented in shades of **green**, where darker shades denote higher scores. Differences in these ratings among experts are presented in shades of **red**, where darker red denotes more disagreement.

Links at the bottom of these tables lead to excel files that contain more detail, which readers can use to sort the ratings in different ways. The numbers in the 3rd left columns of table 2 and table 3, link to a row in Appendix G on which that particular strategy is described, as presented to the expert, together with the rationales advanced in first and second round. This information can also be reached using links in the left column of Appendix F.

In this article, the reader will see more links than usual in academic papers and less references. We use many links to connect the main trend which we summarize in this text to the figures in the tables and, in the online appendix, to statements made by the experts. We present less references than usual, because the focus of this article is the expert's reading of the research literature, not our reading.

3   RESULTS

We will now focus on the combined ratings for effectiveness and feasibility of the strategies for greater happiness. We will not consider these matters separately. In this paper we discuss cost-effectiveness only shortly, since the ratings for this point were very similar to the general effectiveness ratings. We mark the main findings in in the sections 3.1.4 and 3.2.4. More detailed information is available in extended presentations of the ratings, a link to which is found at the bottom of the tables 2 and 3.

      The highest possible rating for summed effectiveness and feasibility of a strategy was 10 (average score of 5 on both) and the lowest possible rating was 2 (average 1 on both). We did not find any extreme scores, with summed ratings for effectiveness and feasibility ranging from 8.4 to 4,2. This means that our experts were not overenthusiastic; however, with an average score of 6.6, we can assume that most of the proposed ways to greater happiness were deemed suitable.

      Not all strategies were equally valued. Below we fist present the strategies deemed most effective and feasible and next review the strategies deemed least effective and feasible. In our presentation, we follow a slightly different categorization than presented in the tables, in order to present the same findings in another light.

3.1   What do experts think that policymakers can do to produce greater happiness for a greater number of citizens?

Together, the experts proposed 56 strategies for raising the level of happiness in a country. Their ratings of these strategies are presented in table 2, both the average scores of effectiveness and feasibility and the differences in these rating.
As announced in section 2.5, we will first consider the average ratings, focusing on the sum of effectiveness and feasibility (Mean), then the differences in ratings across experts (SD) and lastly the differences in ratings for effectiveness and feasibility.

3.1.1   Average ratings for effectiveness and feasibility
Which of the 56 proposed strategies were judged to be the most apt, which the least? To answer this question, we need to focus on column 4 in table 2 where degrees of summed effectiveness and feasibility are indicated, using different shades of **green**: the darker the green, the most apt.

Most apt
The following policy strategies were rated the most effective and feasible. Expert agreement was typically high on these approaches.

Invest in happiness research
Experts call for more happiness research, since this is required for evidence based policy making and for overcoming ideological prepossession about ways to greater happiness. The experts call for three strands of research in particular: a) looking for what works for whom, rather than focusing on an average citizen, b) monitoring happiness over time, to assess progress and effectiveness of interventions and c) assessing how much of the things deemed conducive for happiness is optimal; for example: How many years of their life should citizens spend sitting in their school desks, for the sake of greater happiness?

Foster freedom
Experts recommend to foster the citizens freedom to choose, in particular to combat discrimination and to improve individual ability to choose. This latter advice fits their recommendations to invest in education and mental care, to be mentioned below.

Invest in good governance
Experts emphasize the importance of institutional quality in a country and in particular good government. Though few citizens will associate happiness with bureaucracy, well-functioning public organizations does add to the happiness of a great number of them. One of the reasons is that institutions, like courts and employment offices, create a predictable environment, in which citizens can plan their lives and are less dependent on pressures by kin and neighbors.

Support vulnerable people
Experts advise prioritizing strategies aimed at the least happy citizens in a nation. In this context, they recommend findings ways to: a) to reduce loneliness and b) to combat discrimination and c) to provide free health care. In this context, several experts also mentioned d) minimum income security e) support of families, f) reduction of unemployment, and g) political empowerment, but the panel is more divided on these issues.

Improve social climate
Experts mention several ways to improve the social climate in a nation and in particular recommend policies to a) promote voluntary work and b) increase support for non-profit organizations. Some of the experts recommend introduction of civil service. Further recommendations in this context rated average for effectiveness and feasibility are: c) to facilitate social contacts, such as by providing d) support for local fairs and festivals. The above-mentioned advice to support families also fits this context.

Invest in health
The experts advise governments to provide a) free health care, a strategy already mentioned above in the context of focusing on vulnerable people, b) to prioritize prevention and in that context and c) to encourage healthy living. Expert call for d)

investment in mental health care in particular and in that line also finding ways e) to bring life-skills into schools and f) foster people's ability to choose.

Invest in education
Experts agree largely that a) investment in education is an effective and feasible way to greater happiness in a country, but they are less unanimous on whether b) free education is required for that purpose. They are also less unanimous, but still positive, about particular investments, such c) to bring life skills into the school curriculum d) maintain order in schools, e) monitor happiness in schools and f) also support happiness education outside the school system.

Support work
Macro-economic strategies score not too high in the expert ratings, as we will see in more detail below, however most experts recommend a) improvement of working conditions and b) reduction of unemployment.

Focus on economic stability
With respect to macro-economic policy, the experts advise a) an economic policy that favors stability over growth. Fostering economic growth is at the bottom of table 2. Though experts recommend b) providing minimum income security and c) reducing unemployment (as mentioned above for supporting vulnerable people), the experts are less in favor of reducing income inequality.

Higher tax
Most of the above recommendations will require higher tax rates. Experts deem that strategy effective, but not well feasible.

Least apt
Let us now look at the ways to greater happiness deemed less effective by the majority of the experts, presented in the lower part of table 2. Since at least one expert has proposed a strategy, low average ratings typically go together with high difference of rating, the correlation between average and standard deviation is -.43. Note that a low score for effectiveness and feasibility does *not* mean that the proposed strategy will be counter-productive and lower average happiness in a nation; rather it means that the 'medicine' will not work.

Combat capitalism and consumerism
Though market forces are often held responsible for unhappiness in modern societies (e.g. by Lane 2000), not all experts support all suggestions for taming these forces, such as a) to counter-balance global capitalism. Experts also do not support b) reduction of working hours and c) stimulating consumption of stimulus-goods over comfort-goods. This is not to say that our panel embraces materialism, because they unanimously see some point in d) favoring saving over consumption and expect little gain in e) supporting home-ownership and f) fostering economic growth. Above, we

have also seen that the experts are positive about some correction of market forces, such as improving work conditions and providing minimum income security.

Improve happiness advice and coaching
Experts are skeptical about fostering professional happiness coaching, typically fruits of the new 'positive psychology'. Still, we have seen above that they endorse investment in mental health care and bringing life-skills into the school curriculum.

Support modernization
Though people live happiest in the most modern societies, the panel is divided on whether backing spontaneous societal modernization (rather than slowing it down), will add to greater happiness in a country. The experts agree on a low rating for feasibility of this strategy.

3.1.2 Agreement and disagreement among experts about policy strategies
How much consensus is there within the panel? On what strategies do the experts agree? On which do they diverge? Expert agreement is indicated by shades of red in table 2.

Agreement
Experts agree most on: a) reduce loneliness, b) combat discrimination, c) focus on the least happy and d) empower and involve citizens. They also agree strongly on the lower effectiveness of e) maintaining order in schools, f) investing in a greener environment, g) education of parents and h) reducing income inequality.

Disagreement
In their ratings of strategies policy makers can follow to raise the level of happiness in a country, experts differ most on the following economic strategies: a) improving work-conditions and b) reduction of unemployment and c) increasing foreign aid. Experts also differ in their ratings of the following issues in health policy: d) prioritizing prevention, e) encourage healthy living and d) getting people to the dentist. Another point of disagreement is f) reduce use of cars and g) stimulate study abroad.

3.1.3 Difference between effectiveness and feasibility of political strategies
Ways to greater happiness can be effective but not easily feasible, or well feasible, but not very effective. Do such differences occur in the ratings of our experts? Below we consider the differences of more than 1 point on the 1 to 5 ratings of effectiveness and feasibility of particular strategies. Note that the panel was selected

for expertise in effectiveness in the first place and may not be equally acknowledged on practicability.

Effective but not feasible
Several macro-economic strategies are seen to be effective, but not feasible. These are: a) favor economic stability over economic growth, b) increase support for non-profits, c) increase taxes and d) reduce income inequality. A similar difference appears in the ratings of two psychological strategies: e) foster ability to choose and f) support happiness education. Likewise, experts deem effectiveness higher than feasibility for g) promoting voluntary work, such as by civil service for every body and h) empowering citizens and involving them in the political process. Surprisingly, the biggest difference (2 points), was on maintaining order in schools.

Feasible but not effective
Interestingly, none of the strategies *policymakers* can follow were deemed better feasible than effective.

3.1.4 Cost-effectiveness
The macro strategies deemed most effective + feasible are also rated high for cost-effectiveness, that is, rated 4 or more. This is most apparent for investment in happiness research, such as a) monitoring happiness in nations, findings out b) what works for whom and assessing c) how much of conditions for happiness is optimal in a nation. Likewise, investments in social support are deemed cost-effective, in particular d) reducing loneliness and e) a policy focus on the least happy. Promoting f) good governance is also rated high for cost-effectiveness.

   None of the strategies that were rated effective + feasible (6,7 or more) was deemed to be cost-*in*effective (3 or less) and none of the strategies in the lower half of table 2 was rated cost-effective.

3.2 What do experts think that individuals can do to make their lives more satisfying life?

Together, the experts proposed 68 strategies that individuals could follow to raise their own happiness. These options and the expert's ratings of these for effectiveness and feasibility are presented in Table 3. Again, we first summarize the strategies rated highest and next the ones rated lowest, we then consider unanimity among the experts and lastly the possible divergence between effectiveness and feasibility of the strategies.

Table 3 *about here*

3.2.1 Average ratings for effectiveness and feasibility of individual strategies
Which of the individual strategies are reckoned to be the most apt? Which the least? Differences ratings are indicated using shades of **green** in the columns of Table 3

Most apt
The general strategies in the top of the table are rated higher than the more specific recommendations at the bottom. The main recommendations are as follows:

Connect
Experts advise in the first place to focus social bonds, such as by a) investing in friends and family, b) joining a club, c) acting nicely d) marrying and e) socialize with colleagues. They see more gain in social contact when f) the focus is on the happiness of others and that advice fits the strategy recommended below.

Seek meaning
Experts think that living a meaningful life will make that life more satisfying. They recommend the following ways to seek meaning: a) live up to your values, and if you are religious, practice your religion, b) be generous and c) volunteer, and d) do not focus on your own happiness in the first place and e) seek a purpose in life, which e) you may clarify by writing a personal mission statement.

Be active
Experts agree that an active way of life is the most satisfying. They recommend in particular a) getting regular physical exercise, b) to keep learning and c) to set goals and to seek challenges. This advice goes counter to common notions of an easy happy life.

Mind your health
Alongside their advice to live an active life, experts also recommend a) to get regular and ample sleep and some of them even endorse the recommendation b) to optimize one's bedroom for good sleep. With respect to physical health experts advise c) to check your health regularly and d) to invest in a good health insurance. With respect to mental health, there is modest support for f) use of professional advice, though mental health care figures prominently in the policy strategies reviewed above in section 4.1. Still, some trainings for positive mental health are mentioned, such as cultivating a positive outlook on life, which we discuss below.

Cultivate a positive outlook
Several strategies are mentioned in this context. a) Fostering self-acceptance is rated effective, but not easily feasible and experts disagree on the effectiveness of b) to laugh often, c) follow trainings that promote a positive outlook, d) to keep a gratitude journal or e) to write about positive experiences.

Save
Economic issues are again not very prominent in the rankings. The highest scores are for the advice to a) enroll in automatic saving plans, b) to avoid getting into debt and c) to invest in durables and savings. Experts are less supportive of the advice d) to minimize credit cards.

Find a way of life that fits you
Not very prominent either, is the more abstract advice to a) find a lifestyle that fits you and in particular, b) a job that fits you. This strategy requires you c) to know your strengths and d) to monitor your happiness , neither of which are seen as very effective or feasible.

Least apt
At the bottom of table 3 are many strategies deemed ineffective or not feasible; most of these are rather specific recommendations.

Get rich
Contrary to the common view that money buys happiness, experts do not advise a) to build wealth, which is deemed ineffective and not very feasible for most individuals. The same holds for b) own your house. These judgements do not fit too well with the above-mentioned advice to save.

Have children
Raising a family is rated as feasible, but not as an effective way of raising one's own happiness. Owning a pet is deemed slightly more effective, though experts diverge on that matter. Experts do endorse the advice to live close to family, though they deem this not easily done.

Reduce workload
In spite of considerable publicity about work-stress and related burnout (e.g. Schor 1991) experts do not whole-heartedly endorse the advice to a) limit your working hours, and see no point at all in b) work part-time. They see more effect in c) avoiding a long commute, but rate the feasibility of that option as low for most individuals.

Choose for an alternative life-style
Several of the lowest rated strategies are part of unconventional ways of life, inspired by anti-materialism, new-age thinking, environmental concern and food-awareness, such as: a) de-clutter, b) eliminate screens in your house, c) designate a 'flow' room, d) create a meditation space and d) become a vegan. As noted in section 2.4, these strategies were part of a set of optional questions on specific behaviors, which we added in the last round. One of the reasons for the low scores is probably, that there

is little research on these matters, and for that reason, several experts may have skipped these optional questions.

3.2.2 Agreement and disagreement among experts about individual strategies

What can we say about consensus in the panel on ways in which individuals can make their life more satisfying? Differences in expert agreement are indicated using shades of red in table 3. The darker the red, the less agreement.

Agreement

Experts agree the most on *high* effectiveness of a) investment in family and friends, b) leading an active life, such as by c) setting goals and d) volunteering. Experts also agree on the importance of: e) being open for enjoyments, f) good sleep and g) self-acceptance. They also agree in *low* ratings for h) opting for an average house and i) de-cluttering.

Disagreement

Experts disagree most on the recommendations inspired by positive psychology, such as a) laugh, b) train to have a positive outlook, c) develop skills required for greater happiness and d) monitor your happiness. They also disagree e) on the effectiveness of self-employment for leading a happier life.

3.2.3 Difference between effectiveness and feasibility of individual strategies

The following ratings of effectiveness and feasibility differed more than 1 point on scale 1 to 5. Remember that the panel was selected for expertise in effectiveness in the first place.

Effective but not feasible

The experts rate effectiveness of the following psychological strategies higher than their feasibility: a) accept yourself, b) seek a job that fits you and c) find a way of life that fits you. A similar difference appears in the ratings of two more tangible strategies: d) keep out of debt and e) avoid long commutes. The greatest difference in effectiveness and feasibility is seen in f) live in an environment of trust.

Feasible but not effective

The experts rate practicability higher than effectiveness for a) use/learn social media and b) create a 'pride shrine' in your house. In both cases, the difference is due to a low effectiveness rating**.**

3.2.4 Cost-effectiveness of individual strategies

The individual strategies rated highest for effectiveness + feasibility are also rated highest for cost-effectiveness, that is 4 points or more. This concerns building social

bonds, such as by a) <u>investing in friends and family</u>, b) <u>joining clubs</u> and c) <u>focusing on the happiness of others</u>. Likewise, life-style matters rated high for cost-effectiveness are: d) <u>be active</u>, <u>experience nature</u> and e) get <u>exercise</u>.

Only one of the individual strategies deemed effective and feasible, was rated cost-*in*effective, that is below 3. This was f) <u>investing in experiences</u>. None of the strategies rated lower than 6,7 for effectiveness + feasibility was considered cost-effective,

4 DISCUSSION

Above, we summarized the experts' responses, focusing on strategies deemed both effective and feasible. Let us now take a helicopter view of the results. Below, we will first consider the differences between the view taken by experts and prevailing public opinion on ways to greater happiness. We then dwell on the difference in views among experts; we set out to establish consensus but find much disagreement. Next, we consider possible bias in the expert ratings; could their reading of facts be influenced by their political preferences, or by their cultural background? Lastly, we propose an agenda for further synthetic research on ways to greater happiness.

4.1 Differences with common views on ways to greater happiness
The results of this study will not surprise most of our colleague researchers, since they reflect the current state of the art. Still, some may have expected greater consensus than appears from the ratings. There will be more news for lay people, since many of the recommendations made by the experts are absent in public opinion polls on perceived sources of happiness.

4.1.1 Discrepancy in expert-lay view on ways to raise happiness in the nation
Studies on perceived sources of happiness in the general public are listed in the Bibliography of Happiness (Veenhoven 2017b), in the subject section <u>Tc03.02</u> . We acknowledged this literature in the comments below.

Expert's views fit common sense with respect to a) <u>reducing unemployment</u>, b) creating a <u>supportive social climate</u> and c) providing <u>minimum income security</u>, d) <u>free healthcare</u> and <u>free education</u> and e) investing in <u>clean air</u>.

A surprise may be in the high rating of f) <u>good governance</u>, the functioning of bureaucracy in particular, though corruption figures in some polls as a source of unhappiness. Lay people may not expect that experts rate f<u>) more happiness research</u> highest, as they will think that experts know everything already.

Things mentioned by the experts, that may not be expected by the public are; g) <u>increased taxes</u>, h) <u>prioritize mental health care</u> and i) bringing <u>life skills into schools</u>.

Lay-people may be surprised to see that experts disagree so much in their effectiveness ratings of j) <u>improving work conditions</u>, k) <u>reducing unemployment</u> and

l) prioritize preventive healthcare, in particular m) healthy living.

4.1.2 Discrepancy in expert-lay views on ways to greater happiness for one-self
Studies on perceived sources of one's own happiness i are listed in the Bibliography of Happiness (Veenhoven 2017b), in the subject section Si. What are the similarities and differences with the expert's recommendations?

The expert recommendations fit public opinion with respect to importance of a) social bonds, family in particular, b) an active life-style and c) a green home environment. Expert's ratings also fit lay-people's majority view that c) building wealth is not required for a happy life.

Expert's ratings also fit common-sense view that *no* greater happiness is to be expected from following trendy alternative life-style advice, such as d) eliminate screens, e) create a flow-room in your house or f) become a vegan. Likewise, lay-people may be equally skeptical about the effectiveness of psychological training as most of the experts are.

The expert's opinion that g) children do not add to happiness, differs from the dominant view in public opinion, though this counter-intuitive finding has received much attention in the media. There is no strong public opinion on the effect on happiness of h) self-employment, but lay-people will be surprised to see that experts differ so much on this issue.

4.2   Why not more agreement?

The prime aim of this study was to assess scientific consensus on ways to greater happiness. We found considerable agreement among our experts, but also much disagreement, as can be seen from the many red colored cells in tables 2 and 3. Why is there so much disagreement among experts?

One reason is in the maturity of this research field. Happiness research is new, taking off in the 1990s, and many issues have not yet had sufficient research for the answers to become crystallized. This is why reviewers disagree so often (cf. section 1) and why, for getting an overview, we resorted to the Delphi method.

Another reason may be found in disciplinary differences in our panel of experts, in particular between economists and psychologists, each drawing on a somewhat different research literature. The divergence in effectiveness ratings for life-coaching and psychological exercises may results from this.

One more reason lies in the questions we presented the experts. We asked them for ways to greater happiness that apply for all countries and all individuals, that is, one-size-fits-all recommendations. We did so, because we wanted to grasp consensus about universal conditions. Yet, in reality, conditions for happiness differ considerably between and within countries.

4.3 Leftish bias?

Some of the strategies endorsed by the experts fit a left wing socialist-political agenda, such as a) free health care and free education, b) minimum income security, d) increased taxes and d) favor economic stability over growth. Yet experts do not cherish all leftish ideas, given their *low* ratings for d) reduction of income inequality and e) counterbalancing global capitalism. In their rating of individual strategies, the experts also do *not* endorse e) less work or f) lavish spending. Note that experts were asked to judge ways to greater happiness based on their scientific knowledge, not to present their ideological preferences.

4.4 Limitations

The available scientific knowledge about happiness was largely developed in rich western nations, research done by western investigators and paid by western agencies. Can that have colored the experts recommendations? Probably not very much in the case of policy recommendations (question 1), since these are largely based on cross-national studies. A western bias is more likely to exist in the recommendations for personal ways to greater happiness (question 2), since individual level data were mostly gathered in western contexts. The experts themselves are all western and predominantly male (cf. section 2.1), and this may have influenced their reading of the data. This first Delphi study is not the last word, but rather marks understanding in progress.

4.5 Future research

This study reflects the views of leading experts on happiness at this moment. Since much progress is made in this research field, it would be interesting to repeat this study every 10 years.

The possible western bias in research and expertise will be much reduced by that time. If not, we can add experts from particular regions and cultures. A step further is to ask experts to focus of differences in ways to greater happiness; what will work for whom?

Another possible addition can be, to run parallel studies among policy-makers and, practitioners in the field of life-coaching and the public. This would provide us a better view on the difference between current beliefs about ways to greater happiness and established facts on that matter.

5 CONCLUSIONS

There is considerable expert consensus on some ways in which policy makers can raise the level of happiness in a country, in particular to a) invest in more happiness research, b) to strengthen social bonds, c) to promote good governance, and d) to invest in education. They also agree on the **in**effectiveness of several common strategies, among which e) fostering economic growth.

Likewise, experts agree that ways individuals can follow to raise their own happiness are; a) invest in your social bonds, b) keep learning and c) lead an active life. Experts also agree on the **in**effectiveness of several trendy alternative ways of life.

There is also a lot of disagreement in our panel of experts in empirical happiness research and it is a task for further research to get a better view on the suitability of the various ways to greater happiness.

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Table 1
How the expert ratings were sorted

Ways to greater happiness		Rating by experts on scale 1-5					
category	strategy	Effectiveness		Feasibility		Cost-effectiveness	
		M	SD	M	SD	M	SD
		🟩	🟥				
		🟩	🟥				
		🟩	🟥				
		🟩	🟥				

Key to colors

Average rating by experts (Mean)				Expert agreement (Standard Deviation)			
Very good	Good	Average		High	Medium high	Medium low	Low

Table 2

Expert ratings of ways to greater happiness for a greater number of citizens (policy strategies)

Category	Strategy	Nr.	Sum mean effectiveness + feasibility	Effectiveness + Feasibility SD	Effectiveness Mean	Effectiveness SD	Feasibility Mean	Feasibility SD
Happiness Research	Look for What Works for Whom	10c	8,5	1,35	4,5	0,82	3,8	0,92
Social Climate	Promote Voluntary Work, Civil Service	8b	8,3	1,25	4,3	0,67	4,0	0,67
Happiness Research	Assess How Much is Optimal	10b	8,1	1,66	4,1	0,83	3,9	1,20
Personal Support	Reduce Loneliness	6b	8,1	1,24	4,5	0,67	3,6	0,90
Happiness Research	Monitor Happiness	10a	8,1	1,56	4,0	1,04	4,1	0,67
Personal Support	Focus on the Least Happy	6e	7,8	1,06	4,4	0,51	3,3	0,89
Freedom	Combat Discrimination	7ab	7,5	1,08	4,5	0,71	3,0	0,94
Social Climate	Support Non-Profits	8c	7,5	1,27	3,8	0,79	3,7	0,67
Freedom	Foster Freedom to Choose	7a	7,5	1,51	3,8	0,98	3,6	0,84
Education	Bring Life Skills to Schools	5c	7,5	1,62	3,9	1,31	3,6	0,67
Education	Invest in Education	5a	7,4	1,17	4,2	0,79	3,2	1,03
Environment	Support of Fairs and Festivals	3e	7,3	1,56	3,3	0,97	4,1	0,79
Health	Encourage Healthy Living	2d	7,3	1,42	3,6	1,03	3,6	0,70
Social Climate	Facilitate Social Contacts	8a	7,3	1,60	3,8	0,87	3,5	0,90
Personal Support	Support Families	6a	7,2	1,47	4,0	1,04	3,1	0,94
Freedom	Foster Peoples Ability to Choose	7b	7,2	2,17	3,7	1,37	3,5	1,00
Governance	Promote Good Government	4a	7,1	0,99	4,5	0,53	2,6	0,97
Economic	Improve Work Conditions	1j	7,1	1,76	4,3	0,97	2,8	0,87
Health	Prioritize Prevention	2c	7,0	1,49	3,8	0,98	3,1	0,99
Governance	Empower and Involve Citizens	4b	7,0	1,70	3,9	0,94	3,0	0,94
Education	Maintain Order in Schools	5d	7,0	1,70	3,7	1,10	3,3	0,67
Governance	Be Explicit About Greater Happiness	4d	7,0	2,41	3,1	1,51	3,9	1,14

Ways to Greater Happiness

Economic	Provide Minimum Income Security	1e	6,9	1,24	4,2	0,94	2,8	0,87
Economic	Reduce Unemployment	1f	6,9	0,83	3,9	0,90	3,0	0,77
Health	Provide Free Healthcare	2a	6,9	1,14	4,5	0,52	2,5	1,21
Education	Promote Financial Education	5ca	6,9	1,70	3,2	0,98	3,7	0,89
Health	Promote Sports	2db	6,8	1,11	3,3	0,75	3,6	0,79
Health	Invest in Mental Health Care	2b	6,7	1,56	3,9	0,94	2,8	1,17
Personal Support	Support Happiness Education	6c	6,7	2,35	3,2	1,40	3,5	1,09
Economic	Top-up' Wages Program	1ea	6,5	1,21	3,8	0,60	2,7	0,90
Education	Monitor Happiness in Schools	5f	6,5	2,70	3,2	1,40	3,4	1,43
Environment	Invest in a Greener Environment	3d	6,5	1,43	3,4	0,97	3,1	0,74
Environment	Limit Urban Sprawl	3b	6,4	1,43	3,7	0,95	2,7	0,82
Education	Educate Parents	5g	6,4	1,51	3,2	0,87	3,2	0,63
Economic	Favor Economic Stability Over Growth	1b	6,3	1,06	3,9	0,32	2,4	0,97
Social Climate	Increase Foreign Aid	8d	6,3	1,34	3,5	0,97	2,8	0,63
Education	Facilitate Internet Access	5h	6,3	1,01	2,5	0,52	3,7	0,65
Health	Promote 8 Hours of Sleep	2dd	6,3	1,79	3,3	1,01	3,0	1,00
Environment	Invest in Clean Air	3c	6,2	1,14	3,7	0,95	2,5	0,53
Education	Provide Free Education	5b	6,2	1,14	3,7	0,48	2,5	1,08
Economic	Favor Saving Over Consumption	1ha	5,9	1,29	3,1	0,88	2,8	0,63
Health	Promote Healthy Eating	2da	5,8	2,08	2,7	1,07	3,2	1,19
Health	Get People to the Dentist	2dc	5,8	1,62	2,8	1,03	3,0	0,82
Personal Support	Improve Happiness Advise/Coaching	6d	5,8	2,30	2,7	1,23	3,1	1,16
Economic	Support Home Ownership	1hb	5,6	1,43	2,7	1,01	2,9	0,54
Economic	Increase Taxes	1d	5,6	1,44	3,3	1,14	2,3	0,65
Modernization	Support Ongoing Societal Modernization	9a	5,5	1,29	2,6	1,03	2,9	0,70
Economic	Foster Economic Growth	1a	5,5	1,04	2,5	0,82	3,0	1,10
Economic	Reduce Income Inequality	1g	5,5	1,21	3,2	0,98	2,3	0,65
Economic	Reduce Working Hours	1i	5,4	1,73	2,8	1,06	2,7	0,98
Governance	Decentralize	4c	5,3	1,42	2,9	1,31	2,5	0,82
Education	Stimulate Study Abroad	5e	5,0	1,50	2,1	0,93	2,9	0,78

Economic	Stimulate Consumption of Stimulus Goods Over Comfort Goods	1hc	4,8	1,75	2,7	1,23	2,2	0,83
Environment	Reduce Use of Cars	3a	4,7	1,37	2,5	0,90	2,2	0,83
Economic	Counterbalance Global Capitalism	1c	4,2	1,81	2,6	1,43	1,6	0,70
Mean			6,6	1,50	3,5	0,95	3,07	0,87
SD			0,96	0,38	0,64	0,25	0,54	0,19
Median			6,7	1,4	3,7	1,0	3,0	0,9
SD+			7,54	1,88	4,13	1,20	3,62	1,06
SD-			5,61	1,11	2,85	0,69	2,53	0,68

An Excel file with more detail is available at: https://www.eur.nl/en/ehero/2017-1supplementtable2xlsx

Using this file, you can sort the ratings in different ways

Table 3

Expert rating of ways to greater happiness for a person can follow (individual strategies)

Category	Strategy	Nr.	Sum of mean effectiveness + feasibility	Effectiveness + Feasibility SD	Effectiveness Mean	Effectiveness SD	Feasibility Mean	Feasibility SD
Social Bonds	Invest in Friends and Family	13c	9,0	1,25	4,7	0,47	4,2	0,92
Social Bonds	Join a Club	13g	8,5	1,51	4,1	1,04	4,3	0,67
Life Style	Be Active Both physically and mentally	18a	8,4	1,19	4,5	0,52	3,8	1,04
Meaning	Practice Your Religion	19e	8,2	1,39	4,0	0,89	4,0	0,87
Health Self Care	Get Physical Exercise	15b	8,0	1,63	4,1	0,94	3,7	1,06
Social Bonds	Act Nicely	13d	7,9	1,60	4,0	1,00	4,0	0,94
Meaning	Be Generous	19c	7,9	1,37	4,2	0,87	3,8	1,03
Health Self Care	Check Your Health	15d	7,9	1,17	3,8	0,87	3,8	0,67
Home Environment	Experience Nature	14e	7,8	1,40	3,7	1,10	4,1	0,57
Work	Socialize with Colleagues Outside of Work	12f	7,8	1,55	3,7	0,79	4,0	0,94
Social Bonds	Focus on the Happiness of Others	13f	7,8	1,87	4,2	0,98	3,6	1,07
Mental Development	Keep Learning	16a	7,7	1,16	3,7	0,79	4,0	0,67
Meaning	Volunteer	19d	7,7	1,57	4,3	0,65	3,4	1,17
Social Bonds	Marry	13a	7,7	1,42	4,2	0,98	3,4	1,26
Meaning	Don't Seek Happiness	19a	7,6	1,85	4,0	1,05	3,4	1,19
Life Style	Set Goals	18b	7,6	1,13	4,1	0,54	3,4	0,73
Life Style	Enjoy	18c	7,6	1,13	4,0	0,63	3,6	0,73
Health Self Care	Get Regular and Ample Sleep	15c	7,5	1,18	4,3	0,65	3,2	1,03
SA Financial	Enroll in Automatic Savings	20b	7,5	2,07	3,8	1,04	3,8	1,04
Positive Outlook	Accept Yourself	17c	7,4	1,67	4,5	0,69	3,0	1,22
Mental Development	Seek Challenges	16b	7,3	1,73	3,8	0,75	3,4	1,01

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SA Home Environment	Safe Surroundings	20n	7,3	1,38	4,0	0,71	3,0	1,15
Positive Outlook	Laugh	17b	7,3	2,28	3,7	1,37	3,7	1,10
Health Self Care	Invest in Good Health Insurance	15e	7,3	0,89	3,8	0,63	3,4	0,52
Life Style	Find a Way of Life That Fits You	18d	7,3	1,67	4,1	1,04	2,9	1,13
Meaning	Seek Purpose	19b	7,2	2,18	3,7	1,15	3,5	1,13
SA Positive Outlook	Keep a Gratitude Journal	20q	7,1	1,29	3,3	1,01	3,9	0,57
SA Home Environment	Optimize Your Bedroom for Sleep	20k	7,0	1,41	3,3	1,11	3,7	0,52
Work	Avoid Long Commutes	12c	7,0	1,12	4,3	0,67	2,7	0,87
Financial	Keep Out of Debt	11b	7,0	1,20	4,1		3,1	0,93
Work	Seek a Job That Fits You	12a	7,0	1,56	0,78		2,7	1,06
Positive Outlook	Train to Have a Positive Outlook	17a	6,9	2,21	0,79	1,45	3,5	1,04
Mental Development	Know Your Strengths	16c	6,9	1,62	3,6	1,03	3,3	0,71
Financial	Invest in Experiences	11d	6,8	1,56	3,3	1,06	3,7	0,82
Home Environment	Opt for an Average House	14c	6,7	0,95	3,3	0,67	3,4	0,53
SA Positive Outlook	Write About Positive Experiences	20p	6,7	1,34	3,0	1,00	3,8	0,79
SA Social Bonds	Add at Least One New Happy Person	20c	6,7	1,42	3,8	0,63	2,9	1,10
Home Environment	Choose to Live Near Family	14a	6,6	1,00	3,8	0,75	2,8	0,39
SA Home Environment	Grow a Garden	20i	6,6	1,90	3,4	0,73	3,0	1,15
SA Home Environment	Live in an Environment of Trust	20l	6,5	2,00	4,3	1,12	2,3	1,04
Mental Development	Develop Skills for Happiness	16d	6,5	2,16	3,4	1,24	3,1	0,94
Financial	Invest in Durables and Savings	11c	6,4	0,92	3,2	1,09	3,1	0,78
Work	Limit Your Work Hours	12b	6,3	1,41	3,5	1,08	2,9	0,78
Social Bonds	Use/Learn Social Media	13e	6,3	1,41	2,4	0,92	3,9	0,93
Health Self Care	Eat Healthy	15a	6,3	1,68	2,9	1,08	3,3	0,79
SA Home Environment	Own a Pet	20o	6,2	1,75	3,1	1,22	3,2	1,03
SA Life Style	Develop Arts Appreciation	20s	6,1	2,19	3,1	1,05	3,1	1,21
SA Home Environment	Create a Meditation Space	20f	6,1	1,45	3,3	1,12	2,8	1,09
Mental Development	Use Professional Advice	16e	6,1	1,22	3,1	1,00	3,2	0,87
Life Style	Monitor Your Happiness	18e	6,1	2,55	2,8	1,40	3,3	1,27

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SA Meaning	Write a Personal Mission Statement	20v	6,0	1,67	3,7	1,15	3,6	1,13
SA Meaning	Create a Giving Account	20w	5,9	1,66	2,6	1,07	3,3	0,82
SA Home Environment	Maximize Sunlight	20j	5,9	1,57	3,4	0,74	2,6	1,13
SA Social Bonds	Curate a Tight Social Circle (Moai)	20d	5,7	1,50	3,3	0,89	2,6	0,79
Social Bonds	Have children	13b	5,7	1,83	2,7	0,98	3,1	1,10
SA Life Style	De-Clutter	20u	5,7	0,82	2,9	0,64	2,8	0,75
Home Environment	Own Your House	14d	5,5	1,31	2,6	1,07	2,9	0,33
SA Home Environment	Designate a "Flow" Room	20g	5,5	1,58	2,5	1,08	3,0	0,82
Home Environment	Choose Live in a Suburb or a Small Town	14b	5,5	1,60	2,9	1,05	2,8	0,97
SA Financial	Minimize Credit Cards	20a	5,4	2,01	2,8	1,40	2,7	1,25
SA Home Environment	Live in Quiet Surroundings	20m	5,4	0,98	3,1	0,83	2,4	0,53
SA Life Style	Learn The Value of Your Free Time	20r	5,4	2,07	3,0	1,12	2,6	0,98
SA Home Environment	Eliminate Screens	20e	5,4	1,17	2,6	1,12	2,9	0,88
Financial	Build wealth	11a	5,3	1,35	2,8	0,94	2,4	0,81
SA Home Environment	Create a Pride Shrine	20h	5,3	0,89	2,1	0,99	3,4	0,52
Work	Work Part-Time	12e	5,1	1,60	2,6	0,81	2,5	1,08
Work	Employ Yourself	12d	5,1	1,81	2,6	1,36	2,5	0,67
SA Life Style	Become a Vegan	20t	3,9	1,35	1,5	0,93	2,3	0,71
Mean			6,7	1,5	3,5	0,95	3,3	0,90
SD			1,01	0,38	0,65	0,22	0,51	0,23
SD +			7,72	1,90	4,14	1,17	3,76	1,13
SD -			5,70	1,14	2,83	0,72	2,75	0,67

An Excel file with more detail is available at: https://www.eur.nl/en/ehero/2017-1supplementtable3xlsx

Using this file, you can sort the ratings in different ways

Appendix A:

Letter of invitation

NATIONAL GEOGRAPHIC
P A R T N E R S

July 19, 2016

Dear Happiness Expert:

We'd like to invite you to join the National Geographic Society and some of the world's top experts in identifying the most effective strategies to improve people's happiness for the long run.

We'll gather current scientific opinion about two fundamental questions:

1. What individual strategies are most likely to enhance people's happiness in the long run?
2. What policies are most likely to yield greater happiness for a greater number of citizens in nations?

We will use the Delphi Method to assess consensus. Originally developed in the military to harvest ideas irrespective of rank, the Delphi process we will use unfolds in four steps.

Our team will:
Ask experts to suggest their best ideas to address each of the two questions above.

a. Consolidate the list, eliminate redundancy and then ask experts to score the ideas based on the effectiveness and feasibility of each strategy. Experts will also have an opportunity to comment on the rationale for their ratings.
b. Rank responses and report the aggregate scores and variance. We'll also anonymize and share comments from other experts. Then, we'll ask experts to re-rank based on these insights.
c. Compile scores from the rankings with expert panel approval and publish highlights.

The results will be reported in the November 2017 issue of National Geographic Magazine and you'll receive credit for your participation. You will also be cited in an article we're preparing for a scientific journal. We're offering a $500 honorarium. This should take no more than 3-5 hours of time.
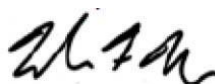
The research on happiness, in the sense of life-satisfaction, grows substantially each year and there are now more than 10.000 scientific publications in the Bibliography of Happiness. This is a chance to distill and harness the best research and ideas to inform policy-makers and individuals to put to work in our lives. We hope you'll consider participating.

Sincerely,

Ruut Veenhoven   Toben Nelson   Dan Buettner
Erasmus University Rotterdam   University of Minnesota   National Geographic

Appendix B:
Planning *August 21, 2016*

Task 1: Review the plan below

Task 2: Identify the Universe of Potentially Effective Individual Strategies and Policies [by 2 September 2016].

Purpose:

•   Identify strategies and policies that panelists believe are effective at enhancing people's happiness.

Panelist Action:

•   Panelists will send in a list of strategies and policies they believe to be effective. Each panelist should create their own list. We do not want you to be concerned if there are adequate data to support inclusion on your list. We encourage you to consult existing scientific literature to inform your opinion. However, if there are strategies or policies you think are effective, but lack a developed research, we encourage you to include them on your list. Strategies and policies can be from any domain.

Product:

•   A list of strategies and policies that are effective at enhancing people's happiness from each Panelist.

Task 3: Refine the List of Strategies and Policies [by 9 September 2016]

Purpose:

•   Organize strategy and policy suggestions sent by panelists.

Investigator Action:

•   Investigators will collate the list of strategies and policies.
•   Investigators will follow up email with panelists to decide how about how to best frame/name strategies and policies.

Product:

•   A complete refined list of strategies and policies; a frequency distribution of how many panelists mentioned each strategy or policy.

Task 4: Describe Optimal Strategies and Policies [by 23 September 2016].

<u>Purpose:</u>

- Prepare a brief description of each strategy and policy and its important components (i.e., describe a relatively ideal scenario) so that all have the same definition and concept of each strategy or policy prior to voting on its effectiveness.

<u>Investigator Action:</u>

- Investigators will create a brief description of each strategy or policy, with assistance from individual panelists as needed and develop corresponding survey instrument.

<u>Product:</u>

- List of candidate strategies and policies with a brief description of each.
- A survey instrument for rating the effectiveness of strategies and policies

Task 5: Rank Effectiveness of Each Strategy and Policy: Round 1 [by 7 October 2016].

<u>Purpose:</u>

- To develop an effectiveness score and qualitative rationale for each selected strategy and policy.

<u>Panelist Action:</u>

- Panelists will complete a survey to rate each strategy and policy's effectiveness at enhancing people's happiness.

- Panelists will provide a brief qualitative description of the rationale for their rating of effectiveness.

<u>Product:</u>

- A rating of strategy and policy effectiveness for our complied list and a set of summary statistics for each (e.g., mean ratings, variance, etc.).

- An aggregated summary of qualitative rationale for the rating of effectiveness.

Task 6: Review aggregated Rankings of expert panelists and Delphi Process [by 21 October 2016].

<u>Investigator Action:</u>

- Review and summarize results of panelists' effectiveness ratings.

- Present a summary of ratings solicited by panelists.

Task 7: Rank Effectiveness of Each Strategy and Policy: Round 2 [by 4 November 2016].

Purpose:

•   After considering the summary of ratings among colleagues and the qualitative rationale, panelists will vote a second time on the effectiveness of each strategy and policy.

Panelist Action:

•   Panelists will cast a final vote on the effectiveness of each strategy and policy.

Product:

•   Final effectiveness rating for all strategies and policies.

Publication of the results
The results of this process will be published in academic journals and an issue of National Geographic in late 2017.
We ask that you keep discussion of the process and preliminary results of this process embargoed until after publication.

Contact
Please feel free to contact anyone of us if you have questions.

•   For Questions about the Delphi Process: Dr. Toben Nelson (tfnelson@umn.edu)

•   For Questions about the academic content: Dr. Ruut Veenhoven (veenhoven@ese.eur.nl)

•   For Questions about the overall project and National Geographic coverage: Dan Buettner (dan@bluezones.com)

Appendix C:
Participants in Delphi study on ways to greater happiness
Bios + links to publications listed in WDH Bibliography of Happiness

Ariely, Dan Duke University, USA
Dan Ariely is a professor of psychology and behavioral economics at Duke University and a founding member of the Center for Advanced Hindsight. He is the author of the bestsellers Predictably Irrational, The Upside of Irrationality, and The Honest Truth About Dishonesty. Through his research and his (often amusing and unorthodox) experiments, he questions the forces that influence human behavior and the irrational ways in which we often all behave.

Arvin, Mak Trent University, Canada
Editor International Journal of Happiness and Development, Research interests: Applied Microeconomics; Applied Macroeconomics; Economics of Foreign Aid; Economics of Happiness

Becchetti, Leonardo University of Roma Tor Vergata, Italy
Leonardo Becchetti is full professor of Economics at the University of Rome Tor Vergata, Phd at Oxford University, M Sc. at London School of Economics, coordinator of the graduate course of European Economy and Business Law and of the Master in Development Economics and International Cooperation (MESCI) President of the Ethical Committee of Banca Popolare Etica, Director of www.benecomune.net, blogger and editorialist (twitter:@leonardobecchet) He is author of around 360 works, which include 11 edited books and86 (published or forthcoming) publications on international journals (among them Journal of Public Economics, Journal of Money Credit and Banking, Oxford Economic Papers, World Development, World Economy, Journal of Banking and Finance, Journal of Economic Behavior and Organization, Journal of International Money and Finance, Journal of Economic Psychology, Ecological Economics, Social Choice and Welfare, Journal of Socioeconomics, Journal of Business Ethics) plus publications on Italian journals, chapters on English and Italian books and several working papers.

Clark, Andrew Paris School of Economics, France
Andrew Clark is a CNRS Research Professor at the Paris School of Economics (PSE). He previously held posts at Dartmouth, Essex, CEPREMAP, DELTA, the OECD and the University of Orléans. His work has largely focused on the interface between psychology, sociology and economics; in particular, using job and life satisfaction scores, and other psychological indices, as proxy measures of utility. The broad area is social interactions and social learning. One research field has been that of relative utility or comparisons (to others like you, to others in the same household, and to yourself in the past), finding evidence of such comparisons with respect to both income and unemployment. This work has spilled over into theoretical and empirical work on evidence for and the implications of following behavior and learning from others' actions. Recent work has involved collaboration with psychologists to map out habituation to life events (such as job loss, marriage, and divorce) using long-run panel data. In addition, direct measures of utility allow direct tests of popular models of the labor market. In this spirit, his work has looked at unemployment, quits, and labor market rents.

Cummins, Bob Deakin University, Australia
Robert Cummins received his post-graduate training at the University of Queensland (Diploma of Psychology and Master of Science in Physiology) and the University of Western Australia (Doctor of

Philosophy: 1978). He moved to Burwood State College in 1979 as Senior lecturer in the Institute of Special Education, and remained in this position as institutional amalgamations formed Victoria College, which then became part of Deakin University in 1993. Within Deakin he was appointed Reader in Psychology (19931996) and then to a Personal Chair in Psychology (1997-2013). He was appointed Emeritus Professor at Deakin University in 2014. His special area of interest is research into quality of life and he is regarded as an international authority in this field. He is the originator of the concept that subjective wellbeing is under homeostatic control, that each person has a set-point for their level of subjective wellbeing, and that the dominant composition of subjective wellbeing is Homeostatically Protected Mood. Professor Cummins takes a special interest in applying this knowledge to understanding the life quality for people who are disabled.

Professor Cummins is a Fellow of the Australian Psychological Society and of the International Society for Quality of Life Studies. In 2005 he was designated 'Expert of International Standing in Quality of Life Research' by the Australian Research Council College of Experts. In 2004 he was the primary author awarded 'Best paper published in Social Indicators Research 2003' and in that same year, along with research colleagues and staff from Australian Unity, won the Victorian Public Health Award for Capacity Building Excellence, awarded by the Victorian Department of Human Services. He was named as the 2007 Distinguished Quality of Life Researcher by the International Society for Quality of Life Studies.

In 2000, Professor Cummins founded the Australian Centre on Quality of Life as a virtual center within the university. It is designed as a resource for students and researchers. The Centre is listed by Google as the premier site for 'Quality of Life'. It has about 350 members, receives over a million hits each year and is accessed at no cost to the user. The Centre hosts the International Wellbeing Group with professor Cummins as convenor. The IWG comprises around 150 researchers from over 50 countries and has the purpose of developing the Personal Wellbeing Index as a valid international measure of subjective wellbeing. Supervising post-graduate students remains his major area of his responsibility. In 1998 he received a 'Highly commended' award for the post-graduate supervision from the Deakin University Postgraduate Association and in 2004 he received the 'Faculty Academic of the Year' award from the Deakin University Student Association. Professor Cummins has published over 300 books, monographs, chapters, papers, tests and reports. His h-Index is 53 and his publications receive over 1,400 new citations each year. His lifetime citations exceed 14,000.

Dolan, Paul

London School of Economics, UK Paul is currently Professor of Behavioral Science at the London School of Economics and Political Science. He has over 15000 citations and has worked with Nobel Laureate Daniel Kahneman at Princeton University. He is Director of Executive MSc Behavioral Science. There are three main themes to Paul's work: 1) Developing measures of happiness and subjective wellbeing that can be used in policy and by individuals looking to be happier. He wrote the questions that are currently being used by the Office for National Statistics in the UK to monitor national wellbeing, 2) Considering ways in which the lessons from the behavioral sciences can be used to understand and change individual behavior, and to add to the evidence base in this regard. He was author of the MINDSPACE report for the UK Cabinet Office, which he uses widely in consulting with public sector and corporate clients. 3) Using lab and field experiments to bring together (1) and (2) above.

Fredrickson, Barbara University of North Carolina, USA

Barbara L. Fredrickson, Ph.D. earned her undergraduate degree from Carleton College and her doctorate from Stanford University. She is currently Kenan Distinguished Professor at the University of North Carolina at Chapel Hill, with appointments in Psychology and the Kenan-Flagler School of

Business. She is also Director of the Positive Emotions and Psychophysiology Laboratory (a.k.a., PEP Lab). Fredrickson is a leading scholar within social psychology, affective science, and positive psychology, and has received more than 16 consecutive years of research funding from the National Institutes of Health. Her research and teaching have been recognized with numerous honors, including, in 2000, the American Psychological Association's inaugural Templeton Prize in Positive Psychology, in 2008, the Society for Experimental Social Psychology's Career Trajectory Award, and in 2013, the inaugural Christopher Peterson Gold Medal, the highest honor bestowed by the International Positive Psychology Association. Her work is cited widely and she is regularly invited to give keynotes nationally and internationally. Fredrickson's 2009 book, Positivity, describes the relevance of her 20-year research program on positive emotions for a general readership. Her 2013 book, Love 2.0, offers a fresh and practical perspective on this most vital human emotion. She lives in Carrboro, North Carolina with her husband and two sons.

Frey, Bruno University of Zurich, Switzerland
Bruno Frey is Permanent Visiting Professor at the University of Basel. He was Professor of Economics at the University of Zurich from 1977-2012, Distinguished Professor of Behavioral Science at the Warwick Business School at the University of Warwick, UK from 2010-2013 and Senior Professor of Economics at Zeppelin University Friedrichshafen, DE from 2013-2015. Frey is Research Director of CREMA - Centre for Research in Economics, Management and the Arts, Switzerland and Co-Founder of CREW - Centre for Research in Economics and Well-being at the University of Basel. He was Managing Editor, from 1969-2015, and is now Honorary Editor of Kyklos. Bruno Frey seeks to extend economics beyond standard neo-classics by including insights from other disciplines, including political science, psychology and sociology. In 2015, Frey is in third place in the ranking of "important economists" in Switzerland by the Neue Zürcher Zeitung (NZZ, 5th September 2015), fifth place in the corresponding ranking for Germany by the Frankfurter Allgemeine Zeitung (FAZ, 5th September 2015) and on top of the list with respect to "life achievement" produced by the Handelsblatt in Germany (Handelsblatt, 9th September 2015). According to ISI - The Institute for Scientific Information, Bruno S. Frey belongs to the "the most highly cited Researchers".

Graham, Carol Brookings Institute USA
Carol Graham is the Leo Pasvolsky Senior Fellow at the Brookings Institution and College Park Professor at the School of Public Policy at the University of Maryland. She is also a Research Fellow at the Institute for the Study of Labor (IZA). Graham served as Vice President and Director of Governance Studies at Brookings from 2002-2004. She has also served as a Special Advisor to the Deputy Managing Director of the International Monetary Fund. She has been a consultant at the Inter-American Development Bank, the World Bank, United Nations Development Program, and the Harvard Institute for International Development, helping to design safety net programs in Latin America, Africa, and Eastern Europe. She has testified in Congress several times and has appeared on NBC News, National Public Radio, the Newshour with Jim Lehrer, and CNN among others. Graham has also written in the Wall Street Journal, The Christian Science Monitor, the Financial Times and the Washington Post. Reviews of her work on well-being have appeared in Science, The New Yorker, the New York Times and the Financial Times, among others.

Headey, Bruce University of Melbourne, Australia
Associate Professor Bruce Headey is a Principal Fellow of the Institute. Formerly the Director of the Centre for Public Policy, he is a specialist in welfare and distributional issues and at the forefront of current international research into the efficacy of social welfare policies in Western Europe and North America. He has published extensively in Australia on this and related issues concerning life

satisfaction, subjective wellbeing and income inequality. He co-led a major research project on political agenda-setting in Victoria, and has carried out a number of inquiries for the Australian and Victorian Governments on housing and human services.

Helliwell, John University of British Columbia, Canada
John F. Helliwell is Senior Fellow of the Canadian Institute for Advanced Research and co-director (with George Akerlof) of CIFAR's program on "Social Interactions, Identity and Well-Being". He is also Professor Emeritus of Economics at the University of British Columbia, a member of the National Statistics Council, and a Research Associate of the National Bureau of Economic Research. He was previously visiting special advisor at the Bank of Canada in 2003-04, visiting research fellow of Merton College, Oxford, in 2003, of St. Catherine's College, Oxford, in 2001, and Mackenzie King Visiting Professor of Canadian Studies at Harvard in 1991-94. His books include How Much Do National Borders Matter? (Brookings Institution, 1998), The Contribution of Human and Social Capital to Sustained Economic Growth and Well-Being (OECD and HRDC, 2001), Globalization and Well-Being (UBC Press, 2002, also as Mondialisation et bien-être, Les Presses de l'Université Laval, 2005), The Science of Well-Being (Oxford University Press, 2005), Well-Being for Public Policy (OUP, with Diener, Lucas and Schimmack, 2009), International Differences in Well-Being (OUP, edited with Diener and Kahneman, 2010), and the World Happiness Report (edited with Richard Layard and Jeffrey Sachs for the April 2, 2012 UN meeting on Happiness) . Recent articles include "Well-Being, Social Capital and Public Policy: What's New?" (Economic Journal, March 2006), "Well-Being and Social Capital: Does Suicide Pose a Puzzle?" (Social Indicators Research, 2007), "How's Your Government? International Evidence Linking Good Government and Well-Being." (joint with Haifang Huang, British Journal of Political Science 2007), "The Social Context of Well-Being" (joint with Robert Putnam) in Huppert, Bayliss and Keverne, eds., "Measuring and Understanding Subjective Well-Being" (joint with Christopher P. Barrington-Leigh, Canadian Journal of Economics 2010) and "Trust and Well-Being" (joint with Shun Wang, International Journal of Wellbeing 2011). He is a Fellow of the Royal Society of Canada and an Officer of the Order of Canada.

Layard, Richard London School of Economics, UK
Richard Layard is a labor economist who worked for most of his life on how to reduce unemployment and inequality. He is also one of the first economists to work on happiness, and his main current interest is how better mental health could improve our social and economic life. In 1985 he founded the Employment Institute which has played a major role in pushing the ideas of welfare-to-work. He was Chairman of the European Commission's Macroeconomic Policy Group during the 1980s. From 1991-1997 he was a part-time economic adviser to the Russian Government and from 1997 to 2001 a part-time consultant to the British government on welfare-to-work and vocational education. In 2005 the British government accepted his proposals on psychological therapy and since then he has (as National Adviser) been heavily involved in implementing the government program of Improving Access to Psychological Therapies (IAPT). In 2010, this was extended to cover children. In 2000 he was made a member of the House of Lords, and is currently a member of its Economic Affairs Committee. In 2014 Layard proposed, with six other colleagues, a Global Apollo Program of internationally coordinated research to produce clean electricity cheaper than coal-based electricity within 10 years, which provided the model for Mission Innovation - the major international program launched by Presidents Obama, Modi and Hollande at the UNFCCC in Paris in November 2015.

Lucas, Richard Michigan State University, USA
Richard investigates the causes, consequences, and measurement of subjective well-being. Specifically, he focuses on three interrelated questions about positive emotional experiences. First,

he investigates the associations between personality traits and well-being, focusing mostly on the relation between extraversion and positive affect. He uses the results of these studies to develop theories about the functions of emotions and the mechanisms underlying personality traits. Second, he investigates more general questions regarding the causes and consequences of positive emotional well-being. For example, he has examined the extent to which factors such as age, sex, marital status, and unemployment are associated with well-being, and the extent to which people can adapt to major life events. And finally, in all of these projects, he pays careful attention to measurement issues, focusing on the quality of the measures that we use to assess personality and well-being. He also is interested and involved in issues about replicability and has been involved in efforts to promote replication and improve research practices in psychology and other sciences.

Lyubomirski, Sonja University of California Riverside, USA
The majority of her research career has been devoted to studying human happiness. Why is the scientific study of happiness important? In short, because most people believe happiness is meaningful, desirable, and an important, worthy goal, because happiness is one of the most salient and significant dimensions of human experience and emotional life, because happiness yields numerous rewards for the individual, and because it makes for a better, healthier, stronger society. Along these lines, her current research addresses three critical questions – 1) What makes people happy?; 2) Is happiness a good thing?; and 3) How can we make people happier still?

Oswald, Andrew University of Warwick, UK
Andrew Oswald's work lies mainly at the border between economics and behavioral science, and includes the empirical study of human happiness. He is an ISI Highly-Cited Researcher and is credited with helping to create the field now known as the economics of happiness, which is one of the fastest growing within social science. Andrew has worked on seven main areas: trade unions, labor contracts, the wage curve, entrepreneurship, home ownership and unemployment, the consequences of high oil prices, and the economics of happiness and mental health.

Veenhoven, Ruut Erasmus University Rotterdam, Netherlands, Erasmus Happiness Economics Research Organization (EHERO)
Ruut Veenhoven (1942) studied sociology and is also accredited in social psychology and social-sexuology. He is emeritus-professor of 'social conditions for human happiness' at Erasmus University Rotterdam in the Netherlands and extra-ordinary professor at North-West University in South Africa. Veenhoven's current research is on subjective quality of life. Major publications are: 'Conditions of happiness' (1984), 'Happiness in nations' (1993), 'The four qualities of life' (2000) and 'Greater happiness for a greater number: Is that possible and desirable?' (2010). Veenhoven also published on abortion, love, marriage and parenthood. Veenhoven is director of the World Database of Happiness and founding editor of the Journal of Happiness Studies

Welsch, Heinz University of Oldenburg, Germany
Previous Positions: Senior Research Fellow, University of Cologne (1986-1996) Research Fellow, University of Bonn (1982-1985). Education: Habilitation, University of Cologne 1996, PhD in Economics (Dr. rer. pol.), University of Cologne 1984, Master in Economics (Diplom-Volkswirt), University of Bonn 1980

Witters, Dan Gallup, USA
Dan Witters serves as Research Director of the Gallup-Healthways Well-Being Index. This daily assessment of U.S. residents' well-being provides real-time measurement and insights needed to

improve health, increase daily productivity, enhance basic needs and lower healthcare costs. Dan frequently presents at conferences and summits, and his insights from this research regularly appear on Gallup.com and in the media, including interviews published in The New York Times, The Washington Post, The Economist, USA Today and The Wall Street Journal and appearances on "CBS Sunday Morning," CNBC, HuffPost Live, WSJ Live and NPR.

As a consultant and analyst for Gallup, Dan has used his expertise in survey design, methodology, analysis, business outcomes modeling, report writing and presenting results to help leaders better understand their company's marketplace, customers and employees. He has played an important role as an adviser and researcher to Gallup clients, creating effective strategies that enhance a business' overall health and strength through improved engagement and well-being.

Dan's extensive experience and his understanding of customer and employee research have earned him high distinction awards throughout his career. In 1999, he received the prestigious Senior Analyst Quality of Report Award for Outstanding Writing, an award given to one Gallup Senior Analyst worldwide each year. In 2002, Dan became the 13th researcher in Gallup's history to earn the Diplomat Analyst certification. This distinction is awarded to tenured researchers who create an original research thesis that expands Gallup's body of knowledge.

Dan received his master's degree in cell biology and genetics and his bachelor's degree in biological sciences from the University of Nebraska-Lincoln.

Appendix D:
Instructions round 1: E-mail dd. August 30th 2016

Dear Happiness Expert:

Thank you for participating the National Geographic consensus.   In our last email we outlined the process (previous email attached) we plan to use for our Delphi study.

Our goal is to identify interventions that will enhance happiness. We focus on happiness in the sense of enduring satisfaction with one's life as a whole. We're looking for interventions that give rise to greater long-term satisfaction with life, not for ways to elevate mood of the moment. To that end, we're asking you to answer the following two questions.

1) What strategies can people use to enhance their own happiness?

2) What policies can governments enact to bring about greater happiness for a greater number of citizens?

A few things to consider while answering the question:

- Focus on happiness in the sense of life satisfaction.
- We'll later be ranking answer for effectiveness, feasibility and duration of effect but don't let that restrain your ideas now. If you think a strategy or policy could be effective if implemented in an optimal way, please include it.
- Your opinions can be informed by empirical evidence but they needn't be. We will identify the optimal components of strategies and policies and account for how they are implemented at a later stage.
- Feel free to adequately describe your suggestions but keep each under 100 words.
- To stimulate your thinking see Bibliography of Happiness in subject section 'Pursuit of Happiness'   http://worlddatabaseofhappiness.eur.nl/hap_bib/dis_class.php#1263

Please just reply to this email with your suggestions, or any question you might have. We're hoping to get all suggestions by September 16, 2016.

Thank you,

Ruut, Toben and Dan

Sam Skemp
Project Manager
World Happiness Consensus

Appendix E:
Instructions round 2

Dear Happiness Expert:

Thank you for your willingness to participate as a panelist on our Delphi study of strategies to enhance happiness. In our last e-mail we outlined the process we plan to use for our Delphi study.

Your next task in this process is to list potentially effective approaches to enhance people's happiness, both strategies that individuals can use to raise their own happiness and policies that government can enact to improve the happiness of a great number of citizens. The focus is on happiness in the sense of life satisfaction. Please take some time over the next week to develop a list of strategies and policies you consider to be effective. Please return that list to us by email by ***September 11th 2016***.

A few things to consider while carrying out your task:

- We want you to base your responses on your expert opinion about what is effective. Your opinions should be informed by empirical evidence, but they do not need to be limited by the available evidence. If you think a strategy or policy is likely to be effective, please include it, regardless of whether you think the evidence to support it is adequate. The development of your list should be informed by your understanding of what should work in theory and by your experience. By potentially effective strategies and policies, we mean those that when implemented in an optimal way, could lead to enhancement of people's happiness. If a strategy or policy does not meet those criteria in your opinion, do not list it. If you think a strategy or policy could be effective if implemented in an optimal way, but it typically is not optimally implemented, please list it. We will identify the optimal components of strategies and policies and account for how they are implemented at a later stage. At this time, we do not want you to consider feasibility of implementing the strategies and policies you are considering. We will ask you to rate feasibility later in the process
- To stimulate your thinking for this exercise you may consult existing literature on this matter listed in the Bibliography of Happiness in subject section 'Pursuit of Happiness', which is available at http://worlddatabaseofhappiness.eur.nl/hap_bib/dis_class.php#1263
- You will have an opportunity to review the full list of polices identified by your fellow panel members and rate the effectiveness and feasibility of each strategy and policy the group identifies.

Thank you for your help.
Ruut, Toben and Dan

Appendix F
Expert's proposals and ratings

Delphi study 'Ways to greater happiness'
Task 7 (round 2)

Hello Expert Panel,

Thank for rating the (many) suggestions you have made initially as to how 1) public policy can create greater happiness for a greater number of people and 2) individuals can raise their own happiness lastingly.

On attach is an overview of your ratings. As you will see, there is much agreement as to which strategies are the most effective, feasible and cost-effective. In this last round, we limit to suggestions on which there is less agreement and now present you a much shorter list.

In making a second judgment in these cases of disagreement, you may want to review the initial rationales given and the comments added to the ratings in round 1. For that purpose, we have pasted these comments into the earlier overview of suggested strategies and rationales, which was sent to you in December last year, to prepare for your first rating of strategies
        On this document you see on the next pages (2-18) the earlier tabular overviews of 1) how policymakers can create greater happiness for a greater number of citizens, and 2) how individuals can raise their happiness lastingly. The strategies on which you agreed are printed **black** on these overviews, while the strategies on which opinions differ are marked **red**.
        Links in the left column of the tables lead to the rationales you have provided. Initial motivations again in **black** and rationales provided in round 1 in **red.** We opted for this presentation to frame this last judgment in the context from which we started, and to show on what strategies you agreed and on which not.

Please consider and rate these contested strategies again on the three qualities. Rate them on the basis of your expert knowledge of empirical evidence and theoretical plausibility. If you have no such knowledge, use the 'don't know' option.

Dan Buettner, Toben Nelson and Ruut Veenhoven

QUESTION 1

What policies are most likely to yield greater happiness for a greater number of citizens in nations in the long run?

Happiness effectiveness: Ability of the initiative to measurably increase long-term overall life satisfaction in an entire population (e.g., a city or nation).

1	2	3	4	5	
Not effective	Limited effectiveness	Average effectiveness	Effective	Very effective	No opinion

Cost Effectiveness – Extent to which the initiative provides the best life satisfaction return for dollar invested.

1	2	3	4	5	
Not cost effective	Limited cost effectiveness	Average cost effectiveness	Cost effective	Very cost effective	No opinion

Feasibility – Extent to which the initiative is politically tenable to enact

1	2	3	4	5	
Very difficult	Difficult	Neutral	Easy	Very easy	No opinion

What policies are most likely to yield greater happiness for a greater number of citizens in nations in the long run? Ratings made in round 1 in **blue**. Strategies on which you disagreed most marked **red**. Links in the left column lead to rationales for that strategy enumerated in the appendix		Happiness effectiveness **Mean** *SD*	Cost effectiveness **Mean** *SD*	Feasibility **Mean** *SD*
Nr.	*summary*			
1	**ECONOMIC**			
1a	**Foster economic growth:** Focus on maximizing Gross Domestic Product; Focus on economic growth, favor business, and economic freedom	2.5 *0.82*	2.9 *1.37*	3.0 *1.10*
1b	**Favor economic stability over long-term growth:** e.g. by requiring higher minimum deposits for banks and other measures to ensure social security	3.9 *0.32*	3.3 *0.87*	2.4 *0.97*
1c	**Counterbalance global capital:** Reduce the power of transnational corporations, e.g. by limiting managerial compensation and mobilizing countervailing power of consumers and voters.	3.3 *1.19*	3.4 *1.24*	1.6 *0.50*
1d	**Increase Taxes:** More progressive Income taxes, raising property taxes and inheritance taxes to finance public goods	3.1 *1.16*	3.3 *1.10*	2.5 *0.52*
1e	**Provide minimal income security:** Provide a minimum wage one can live on **(e.g. $10K/year) Require** equal payment for men and women. Combat poverty. Provide basic social security (health care, old age pensions, unemployment benefits)	4.2 *0.94*	3.4 *1.16*	2.8 *0.87*
1ea	**'Top-up' wages program:** such as deployed in Singapore, that assures that anyone who makes the effort to work earn enough to cover basic necessities	3.8 *0.32*	3.3 *0.87*	2.4 0.97

1f	**Reduce unemployment:** Policies include active welfare policies, restricting zero hours' contracts, and increasing investment in employment bureaus.	3.9 *1.14*	2.9 *0.94*	2.5 *0.69*
1g	**Reduce income inequality:** Promote full employment. Combat excessive inequality of incomes and wealth by means of progressive income taxes, property taxes, CEO tax and inheritance taxes	3.5 *1.13*	3.1 *1.26*	2.1 *0.52*
1ha	**Favor Saving over Consumption** Policies include luxury taxes, slightly over-billing on income tax to increase likelihood of a rebate over an underpayment penalty, opt-out national savings plans (e.g. England), and bolster social security programs for the elderly and unemployment benefits.	3.1 *0.88*	3.2 *0.83*	2.8 *0.63*
1hb	**Support Home Ownership:** Increased tax incentives, subsidies for tax ownership, more high-quality public housing for lower and middle classes	2.7 *1.01*	2.8 *0.87*	2.9 *0.54*
1hc	**Stimulate consumption of stimulus goods over comfort goods**: Restrain advertisement for passive consumption, such as beach holidays and alcohol, stimulate consumption of stimulus goods (in the Scitovsky sense) that require active involvement, such as sports or the mastery of a language	3.2 *1.54*	3.2 *1.08*	2.8 *0.98*
1i	**Reduce working hours:** Afford individuals time: Increase leisure time through augmenting vacation time and reducing the number of hours worked each year.	3.4 *1.26*	2.6 *1.30*	3.2 *1.08*
1j	**Improve work conditions:** Improve work-life balance for workers, reduce workplace stress, improve job satisfaction, and promote a healthier and more supportive work environment.	4.3 *0.97*	3.5 *1.13*	2.8 *0.87*
2	**HEALTH CARE**			
2a	**Provide free health care:** Implement universal healthcare like that in Costa Rica, Canada, Scandinavia	4.5 *0.52*	3.1 *1.45*	2.5 *1.21*

2b	**Prioritize Mental health care:** Policies include requiring reimbursement for mental health equal to that for other diseases; public information campaigns to reduce stigma, offer evidence based psychological therapy (e.g. England's IAPT).	3.9 *0.94*	3.8 *0.98*	2.8 *1.17*
2c	**Prioritize prevention:** Policies include subsidies for health education, inoculation programs, rules for safety at work, in traffic and for housing and consumer products.	3.8 *0.98*	3.8 *1.23*	3.1 *0.99*
2d	**Encourage healthy living.** Besides the specific policies mentioned below, provide health education and financial incentives for healthy behavior, e.g. for not smoking	3.6 *1.03*	3.5 *1.18*	3.6 *0.70*
2da	**Promote healthy eating:** Stimulate consumption of fruits and vegetables. Subsidize healthy food (or taxed unhealthy food), better healthy diet education in schools. Restrain comfort foods e.g. by taxing junk food and alcohol, limiting hours of sale, restricting advertising.	3.4 *1.43*	3.8 *0.79*	3.2 0.79
2db	**Promote sports:** Publicly sponsored races, low-cost public gyms, better exercise education in schools, city parks, public transportation	3.4 *1.26*	3.6 *1.07*	3.2 *0.79*
2dc	**Get people to the dentist:** Policies include more subsidies for oral health, tax breaks for dentist visits or free dental health	2.8 *1.03*	2.8 *0.92*	3.0 *0.82*
2dd	**Promote 8 hours of sleep:** Optimize school start times for sleep, limit working hours, fund public information campaigns	3.3 *1.01*	3.3 *1.10*	3.0 *1.00*
3	**ENVIROMENT**			
3a	**Reduce use of cars:** Policies include requiring narrower traffic lanes, lowering speed limits, widening sidewalks, adding bicycling lanes,	2.6 *1.17*	2.7 *0.95*	2.6 *0.52*
3b	**Limit urban sprawl** Codes requiring smaller lot sizes, tax incentives for inner-city improvement, green belts (e.g. Portland, Boulder, San Luis Obispo), limiting public financing of services outside certain perimeters. Reduce traffic and housing congestion and improve	3.7 *0.95*	2.9 *0.99*	2.7 *0.82*

	public transportation			
3c	**Invest in clean air:** Policies include requiring stack scrubbers, emission controls, carbon tax, drive-thru ordinances, tougher smoking laws	3.7 *0.95*	3.1 *0.74*	2.5 *0.53*
3d	**Invest in greener environment:** Examples include funding publicly accessible green spaces and landscapes, install ponds and lakes	3.4 *0.97*	2.6 *0.84*	3.1 *0.74*
3e	**Support fairs and festivals:** Examples include farmers' markets, fairs, music and ethnic festivals.	3.0 *1.25*	3.1 *1.10*	3.9 *0.74*
4	**GOVERNANCE**			
4a	**Promote good government:** Provide a predictable institutional environment: rule of law, good governance. Invest in capable non-corrupt civil servants and police force	4.5 *0.53*	4.1 *0.99*	2.6 *0.97*
4b	**Empower and involve citizens:** Foster autonomy and political literacy in education. Provide opportunities for individuals to participate in society through public institutions.	3.9 *0.94*	3.7 *0.95*	3.0 *0.94*
4c	**Decentralize:** Transfer powers from the state to regions and cities in law making and taxing. Accept differences for the sake of greater involvement of citizens	3.2 *1.48*	3.0 1.33	2.8 1.03
4d	**Aim explicitly on greater happiness:** Mention this aim in political communication, ensure that residents know that we aim at happiness in the sense of life-satisfaction, measure that happiness on a regular basis and assess the effects of policies on happiness	3.2 *1.34*	3.5 *0.93*	3.7 *1.23*
5	**EDUCATION**			
5a	**Invest in education:** Increase knowledge through formal education, elders, or self-directed learning. Make education affordable and effective for people of all socioeconomic statuses	4.2 *0.79*	3.7 *0.67*	3.2 1.03

5b	**Provide free education:** Not only in primary education, but at all levels	3.7 *0.48*	2.7 *0.95*	2.5 *1.08*
5c	**Bring life skills in school curriculum**: Curricula that focus on life-skills (such as England's 'Healthy Minds'), mindfulness (e.g. 'Mind Up'), mental health, social skills and financial literacy. Rank schools not only on cognitive outcomes, such as performance on math, but also on the wider life skills learned	3.8 *1.17*	3.8 *1.17*	3.5 *0.82*
5ca	**Promote financial education:** Add financial management to the standard curriculum in schools. Establish financial planning centers to educate people how to make sound financial choices	3.1 *1.37*	3.1 *1.37*	3.4 *0.97*
5d	**Maintain order in schools:** Provide a calm school climate; prevent bullying	3.7 *1.10*	3.5 *0.71*	3.3 *0.67*
5e	**Facilitate study away from home:** Encourage and fund university (HE) and further education (FE) students to study in residential facilities away from home	2.1 *0.93*	2.2 *0.97*	2.9 *0.78*
5f	**Monitor happiness in schools:** All schools should measure wellbeing and consider wellbeing value-added as a success measure.	2.7 *1.15*	2.9 *1.31*	2.9 *1.38*
5g	**Educate parents:** All parents should be offered parenting classes at childbirth, covering emotional relations between child and parent and between parent and parent.	3.2 *0.87*	3.1 *1.20*	3.2 0.63
5h	**Facilitate internet access:** Establish programs to fund Wi-Fi-hotspots and infrastructure. Provide incentives to private industry for covering underserved areas	3.3 *1.25*	3.3 *1.06*	3.5 *0.71*
6	**PERSONAL SUPPORT**			
6a	**Support families:** Support of all marriage, relaxed divorce laws. Invest in Child care and family Well-being, such as by paid parenting time off (e.g. Scandinavian model of allowing	4.0 *1.04*	3.7 *1.10*	3.1 *0.94*

	mothers and fathers to freely choose who stays home out of a shared "time budget."			
6b	**Reduce loneliness:** Examples include hotlines, social networks that encourage meet-ups, walking clubs	4,5 *0.67*	4.2 *0.83*	3.6 *0.90*
6c	**Support happiness education:** Support happiness self-help by developing and testing of websites. Promote training in life skills. **I**nform people about long-term effect of choices on happiness, such as starting a family or early retirement	3.1 *1.45*	3.3 1.01	3.3 *1.16*
6d	**Improve happiness advise/coaching:** Professionalize life coaching business, e.g. by training, certification and procedures to protect customers against quacks. Foster research on the long-term effects of life-coaching on happiness to develop evidence based practices.	2.7 *1.61*	2.5 *1.44*	2.7 *1.27*
6e	**Focus on the least happy:** Prioritize people who need happiness support most. Target stages in peoples' lives when happiness is relatively low	4.4 *0.51*	4.1 *0.79*	3.3 *0.89*
7	**FREEDOM**			
7a	**Foster freedom to choose:** Reduce restrictions, such as such as mandatory retirement. Provide options, such as alternative marriage arrangements. Respect human rights.	3.8 *0.98*	3.7 *0.82*	3.6 *0.84*
7ab	**Combat discrimination:** Policies include tougher anti-discrimination laws for minorities, women and sex preference, desegregation in schools and more female commanders in the military. Foster tolerance in education	4.5 *0.71*	3.8 *0.63*	3.0 *0.94*
7b	**Foster ability to choose:** Cultivate psychological autonomy in education. Train choice skills in school. Provide information about typical consequences of major life choices on happiness, such as emigration or early retirement	3.7 *1.49*	3.8 *1.23*	3.2 *1.03*
8	**SOCIAL CLIMATE**			

8a	**Facilitate social contacts:** e.g. by financial support for local art houses, dance centers and street artists, structures that promote walking and non-motorized transportation in the community (sidewalks, bike paths, public parks) and organization of fairs and festivals	3.3 *1.35*	2.8 *1.25*	3.5 *1.04*
8b	**Promote voluntary work, civil service;** Incentivize volunteering via tax breaks, websites that easily connect people with volunteer organizations	4.3 *0.67*	4.2 *0.63*	4.0 *0.67*
8c	**Increase support for non-profits:** Fiscal policies that not only reward philanthropic giving, but also time, such as in the USA federal employee time allowed for social causes	3.8 *0.79*	3.5 *0.97*	3.7 *0.67*
8d	**Increase foreign aid:** Increase foreign aid and support foreign remittances e.g. in the US provide incentives and tax benefits for B-corps	3.5 *0.97*	2.8 *1.14*	2.8 *0.63*
9	**MODERNIZATION**			
9a	**Support modernization,** among which individualization, specialization and globalization. Contest the myth that life was better in the past.	3.2 *1.23*	3.3 *0.95*	2.9 *0.78*
10	**INVEST IN HAPPINESS RESEARCH**			
10a	**Monitor happiness in nations:** At an international level, augment UN's human development index with a happiness component to entice policymakers to pay more attention to their citizens' level of happiness.	4.0 *1.04*	4.1 *1.08*	4.1 *0.67*
10b	**Assess how much is optimal:** Consider whether there are satiation points beyond which policies do not yield more happiness	4.1 *0.83*	4.1 *0.60*	3.9 *1.20*
10c	**Look for what works for whom:** There may be a few ways to greater happiness that apply to everybody at all times and places. Tailored policies require information on variations on the general pattern.	4.5 *0.82*	4.2 *0.92*	3.8 *0.92*

QUESTION 2

What individual strategies are most likely to enhance people's happiness in the long run?

Happiness effectiveness: Ability for the strategy to measurably increase long-term life satisfaction. While ranking effectiveness, consider the duration of the effect

1	2	3	4	5	
Not effective	Limited effectiveness	Average effectiveness	Effective	Very effective	No opinion

Cost Effectiveness – Extent to which the strategy provides the best life satisfaction return for dollar invested.

1	2	3	4	5	
Not cost effective	Limited cost effectiveness	Average cost effectiveness	Cost effective	Very cost effective	No opinion

Feasibility – Extent to which the strategy is tenable for individuals to enact

1	2	3	4	5	No opinion
Very difficult	Difficult	Neutral	Easy	Very easy	

What individual strategies are most likely to enhance people's happiness in the long run? Ratings made in round 1 in **blue**. Strategies on which you disagreed most marked **red**. Links in the left column lead to rationales for that strategy enumerated in the appendix	Happiness effectiveness **Mean** *SD*	Cost effectiveness **Mean** *SD*	Feasibility **Mean** *SD*
Nr. *summary*			
11 **FINANCIAL**			
<u>11a</u> **Build wealth**: -- Earn an income, work hard, save	3.4 *1.26*	3.6 *1.13*	2.7 *1.32*
<u>11b</u> **Keep out of debt:** Pay off your house. Avoid having more than one credit card	4.1 *0.78*	3.9 *0.93*	3.1 *0.93*
<u>11c</u> **Invest in durables and savings:** Live like the ant rather than like the cricket in fable of Lafontaine, e.g. put your money in a house rather than holidays	3.2 *1.09*	3.3 *0.87*	3.1 *0.78*
<u>11d</u> **Invest in experiences:** Live like the cricket rather than the ant, e.g. put your money in regular holidays rather than in a big house	3.3 *1.06*	2.9 *1.10*	3.7 *0.82*
12 **WORK**			
<u>12a</u> **Seek a job that fits you:** not only one that pays well	4.3 *0.79*	3.3 *1.10*	2.7 *1.06*
<u>12b</u> **Limit your work hours:** Not more than 40 hrs a week. Have vacations regularly.	3.5 *1.08*	2.9 *0.78*	2.9 *0.78*

12c	**Avoid long commutes:** Forego far away jobs, even if these pay well	4.3 *0.67*	3.3 *1.41*	2.7 *0.87*
12d	**Employ yourself:** Be your own boss	2.9 *1.36*	2.4 *1.30*	2.4 *0.92*
12e	**Work part-time**	2.9 *1.20*	2.4 *1.33*	2.7 *1.50*
12f	**Socialize with colleagues** outside work	3.7 *0.79*	3.8 *0.83*	4.0 *0.94*
13	**SOCIAL BONDS**			
13a	**Marry:** Better live together than alone, but choose the right spouse	4.2 *0.98*	4.2 *0.79*	3.4 *1.26*
13b	**Have children:** Have or adopt at least one child (as opposed to living childless).	2.8 *1.55*	2.2 *1.32*	3.3 *1.32*
13c	**Invest in friends and family:** Cultivate close friends. Upgrade your social network. Join a club, pay visits, seek joint leisure activities: e.g. book a holiday trip together	4.7 *0.47*	4.4 *0.84*	4.2 *0.92*
13d	**Act nicely:** Greet people, listen, smile, talk, help; e.g. be polite in public transport	4.0 *1.00*	4.5 *0.71*	4.0 *0.94*
13e	**Use/learn social media**: Avoid e-isolation; try at least Facebook	2.4 *0.92*	3.4 *1.42*	3.9 *0.93*
13f	**Focus on the happiness of others:** not only on your own happiness; e.g. don't avoid friends when they are in a dip	4.2 *0.98*	4.3 *0.82*	3.6 *1.07*
13g	**Join a club:** E.g. a church, sports club, country club, local association or a political party	4.1 *1.04*	4.6 *0.52*	4.3 *0.67*

14	**HOME ENVIRONMENT**			
14a	**Choose to live near family:** Prioritize social bonds over career in choosing where to live	3.9 *1.20*	3.8 *1.09*	2.8 *0.71*
14b	**Choose to live in a suburb or a small town**. Prioritize green spaces and safety in choosing a place to live. Better not to live in a big city	2.9 *1.05*	2.9 *0.78*	2.8 *0.97*
14c	**Opt for an average house:** Live on a street where your house is of average value and you possess the same status as your neighbours	3.3 *0.67*	3.6 *0.74*	3.4 *0.53*
14d	**Own your house** rather than rent	2.6 *1.07*	3.0 *1.00*	2.9 *0.33*
14e	**Experience nature:** Dwell near nature, regularly visit parks, walk in a wood or go in the country side	3.7 *1.10*	4.0 *0.94*	4.1 *0.57*
15	**HEALTH SELF CARE**			
15a	**Eat healthy:** follow professional nutrition advice, e.g. eat fruits and vegetables every day and eat meat only twice a week	3.0 *1.28*	3.5 *1.27*	3.3 *1.34*
15b	**Take physical exercise:** Get at least 30 minutes a day of physical activity, either through walking, biking or exercising. Join a sports club or school	4.1 *0.94*	4.4 *0.70*	3.7 *1.06*
15c	**Get regular and ample sleep:** Establish routines that promote adequate sleep (e.g., limit screen time before bed, go to bed and wake up at the same time each day), e.g. have at least 8 hours sleep on a usual day	4.3 *0.65*	4.4 *0.52*	3.2 *1.03*
15d	**Check your health:** follow professional health advice, consult your GP when you don't feel well and check with the dentist every year	3.8 *0.87*	3.8 *0.97*	3.8 *0.67*
15e	**Invest in good health insurance:** Buy insurance that enables you to easily get check-ups and that adequately covers you in case of medical emergency	3.8 *0.63*	3.4 *0.88*	3.4 *0.52*

16	**MENTAL DEVELOPMENT**			
16a	**Keep learning:** Master new techniques (such as iPhone), a new hobby (such as fishing) or sign up for adult education	3.7 *0.79*	3.6 *0.84*	4.0 *0.67*
16b	**Seek challenges:** Go beyond your comfort level, be open to new tasks and experiences; e.g. spend your holiday in another way than usual in another country	3.8 *0.75*	3.3 *1.04*	3.4 *1.01*
16c	**Know your strengths:** Consider what you are good at. Do a strengths test. Use your qualities	3.6 *1.03*	4.0 *0.71*	3.3 *0.71*
16d	**Develop skills required for greater happiness**, such as social skills and savouring skills. Use self-help tools or trainings	3.5 *1.21*	3.8 *0.92*	2.9 *0.88*
16e	**Use professional advice**: If you are unhappy and don't know why, consult a licensed psychologist or life-coach	3.4 *1.21*	2.5 *1.08*	2.5 *0.71*
17	**POSITIVE OUTLOOK**			
17a	**Train a positive outlook:** Do positive psychological exercises such as writing a gratitude letter or such as listing three things that went well each day	3.6 *1.51*	3.4 *1.36*	3.5 *1.13*
17b	**Laugh:** Be open to the funny side of things, use humor, even gallows humor when not inappropriate	3.7 *1.42*	4.5 *0.71*	3.9 *1.27*
17c	**Accept yourself:** Maintain an attitude of self-compassion (i.e., being caring and understanding with oneself rather than harshly critical or judgmental). If necessary, seek professional support	4.5 *0.69*	4.3 *0.87*	3.0 *1.22*
18	**LIFE STYLE**			
18a	**Be active:** both physically and mentally. Engage in new things	4.5 *0.52*	4.3 *0.50*	3.8 *1.04*
18b	**Set goals:** both in work and in private matters, focus on meaningful things, monitor	4.1	4.2	3.4

		progress: e.g. plan to learn playing the guitar	*0.54*	*0.83*	*0.73*
18c		**Enjoy:** Make time for leisure, e.g. plan time for trips in advance. Develop savouring skills, such as art-appreciation or wine tasting	4.0 *0.63*	4.0 *0.67*	3.6 *0.73*
18d		**Find a way of life that fits you:** Follow your own wants rather than what others want you to do, e.g. take the job you want, even if that is not what your parents had in mind for you. Dare to change and try things out, e.g. take some risk to find out how you feel in another job	4.1 *1.04*	4.1 *0.83*	2.9 *1.13*
18e		**Monitor your happiness**: Keep a happiness diary, such as the web-based Happiness Indicator which allows comparison with similar people and tracking of your happiness over time	2.7 *1.49*	3.3 *1.70*	3.1 *1.29*
18f		**Dare to change:** When not too happy in your current situation, try something else. Learn what way of life fits you by doing			
19		**MEANING**			
19a		**Don't seek happiness:** Don't focus on pleasurable experiences in the first place, but prioritize meaningful activity which keeps you going and connects with other people; e.g. volunteer in a holiday camp for disadvantaged children rather than have the same kind of holiday by yourself	4.0 *1.05*	4.4 *0.74*	3.4 *1.19*
19b		**Seek purpose:** Create a personal mission statement: List out your values, passions, greatest abilities and identify the intersection. Engage in things that go beyond your personal interest, such as protecting nature or helping disadvantaged people, e.g. if you are religious engage in the social programs of your church	3.3 *1.42*	3.4 *1.59*	3.1 *1.05*
19c		**Be generous:** Give to charity, help other people financially and practically, e.g. help a handicapped neighbor shopping	4.2 *0.87*	3.8 *1.23*	3.8 *1.03*
19d		**Volunteer:** e.g. in sports clubs or community organizations; e.g. join the local chapter of 'Action for Happiness'	4.3 *0.65*	4.1 *0.88*	3.4 *1.17*

19e	**Practice your religion:** If you are religious, live it, e.g. go to church, pray or have a retreat	4.0 *0.89*	4.3 *0.71*	4.0 *0.87*

The above strategies are fairly general. We also want your opinion on the following more specific things individuals can do to get happier. We realize that there is little empirical evidence on which you can draw, but invite you to consider the plausibility on the basis of your general expertise. Feel free to skip if you don't know.

20	**SOME MORE SPECIFIC ACTIONS**			
	Financial			
20a	**Minimize credit cards**: Have no more than one credit card, and it should not be in your wallet. Put it somewhere that requires a conscious effort to retrieve it (e.g. your locked glove compartment or a hidden pocket in your purse). Or get rid of credit cards altogether	2.8 *1.75*	3.3 *1.70*	2.6 *1.51*
20b	**Enrol in automatic savings or investment plans** --Set up automatic transfers of a percentage of your pay check to a savings or retirement account.	3.8 *1.04*	4.3 *0.89*	3.8 *1.04*
	Social bonds			
20c	**Add at least one new happy person to your immediate social** network – Proactively make friends with someone manifestly happy, someone with whom you interact a few times a week or more.	3.3 *1.49*	3.8 *0.98*	3.3 *1.38*
20d	**Curate a tight social circle (Moai)** -- Moai is the Okinawan word for a circle of friends who commit to support each other for the long run. It consists of 5-7 people who share values and interests to meet for at least 10 weeks to either walk together or share healthy meals together. .	3.3 *0.89*	3.6 *0.98*	2.6 *0.79*

	Home environment			
20e	**Eliminate Screens**: Have no more than one TV in your house. Don't have the TV or computer in the main living space or in bedrooms	3.3 *1.25*	4.5 *0.76*	2.9 *1.25*
20f	**Create a meditation space** -- Learn one mindfulness meditation technique and do it 30 minutes a day for a month.	2.9 *1.27*	4.0 *0.82*	2.5 *0.76*
20g	**Designate a "Flow" room** -- Establish a room where it's easy to play an instrument, to take part in a hobby, to read a book, or to play a game with family	2.6 *1.24*	3.9 *0.69*	3.3 *1.16*
20h	**Create a Pride Shrine** -- Set up one area of your house to routinely remind you of the people, accomplishments, and events of which you are proud.	2.1 *0.99*	2.9 *1.13*	3.4 *0.52*
20i	**Grow a garden** -- Plant an outdoor garden if you have the space or an indoor garden if you are living in an apartment or urban location. Take care of your plants daily/weekly.	3.4 *0.73*	3.6 *0.98*	3.0 1.15
20j	**Maximize sunlight**—Install skylights in your home and big, south-facing windows for indoor sunlight.	3.4 *0.74*	3.2 *0.75*	2.6 *1.13*
20k	**Optimize your bedroom for sleep:** Have light-blocking shades, remove electronics and keep the room at an optimal sleeping temperature (62 degrees).	3.3 *1.11*	4.0 *0.89*	3.7 *0.52*
20l	**Live in an environment of trust** --Move to a place where you can trust your neighbours and local officials. Work at a place where you can trust your boss and co-workers, and make friends with trustworthy friends.	4.3 *1.12*	4.3 *0.82*	2.3 1.04
20m	**Live in quiet surroundings** --: Move to a quiet neighbourhood	3.1 *0.83*	3.0 *0.71*	2.4 0.53
20n	**Safe surroundings** -- Look for a neighbourhood where you'll feel comfortable letting your kids play outside	4.0 *0.71*	3.9 1.07	3.0 *1.15*
20o	**Own a Pet** --Adopt a dog from the local humane society or find a trusted breeder	3.3	2.8	3.1

	from which to adopt.	*1.28*	*1.04*	*1.36*
	Positive outlook			
20p	**Write about positive experiences:** For at least 2 minutes a day, 2 days in row. Write in detail about one of the most wonderful experiences you ever had in your life	3.0 *1.22*	3.9 *1.57*	3.4 *0.79*
20q	**Keep a gratitude journal:** Each day for one week write down the things that went well for you that day and why that might have happened	3.1 *1.27*	3.4 *1.40*	3.1 *0.69*
	Life style			
20r	**Learn the value of your free time**-- Use an online calculator such as clearerthinking.org, to value your time then make adjustments to your free time accordingly.	3.0 *1.12*	3.6 *1.51*	2.6 *0.98*
20s	**Develop arts appreciation** -- Take a class on art appreciation; buy season tickets to the opera or theatre.	3.1 *1.05*	2.8 *0.75*	3.1 *1.21*
20t	**Become a vegan** – Cut all animal products out of your diet.	1.5 *0.93*	1.7 *0.95*	2.3 *0.71*
20u	**De-clutter** -- Donate, sell, or toss all the possessions that do not contribute joy, ease, or contribute meaning to your life on a regular basis.	2.9 *0.64*	3.7 *0.82*	2.8 0.75
	Meaning			
20v	**Write a personal mission statement:** List out values, passions, greatest abilities and identify intersections. Write a personal statement for this information	3.0 *1.07*	4.2 *1.33*	3.0 *0.63*
20w	**Create a Giving Account**: Deposit a sum of money at the beginning of the year. Mentally commit that money to your favourite charity. But if, in the intervening 52 weeks, you get a parking tickets or traffic violation, or have other sorts of	2.4 *1.13*	2.8 *0.75*	3.0 *0.89*

	annoying mishaps, pay for them out of this giving account.			

APPENDIX G

Full texts of recommendations sorted by number

What policies are most likely to yield greater happiness for a greater number of citizens in nations?
Motivations made with initial suggestions in BLACK and remarks with rating in first round in RED

General comments
o As a starting point, it is worth listing some of the factors that have been found, by many sorts of evidence coming from all regions of the world, that happier societies are marked by above average values of six key features (as shown in Table 2.1 of the World Happiness Report Update 2016): real per capita incomes, healthy life expectancy, social support (measured by having someone to count on in times of difficulty), freedom to make key life decisions, generosity and absence of corruption.
    Other research has shown that trust in all aspects of life is important, stretching well beyond the absence of corruption in business and government. Furthermore, people are happier in societies where they have a sense of purpose to their lives, and where there is less inequality in happiness.
    These together imply the governments should care as much about how policies are designed and delivered as to the specifics of what is done (on the 'how' aspects, see section 3 of
http://faculty.arts.ubc.ca/jhelliwell/papers/OECD%20working%20paper_Good%20Governance%20and%20National%20Well-being.pdf .)
o I have seen little convincing evaluation evidence that any Government policy change which was specifically intended to enhance life satisfaction actually did so. There are lots of studies which find relationships between something governments can affect (e.g. air pollution) and life satisfaction. However, this is not the same as showing that if the Government intervenes and makes an apparently desirable change; people are happier rather than just quickly reverting to baseline.
o Governments should not be in the business of "providing" happiness, as it is a multi-dimensional concept that could be manipulated by politicians (and already is in some countries that have created happiness "ministries", such as the UAE and Venezuela. That said, governments can play a very important role in measuring well-being, in all of its dimensions, and making those results available to the public. That way individuals will understand the trends and patterns underlying happiness outcomes in their own societies (and beyond) and may then adapt life styles and behaviors in a manner that enhances their own well-being.

1	**ECONOMIC**
1a	**Foster economic growth** o *Focus on Maximizing GDP* Focus on economic growth, favor business, and economic freedom.
1b	**Favor economic stability over economic growth** o Stable economic growth. People hate losses much more than they like gains (cf. Prospect theory), suggesting that overall people would be prepared to sacrifice absolute growth at the margin in exchange for less volatility (i.e. recessions). At a more micro level, better to run a tax system that at the margin leads to tax rebates (gains), rather than one that is theoretically more accurate but lands people with unexpected extra tax bills (losses) – even if the implication is that slightly more tax is collected pre-rebate. o Economic policy should prioritize economic stability over long-term growth. o Support stable economic growth o Ensure general economic and political stability. Macroeconomic volatility may especially be happiness decreasing in countries that are not used to them. o <u>Insights from happiness research</u>: Macroeconomic fluctuations are important drivers of subjective well-being. In the countries, most strongly affected by the financial crisis of 2008-2009, well-being dropped to a degree comparable to the effect of major personal life events (e.g. divorce). <u>Suggestion</u>: Governments should enact regulation that minimizes systemic instability of financial markets and the risk of major financial crises. <u>Selected references</u>: Welsch and Kühling (2016).
1c	**Counterbalance global capitalism** o Most of problems in terms of unemployment, poverty and inequality arise from an imbalance of powers between transnational corporations, national governments and citizen-workers in the global economy. Two key reforms to reduce such imbalance are: i) *reform of managerial compensation* with introduction of socially and environmentally responsible indicators among key performance indicators; ii) promotion and stimulus of the *vote with the wallet* of citizens that must become aware that they can award with their consumption and investment companies that are at vanguard in creation of economic value in a socially and environmentally responsible way o Reducing the power of transnational corporations does not necessarily mean that consumers and voters are better off. o What is missing here is some idea of whether there is any jurisdiction with the power or means to implement such limits. Ideally, international tax agreements and treaties to avoid tax haven activities can help to fill the gaps. But progress has been slow and uneven, and extension to executive compensations seems unlikely via national or international laws, but feasible if shareholders and especially the large

	shareholdings of pension plans were used in this way. o This is the most important thing to be done in order to solve the problem It is not easy however to achieve the goal and also to convince citizens to use their power and making them aware of it If this is designed to reduce income inequality, it doesn't seem the most efficient strategy for doing so. I also think the evidence for the links between inequality and well-being are very mixed. And I think that this would be objectionable to many.
1d	**Increase taxes** o Polices include more progressive Income taxes, raising property taxes and inheritance taxes for financing public goods o Difficulty will vary by country with the US being the most difficult. o Increasing taxes is not a suitable way to raise happiness o There is not a huge amount of data on this, but what there is suggests it might help SWB o Tax increases are, of course, not an end in itself, but a means for redistribution to achieve greater equality o The important but seldom made point here is that the biggest gains in fairness and progressiveness are obtained not by increasing the top nominal rates of tax but by limiting the means available and widely used to avoid of evade taxes. First get the current tax system is horizontally neutral and has widely accepted levels of desired progressivity, and then make sure that all play by the same rules and pay their assigned tax shares. o This is getting too deep into economic theory for most people to understand. I am also unaware of the relevant literature o Not so cost effective for public sector inefficiencies and difficult to be accepted at political level today o I think there is some evidence that this could work, but I think it is politically challenging, at least in some countries.
1e	**Provide minimal income security** o *Universal Income* -- Provide each citizen sufficient money to provide basic needs (e.g. $10K/year, depending on) o Meeting the basic needs of food, shelter, and clothing are key to ensuring happy individuals and societies. These come with having access to adequate income. o *Top-Up" Wages Program*—Deployed in Singapore that assures that anyone who makes the effort to work makes enough money to cover basic necessities o Assist individuals to meet the basic needs of food, shelter, and clothing by facilitating job creation, as well as maintaining low unemployment and inflation o Policies that ensure a minimum standard of living for all citizens (because minimum income is important to well-being) o Provide basic social security (health care, old age pensions, unemployment benefits), lavish levels such as provided in Scandinavian countries is not required

1ea	**'Top-up' wages program:** such as deployed in Singapore, that assures that anyone who makes the effort to work earn enough to cover basic necessities
1f	**Reduce unemployment** o (*Need Best strategies to long-term unemployment.* Policies include active welfare policies, restrict zero hours' contracts, and increase investment in employment bureaus. o Reduce unemployment through active welfare policies and range of other evidence based methods. The SWB impacts of unemployment are very substantial, and only partly accounted for by loss of income, strongly suggesting that income replacement or protection is not an adequate substitute. o Work quality and insecurity. Unchosen insecure employment can have outcomes almost as bad as unemployment. Governments or intermediaries can drive up the quality of work through work satisfaction surveys that foster competition between employers for work quality. This in turn can focus attention on workplace factors that drive SWB, such as having a boss who listens and respects you, or having a 'best friend' at work. Governments may still wish to put a floor under work quality, such as restricting zero-hour contracts. o *Unemployment* has been documented in the empirical literature as being one of the most negative shocks having permanent effects on life satisfaction. To fight employment in the era of globalization and of industry 4.0, education must be oriented toward creative knowledge (competence approach to problem solving) and social skills ("empathy will save jobs") as these two skills make us competitive with machines and low paid workers. o Participation, empowerment and feeling useful to others are crucial factor enhancing life satisfaction. Policies to fight *poverty* should take this into account. They should be universal (not just employment subsidies but also income integration to those not in working age) but as well related to the performance of socially useful activities from the recipient in order to produce life satisfaction and not just economic safety o Assist individuals to meet the basic needs of food, shelter, and clothing by facilitating job creation, as well as maintaining low unemployment and inflation o I guess we do know enough about the effects of unemployment on life satisfaction to say that reducing it should be a high priority; even it means more inflation or has other adverse side effects. o <u>Insights from happiness research</u>: Being unemployed negatively affect individual well-being far beyond the effects of the associated losses in income. Long-term unemployment is particularly detrimental to well-being, and there exists little hedonic adaptation to unemployment. <u>Suggestion</u>: Governments should enact policies that minimize unemployment, in particular long-term unemployment, even if associated with increased inflation. <u>Selected references</u>: Clark et al. (2001), Di Tella et al. (2001), Ochsen and Welsch (2011 This policy is far too interventionist. Bureaucracy does not increase happiness

	Addressing unemployment is more important than tackling inflation
	Being unemployed negatively affects individual well-being far beyond the effects of the associated losses in income. Long-term unemployment is particularly detrimental to well-being, and there exists little hedonic adaptation to unemployment
	The is a logical focus for attention, since unemployment is a strong drain on happiness. The best method to reduce unemployment and build happiness at the same time is to offer alternative community-building activities that create knowledge and social networks at the same time as they are reducing unemployment. (Such a program was tested in Canada, and found to contribute to social trust and engagement, and hence happiness in the expected ways. See the reports on the website of the Social Research and Demonstration Corporation srdc.ca)
	This question is too complex to answer. What are 'zero hours' contracts'?
	Very difficult and expensive. Every government want to reduce unemployment but effective way to do it are seldom found
1g	**Reduce income inequality**
	o Reducing inequality. Given the well-known curvilinear relationship between SWB and income, it suggests that efforts to reduce inequality (at least balancing upward – such as through minimum or 'living wages') should disproportionately boost well-being. However, one has to work through all the other consequences of such policies too. Ethic heterogeneity may also stretch the social fabric, suggesting the case for active community and relationship building (see above) or seeking to calibrate immigration levels to the speed of social integration
	o The answer depends crucially on the country. If citizens are exposed to systemic violence or poverty, then eliminating these sources of happiness threat is a clear priority. For developed economies where such threats are no longer systemic, Governments should enable public policies that facilitate the three resources forming the 'Golden Triangle of Happiness' for all citizens. These could be by: …. Providing each citizen with sufficient money through minimizing the Gini coefficient.
	o *Income inequality* in our society is at extremely high levels. As it has been shown inequality has a detrimental effect on life satisfaction via the relative income effect, especially when the perception of vertical mobility in the society is not high enough. Inequality therefore, exactly as environmental pollution, produces negative severe externalities in terms of unsatisfaction and when creating high inter-country differentials, strong and hardly controlled migratory flows. Reduction of inequality via increase of the economic wellbeing of the poor (also due to the concavity of the happiness income relationship) has therefore high social returns in terms of aggregate happiness. More progressive taxation, contrast to tax dodging and minimum income measures as described in point 6 should help on this point of view
	o Addressing persistent or increasing income inequality.
	o <u>Insights from happiness research</u>: Comparison effects (negative externalities) substantially undermine the well-being stemming from consumption and income. Due to such comparisons, well-being is strongly negatively affected by inequality in the distribution of income and wealth.
	<u>Suggestion</u>: Governments should combat excessive inequality of incomes and wealth by means of progressive income taxes, property taxes, and inheritance taxes.
	<u>Selected references</u>: Clark et al. (2008), Clark and D'Ambrosio (2015), Ebert and Welsch (2009), Layard (2006).

	- Income-inequality is unrelated to happiness in nations, but gender-inequality is - Implement aggressively progressive taxes to assure the top 10% of earners are making no more than 10x that of lowest earners. "There is no correlation between average happiness and income inequality in nations, which suggests that the positive and negative effects of income inequality tend to balance. - Full employment is another thing that can exist with and without income inequality" - Pursuing happiness policy be raising progressive taxes leads to an increasing shadow economy and tax evasion. One must think of better approaches. This is mixing 1d and 1f. - Globalization and computers and robots are all working in the other direction, and so this one will help, but is very challenging to combat through policy alone" - Comparison effects (negative externalities) substantially undermine the well-being stemming from consumption and income. Due to such comparisons, well-being is strongly negatively affected by inequality in the distribution of income and wealth. - It is more important to reduce well-being inequality than income inequality, for the reasons outlines, and based on the evidence provided, in the World Happiness Report Update 2016, chapter 2. - It would reduce negative happiness effects arising from relative income comparisons. Not easy given the cultural context - I think the empirical evidence on inequality and its effects on well-being is very mixed. To the extent that these policies might work, I think it might be due more to the benefits for low-income earners as opposed to inequality per se.
1ha	**Favor Saving over Consumption** *Favor Saving over Consumption* – Policies include luxury tax, slightly over-billing on income tax to increase likelihood of a rebate over an underpayment penalty, opt-out national savings plans (e.g. England), and bolster social security programs for the elderly and unemployment benefits. - Some forms of growth and consumption seem to be better for well-being than others. Gambling, for example, at least for compulsive gamblers, can be disastrous for wellbeing. Governments and communities may wish to tax or restrict forms of consumption that are particularly problematic – especially where there are significant negative SWQB externalities (e.g. the for the families of gamblers) – or at least introduce stronger measures that enable people to self-exclude themselves. - Problem debt is especially entwined with mental ill-health and low SWB, though with the causality as much going from mental ill-health to debt than the other way. Against a background of around ¼ to ½ the population lacking any financial buffer, there is a strong case for governments and communities to promote easy and attractive routes to encourage rainy day saving. As well as increasing resilience to financial shocks, and the downward spirals that can follow, even small amounts of savings reduce 'tunneling effects' and can provide considerable 'peace of mind'.

1hb	**Support home ownership** o Increased tax incentives, subsidies for tax ownership, more high-quality public housing for lower and middle classes
1hc	**Stimulate consumption of stimulus goods over comfort goods** o *Comfort goods* (such as excess eating and alcohol, gambling, etc.) are over-advertised in market economies and tend to create dependence that makes demand inelastic and ensures stable profits to sellers while unhappiness to buyers. Dependence however weakens willingness and capacity to invest in *stimulus goods* (in the Scitovsky sense) that, in turn, require costly training in terms of effort but allow enjoyment of goods that produce satisfaction (i.e. culture, mastery of languages and sports, spirituality). Policies should restrain advertisement on comfort goods (i.e. on gambling) in order to avoid that the more fragile part of the population is affected and sees its cognitive biases reinforced. They should instead make people aware of the importance of investing in stimulus goods o This sounds nice but again intervenes far too much into the private life of individuals. Happiness also means that one leaves people to decide for themselves. Beach holidays are not necessarily passive, for instance when young people surf the waves. o The main rationale for the happiness effectiveness of stimulus goods is their lack of comparison effects, as opposed to many comfort goods o This is an area where the most relevant norms are set by market and social media rather than by governments. The previous questions dealt with some of the same issues. o It was my proposal with the exception of beach holidays that I would not include in comfort goods o I think the empirical evidence for these types of activities has been oversold and is likely due to confounding factors in the design of the studies. Thus, I think that pursuing such programs at a large scale would be premature and would run a strong risk of reducing the perceived legitimacy of such efforts.
1i	**Reduce working hours** o Individuals tend to over-value money and under-value time. Having time available outside of work is important to individuals' physical and mental well-being. Increasing vacation days and <u>reducing the number of hours worked each year</u> are likely to contribute to increased happiness without compromising the basic needs of the citizens. o <u>Improve work-life balance for workers</u>, reduce workplace stress, improve job satisfaction, and promote a healthier and more supportive work environment. o Afford individuals time: Increase leisure time through augmenting vacation time and reducing the number of hours worked each year. o Reducing working hours does not necessarily raise happiness. In Switzerland voters recently declined a reduction in working hours in a referendum. This suggests that work length is not felt to be a chore by a majority of workers. o This would also help with reducing unemployment as work hours can be spread across the population. o Happiness effectiveness may depend on the initial situation. For instance, yearly working hours are low in Germany and high in the U.S. I do

	not think that a further reduction in Germany creates much happiness. o Greater workplace flexibility is like to be the most effective way of making time available when and where it can be used best.
1j	**Improve work conditions** o Improve work-life balance for workers, reduce workplace stress, improve job satisfaction, and promote a healthier and more supportive work environment.
2	**HEALTH** o Although some degree of publicly -provided health care is required in societies, individuals should be incentivized to be proactive. Related to good health outcomes are also environmental factors: ensuring that there is clean air and access to clean water, abating pollution, and reducing traffic and housing congestion are likely positive steps in elevating happiness. In addition, societies that invest in improved public transportation may turn out to be happier. o Improve the delivery and the overall efficiency of the health care system. o Accessible health care and mental health care
2a	**Provide free health care** o *Free Healthcare for All* – Implement universal healthcare like Costa Rica, Canada, Scandinavia
2b	**Prioritize Mental Health care** o *Prioritize Mental Illness* -- Policies include requiring reimbursement for mental health equal to other diseases; public information campaigns to reduce stigma, offer Evidence-based psychological therapy (e.g. England's IAPT. o Treat mental ill-health as professionally as physical ill-health. Especially promising right now is to push a major expansion of digitally-assisted CBT and other psychological therapies: these appear to achieve similar outcomes to conventional approaches, but enable therapists to see 5 times more patients. o Offer evidence based psychological therapy to all the 1/6 of the population with depression or anxiety disorders. A good model is the English program of Improving Access to Psychological Therapies (IAPT) which started in 2008 and now treats half a million adults annually. All outcomes are monitored and 50% recover in the period of treatment (average duration is 7 sessions). It has been called "world-beating" by the journal Nature. The same principles should be applied to children and young people, and are being in England o Invest in mental health care
2c	**Prioritize prevention**

	o *Favor Disease Prevention over Treatment* – Policies include subsidizes that favor fruits and vegetables over processed foods and animal products, increase spending on physical fitness programs, increased availability of public transportation and pedestrian streets, tougher tobacco laws and enforcement.
2d	**Encourage healthy living** o Individuals should be incentivized to be proactive in their own physical and mental well-being in order to reduce strain on the health care system. It is possible that the link in this factor is bi-directional as good health outcomes not only cause happiness, but happiness causes good health
2da	**Promote healthy eating** o *Favor the use of Fruits and Vegetables over Processed Foods* – policies include soda tax and junk food taxes, grocery story food placement restrictions, limit subsidies for sugar, corn, and soybean production (base of most processed foods), upgrade USDA standards for school lunches, outfit schools so they can cook food and not just warm premade meals, subsidize farmer's markets, limit fast food licenses. o *Provide easy access to fresh fruits and vegetables.* Eating fruits and vegetables is widely understood to be a healthy choice and is associated with both low obesity and low smoking rates -- and businesses can capitalize on this by making them easily available. Cities with high well-being often have farmer's markets that are readily accessible to the public, grocery stores that prioritize high-quality produce and restaurants that default to fruits or vegetables instead of fries with their entrees. Employers can apply these principles to the workplace by offering a fruit or vegetable choice with every cafeteria meal. Workers can also take turns bringing in fresh fruit or vegetables to share with their coworkers so there are always easy-to-grab fresh produce options. o To promote healthy eating: Subsidized healthy food (or taxed unhealthy food), better healthy diet education in schools o *Restrain Comfort Goods* – Policies include taxing junk food and alcohol, limiting hours of sale, restricting advertising. o This is another set of changes best driven from the bottom by community action that builds the community at the same time as it is improving eating habits. o Our culture is going in that direction and therefore it will be more feasible in the future o Again, I know of no empirical evidence supporting the effectiveness of such proposals. Furthermore, this is already a goal of public health campaigns, and my understanding is that it has proved difficult.
2db	**Promote sports** o To promote exercise: Publicly sponsored races, low-cost public gyms, better exercise education in schools, city parks, public transportation

	o *Make sure there are safe places to exercise*. Nearly all cities with high well-being provide their residents with safe places to exercise, something workplaces can emulate. Though some employers provide on-site fitness centers, many are reluctant to do so despite the proven return on investment in enhanced productivity and reduced use of healthcare. Companies that are unwilling or unable to provide on-site exercise facilities could offer partial reimbursement for fitness center membership (with required proof of usage) or corporate partnerships that exchange large groups of memberships for discounted rates. To ensure that employees use these facilities, they must feel physically *and* psychologically secure entering and exiting. Businesses should subsidize membership only to fitness clubs that provide a safe environment for their employees, and employees must always feel welcome and encouraged to use facilities (internal or external) regardless of their health history or current health status. o Too many items lumped together here: e.g. sports with parks. o Much of this is already happening. And is driven mainly by participants and volunteers, itself another source of happiness. o Our culture is going in that direction and therefore it will be more feasible in the future
2dc	**Get people to the Dentist** o Policies include more subsidies for oral health, tax breaks for dentist visits or free dental health o People who go to the dentist at least once a year have considerably higher well-being than those who don't, which is one reason why a common feature of the U.S. cities with top well-being is good oral health. Those who maintain good oral health rate their lives more highly, are more likely to exercise and eat well each day, are less stressed in their daily lives, are less likely to be obese and smoke less than people who don't get to the dentist regularly. Though most employers offer optional benefits that cover dental visits, few actively encourage their employees to choose this coverage or to visit a dentist on their own. By emphasizing oral health in the workplace and offering extra incentives to employees who visit a dentist, employers could gain significant return from the benefits of having a healthy set of teeth.
2dd	**Promote 8 hours of sleep** o To promote adequate sleep: Change school start times, implement policies about work week hours and payment o *Promote 8 Hours of Sleep* – e.g. optimize school start times for sleep, limit working hours, fund public information campaigns
3	**ENVIRONMENT** o <u>Insights from happiness research</u>: The economics of happiness offers a way to calculate the happiness value of 'green variables' and to weigh those against the happiness value to people of extra income and consumption. The literature suggests that green variables have large direct effects on human well-being, whereas greater consumption of things in Western society cannot be expected to make us much

	happier. Suggestion: Governments and society should concentrate more on environmental aims and less on monetary or materialistic ones. Selected references: Oswald (2012), Welsch (2002, 2006, 2009), Welsch and Ferreira (2013), Welsch and Biermann (2014).
3a	**Reduce use of cars** o *Road designs to favor humans over cars.* Policies include requiring narrower traffic lanes, lowering speed limits, widening sidewalks, adding bicycling lanes, eliminating one-way streets e.g. Complete Streets Policies o GENERAL COMMENTS ON "ENVIRONMENT": (a) The economics of happiness offers a way to calculate the happiness value of ˜green variables"™ and to weigh those against the happiness value to people of extra income and consumption. The literature suggests that green variables have large direct effects on human well-being, whereas greater consumption of things in Western society cannot be expected to make us much happier. (b) With respect to the environment, non-linearities are important. Both the happiness effectiveness and the cost effectiveness are much greater at poor levels of environmental quality than at high levels. Best to do this in ways that improves the social interactions between and among walkers, cyclists and drivers. This aspect is often forgotten, and soon the parties start thinking of themselves as competing for scarce space instead of cooperating in getting around in healthy and efficient ways. Friendly and convenient public transit the most important part, especially in crowded cities. o I would be good to do so but I do not see the link with happiness except if it reduces traffic congestions and commuting time (not granted however) o I would love it if this would work, and there is a bit of empirical evidence here. However, I think the studies here are not strong, and I would like to see more before advocating for such a position.
3b	**Reduce urban spawl** o *Limit Urban Sprawl*—Codes requiring smaller lot sizes, tax incentives for inner-city improvement, green belt s (e.g. Portland, Boulder, San Luis Obispo), limiting public financing of services outside certain perimeters. o Reduce traffic and housing congestion and improve public transportation
3c	**Invest in clean air** o Policies include requiring stack scrubbers, emission controls, carbon tax, drive-thru ordinances, tougher smoking laws o Reduce pollution: procure cleaner air and access to clean water.

3d	**Invest in greener environment** o Examples include funding publicly assessable green spaces and landscapes, install ponds and lakes o Access to visible green space. Both micro and macro studies suggest considerable SWB benefits from access to 'natural' environments. This doesn't have to mean massive parks, but can be in the form of small green spaces and landscapes, and possibly other natural forms. UK data suggest that living close to water has similar positive effects. o 'Water cooler' places. Physical spaces that create 'natural' opportunities for people to dwell and meet their near neighbors, but crucially that do not force them into interaction provide the fertile spaces for relationships and trust to build. In more technical terms, hierarchies of space that create opportunities for interaction but that enable residents to regulate that social interaction, are what we're after. In practical terms, that means benches on streets (where you could choose to walk the other way or side if you are in a hurry); shared private gardens, but still retaining fully private gardens that connect into them too, etc. o To promote interaction with nature and social interaction: Create publicly accessible green space
3e	**Support of Fairs and Festivals** o Examples include Farmers Markets, fairs, music and ethnic festivals. o There is momentum here, but encouragement would help, including pulling back some of the municipal ordinances that make pop-up events and markets difficult. o Relational life is crucial for happiness o We need to be careful...these types of policies would likely be appealing to the academics who are doing this research and evaluating these policies (including me). This may also affect our interpretation of the empirical evidence for such policies. However, many would be skeptical, and I'm not sure that empirical evidence exists supporting their effectiveness.
4	**GOVERNANCE**
4a	**Promote good government** o Provide a predictable institutional environment: rule of law, good governance o Empower individuals through better governance resulting in freedom of speech, reduction in corruption, absence of discrimination or intimidation, increase in law and order, gender equality, greater autonomy for marginalized groups, and more tolerance and inclusiveness in society. o *Invest in Better Public Servants* – Policies include raising pay of government officials, toughening corruption laws, providing more

	transparency, Implement high-profile satisfaction ratings for politicians and public servants.
	o Rule of (fair) law / procedural justice. Corruption and abuse of power is deeply corrosive of social capital and likely SWB. Bo Rothstein suggests that the key for systems to achieve is impartiality
	o *Improve Police Force*—Policies include increasing pay for police, requiring and financing ongoing education for training (e.g. diversity, use of lethal force
4b	**Empower and involve citizens**
	o Power and control matters for SWB. Being treated with respect and dignity matters greatly to people, sometimes more than so-called 'hard' outcomes. Gathering satisfaction ratings with public and other services, and ensuring that institutions are incentivized to care about it (either through market design or some other way) will push being treated with respect and dignity up organizations concerns.
	o Empowerment. Overt empowerment also generally brings SWB benefits. This may range from right to vote to abrogative referendums. Similarly, cities and regions with more devolved power, including fiscal, generally achieve higher levels of SWB.
	o This may also be true at the more micro-level, making the case for personal budgets in healthcare, for example – but watch out for offsetting burdens of bureaucracy that have often come with such 'empowerment'.
	o More speculatively, democratic innovations – such as deliberative forums and citizens' juries – appear to offer a particularly powerful combination of ensuring that citizens voices are heard, but without tying also all up in endless meetings and deliberation. I've not seen it tested, but these would look like promising innovations both for better governance, and increased SWB.
	o Participation, empowerment and feeling useful to others are crucial factor enhancing life satisfaction. Policies to fight **poverty** should take this into account. They should be universal (not just employment subsidies but also income integration to those not in working age) but as well related to the performance of socially useful activities from the recipient in order to produce life satisfaction and not just economic safety
	o Societies where people are productively engaged in the design and delivery of services with and for themselves and each other, are happier and more effective than those with more top-down and rigid structures. Effective governments are those that are respected and 'owned', rather than simply tolerated or fought, by their citizens.
	o On policing, as opposed to prisons, I have been impressed by the murder and violence reduction programs in Tijuana, especially the parts where support is offered for community-led activities designed to produce positive connections in places where anger and violence, both in families and communities, had become the norm.
	o There are similar experimental cross-pillar community-building ventures in Saskatchewan, all with an emphasis on empowering local leaders and their communities to work with the responsible government agencies, and, most importantly, to break down the walls of the silos in which child support, unemployment and welfare, housing, health services, education and policing are traditionally trapped.
	o Cooperation makes those providing and receiving public services, and those with whom they work, both happier and more effective.
	o Several examples relating to prisons, schools, and elder care may be found in 'Understanding and Improving the Social Context of

	Well-being' http://faculty.arts.ubc.ca/jhelliwell/papers/w18486.pdf o Participation, empowerment and feeling useful to others are crucial factor enhancing life satisfaction. Policies to fight *poverty* should take this into account. They should be universal (not just employment subsidies but also income integration to those not in working age) but as well related to the performance of socially useful activities from the recipient in order to produce life satisfaction and not just economic safety o Empowerment is having a reasonable set of choices and the ability to make choices freely. It includes economic, political, and personal freedom. Empowerment is linked to income, employment, and job security, but also to civic engagement such as freedom of speech, and living and working without fear of discrimination or intimidation. Opportunities are meant to improve one's unique situation, e.g. universal child care; access to secular education; support to upgrade/complete education; ability to gain quality and stable employment; mentorship. Since individuals adapt to their situations, increasing opportunities for advancement becomes important in elevating their happiness. Policy implications to improve happiness under this all-encompassing heading are obvious: Promoting gender equality, enabling greater autonomy for marginalized groups, reducing corruption and favoritism, increasing law and order, removing barriers to promotion, <u>and taking steps towards a more inclusive society</u> – one with more tolerant social norms and one that could be regarded as just and fair with opportunities for individuals to participate and advance through stronger public institutions. o Provide opportunities for individuals to participate in society through stronger public institutions.
4c	**Decentralize:** o Transfer powers from the state to regions and cities in law making and taxing. Accept differences for the sake of greater involvement of citizens o Important to get the most from decentralization by sharing blueprints, successes, best practices and horror stories, to let the good ideas propagate. o No evidence of effectiveness and could have unintended consequences (e.g., in the U.S. where the federal government has been instrumental in addressing problematic racial policies in individual states and communities).
4d	**Aim explicitly on greater happiness** o *Focus on Maximizing Life Satisfaction* -- Develop measurements and focus on maximizing Life Satisfaction—adopt or develop notion of Gross National Happiness and adopt it as measuring stick of success o Introduce standard measures to stand alongside GDP etc. that capture subjective well-being, and ensure sample sizes large enough to enable reliable comparisons between regions and cities. o A smart move is to involve the public themselves in framing these measures, though it makes sense that they are comparable with those used by other countries (UK settled on 4 headline items: life satisfaction, happiness, anxiety (lack of), and feeling that the things you do are worthwhile)

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- *Provide a strong, sustained voice of commitment to well-being.* One of the biggest mistakes that leaders can make is to treat well-being as nothing more than a benefits program or some sort of fringe, flavor-of-the-month initiative. Those who do leave vast amount of untapped potential sitting on the table. Those who don't, in contrast, deliver a very clear message to their constituents that say, "This is who we are, this is important to us, and this is never, ever, going away." Above all else, residents of communities and employees of organizations need to understand very clearly that a culture of well-being is here to stay, and that they are expected to be a part of it
- *Verbalize a consistent and uniform definition of what is meant by "well-being".* Leaders of communities and organizations need to be on the same page about what well-being *is.* Gallup research has shown that well-being interventions are proven to be more effective and greater improvement in well-being is realized when recipients gain knowledge of what is meant by it. The key to this is to have every leader singing off of the same song sheet and talking about it the same way.
- *Lead by example, set the agenda, and use the bully pulpit.* Leaders matter in many ways when it comes to well-being, perhaps nothing more so than when it comes to setting an example for others to follow. This doesn't just mean showing up in the company fitness center or appearing at local events; it also means establishing hard policies in city or state workplaces that directly influence the foods that employees consume, how they are incentivized for good health, the opportunities and encouragement they receive for building financial security, and what is expected of their conduct at home and in their communities.
- *Ensure that residents believe that their well-being is authentically cared about.* Across multiple studies, this metric consistently ranks at or near the top of the most important vanguards of well-being. It can't just be about the reduced health utilization or other economic outcomes that the community stands to gain. It also needs to be about delivering the message that the well-being of residents matters in its own right.
- *Scientifically evaluate the effectiveness of programs as a function of change in well-being over time.* Among the biggest misses observed inside of communities that execute well-being interventions is to actually *test* whether or not they are working. What percentage of residents is participating in programs that stand to benefit from them? How does their well-being change over time? Keep funding the programs that are doing some good. Drop the programs that aren't.
- It would be simple to make life evaluations part of all major surveys and social experiments, to add positive mental states and life evaluations to every GP's list of questions, and to rebuild police forces and prisons with better lives for all as the explicit objectives. But it needs to be organic change driven from within, and not a top-down edict. Government does have a role in the collection of data, the support of research, and the enabling management of public institutions.
- I do not think that this matters per se It is important what we do to increase life satisfaction of the citizens
- Could have unintended consequences, due to public's skepticism about the ability to improve happiness or differences in opinion about the value of happiness as a goal.

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<tr><td>**5**</td><td>**EDUCATION**</td></tr>
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5a	**Invest in education**
	Increase investment in learning. Employees have a built-in need to <u>learn and grow</u>. Cities that offer their residents rich opportunities to learn new and interesting things commonly have low obesity and low smoking rates. This is one reason why college towns or cities with a heavy academic presence rate so high for well-being. Cities that leverage local academia to enhance the opportunity to learn new and interesting things each day can increase their residents' well-being and broader willingness to embrace healthier lifestyles. - The answer depends crucially on the country. If citizens are exposed to systemic violence or poverty, then eliminating these sources of happiness threat is a clear priority. For developed economies where such threats are no longer systemic, Governments should enable public policies that facilitate the three resources forming the 'Golden Triangle of Happiness' for all citizens. These could be by: …. <u>Enabling life purpose by minimizing underemployment and providing free education at all levels.</u> - Empirical literature has widely documented that *education* produces economic as well non-economic benefits. It raises employment and income opportunities, social capital, health and capacity of making politicians accountable. In spite of a potentially offsetting effect via higher expectations the more educated tend to have higher life satisfaction and lower life satisfaction downsides. Raising human capital (possibly through an increase of the compulsory education age) is therefore one of the goals to increase life satisfaction - Increase knowledge through formal education, elders, or self-directed learning. - Make education affordable and effective for people of all socioeconomic statuses
5b	**Provide free education** Enabling life purpose by minimizing underemployment and providing free education at all levels.
5c	**Bring life skills in school curriculum** *National Teaching Standards to prioritize critical thinking and life skills over testing scores* -- de-emphasize testing cores (e.g. No Child Left Behind) over curriculum that focuses on life skills (e.g. England's Healthy Minds program) and mindfulness (e.g. Mind Up), specific talents over academic prowess, resiliency, critical thinking, financial literacy, creativity, relationship and empathy - Build character and resilience in schools. Recent interventions studies across countries suggest that such interventions both increase SWB and improve educational attainment. - Specifically nurture relationship skills and empathy in schools, as part of the core curriculum. On the latter, structured activities that involve listening to the interests and needs of others looks promising. - Teach life-skills using evidence based materials in every school. The English pilot curriculum (Healthy Minds) of one hour a week is a good model for secondary schools. <u>http://www.healthymindsinschools.org/</u>

	o *Service programs for Teenagers* -- Introduction to service within the high school curriculum or as a 3-6-month extension – so that students can experience how helping others feels in their own psychology (reduces anxiety, uncertainty, lack of feeling needed, etc. o Support autonomy development in education o Funding for schools to teach emotion regulation and happiness strategies (socio-emotional learning) o *Mental health education in schools* – emphasize character building and social skills o Knowledge also enables individuals to make rational or better decisions. Some individuals may be both resource and information constrained. For example, if individuals are driven to keep up with the Joneses, by purchasing luxury items or even homes that they cannot afford, they may be saddled with payments for many years and as a consequence their happiness may be adversely affected. In this situation, government policy would be better directed in educating individuals through non-profit financial planning centers and rather than providing financial incentives for home ownership. This is especially important in today's economy since many individuals have saddled themselves with expensive homes to take advantage of historically low interest rates. Should these rates rise, these individuals' levels of happiness may plummet. o Why not? and be sure to measure happiness regularly, as will be done in the next round of PISA.
5ca	**Promote financial education** o Add financial management to the standard curriculum in schools. Establish financial planning centers to educate people how to make sound financial choices o Running into trouble financially is a source of much unhappiness of less educated people and may even contribute to macroeconomic crisis (subprime crisis, credit card bubble). o No very clear happiness link here o *It is important but also costly and not so easy to implement It requires a lot of effort o Little empirical evidence for the effectiveness of this policy.
5d	**Maintain order in schools** o All teachers who have difficulty with calm in the classroom should be offered the Webster-Stratton course on order in the classroom. o Prevent bullying
5e	**Facilitate study away from home** o Encourage and fund HE and FE students to study in residential facilities away from home (tentative). People who went to Higher Education in the UK show dramatically higher levels of social trust, at least part of which is thought to come from the distinctive experience of living in

	an environment where new trustworthy relationships and skills are rapidly formed, forming habits and expectancies that last for life.
5f	**Monitor happiness in schools** o All schools should measure wellbeing and consider wellbeing value-added as a success measure. o Clearly, schools should not be a source of unhappiness, but increased wellbeing should not be achieved through lowering standards below an appropriate level. o Certainly. How could we favor happier schools without getting such measures to help show us how to build and run happier schools (and universities and workplaces and hospitals, etc.) o It is not just a problem of measuring happiness but of care and quality of relationships
5g	**Educate parents** o Support parents and parenting skills. Like any other skill, parenting looks like it can be improved through guidance and training, with SWB impacts for both the adult and their children. Particular attention should be paid to supporting parents themselves suffering from depression or other mental health conditions o All parents should be offered parenting classes at childbirth, covering emotional relations between child and parent and between parent and parent. o *Parental Classes* – Require or provide free or low cost classes for parents at childbirth to teach basics of nutrition, education, safely, healthcare, stress management etc.
5h	**Facilitate internet access** o Establish programs to fund Wi-Fi-hotspots and infrastructure. Provide incentives to private industry for covering underserved areas o Useful insofar as making individuals more included and better informed to make decisions o Internet access may enrich life and make life more convenient (e.g. for handicapped people), but there is a downside in terms of addiction or bullying, especially in young people. Adequate use of the internet should be a part of the school curriculum (life skill, similar to financial education). o This is most important for poor countries, as the internet has the potential to be the free global university. o Internet access per se does not increase happiness It depends on how it is used
6	**PERSONAL SUPPORT**

6a	**Support families** o *Assist emotionally intimate relationships* – Support of all marriage, relaxed divorce laws. o *Invest in Child care and family Well-being***.** Policies including Paid parenting time off (e.g. Scandinavian model of allowing mothers and fathers to freely choose who stays home out of a shared "time budget."); a system of childcare (e.g. France's government-provisioned nannies or networks of childcare facilities) that allows parents to experience professional success while knowing that their children are well taken care of o The answer depends crucially on the country. If citizens are exposed to systemic violence or poverty, then eliminating these sources of happiness threat is a clear priority. For developed economies where such threats are no longer systemic, Governments should enable public policies that facilitate the three resources forming the 'Golden Triangle of Happiness' for all citizens. These could be by: …<u>Assisting the experience of emotionally intimate relationships through relaxed divorce laws and strong laws determining estate division after separation</u>. o Family (spouse, partner, parents, siblings, and relatives) is important. Note that marriage not only affects happiness, but the reverse is also true: happier people tend to get married. For children, life disruptions associated with parental divorce may lead to diminished resilience and negatively impact their happiness, while good parental unions are likely to yield an opposite outcome. Useful policies would include <u>incentives for formation and preservation of stronger families</u>.
6b	**Reduce loneliness** o *Public Service Touch Points to Reduce Loneliness* – Examples include hotlines, social networks that encourage meet-ups, walking clubs
6c	**Support happiness education** o *Support happiness self-help***:** inform people about long-term effect of choices on happiness, such as starting a family or early retirement o Release the data and encourage analysis and publication to 'help people make better choices for themselves'. For example, in the UK there has been much interest in tables that show the relative life satisfaction of different professions, as well as their earnings, to help inform the life choices of young people. Similarly, breakdowns of life satisfaction by firms helps shape the marginal preferences of workers, and drives firms to compete on quality of life, not just earnings. o Robust empirical evidence on US, Japanese and European samples documents that poor **sense of life** (an important dimension of life satisfaction related to eudaimonic wellbeing) increases mortality risk on the elder. Sense of life depends in turn on employment, education, spirituality and quality of relational life. We are sense searchers before being utility searchers. The most effective and important thing to do in order to promote active ageing (beyond the standard prescription on life styles) is to make it easier for the elder to invest in activities that

	may stimulate their sense of life (i.e. lifelong learning, cultural activities, social activities and relational life, voluntary activities, storytelling activities where memories can be transmitted and shared with the young generations, etc.). o *Invest in Sense of Life/Purpose Programs*—Policies include public Investment in life-long learning, eliminate mandatory retirement, meaningful work for the elderly, funding for purpose workshops. o The current science on most of these issues is still nascent. Give us a few years before the manuals are written! In the meantime, just remind them to look after each other. o Why is 'training in life skills' considered 'happiness education'? This can become popular in the future but there may not always be consensus on what makes people happy
6d	**Improve happiness advice/coaching** o Professionalize life coaching business, e.g. by training, certification and procedures to protect customers against quacks. Foster research on the long-term effects of life-coaching on happiness to develop evidence based practices. o Too much of life has been over-professionalized, and then packaged for sale. Your spouse and friends should be your best life coaches, or the other players on the soccer team. That's what friends are for. o This can become popular in the future but there may not always be consensus on what makes people happy
6e	**Focus on the least happy** o Target stages in peoples' lives when happiness is relatively lower. If individuals' happiness reaches a minimum during their mid-life, address the underlying factors that cause a drop (e.g. assist individuals who are compelled to meet the increasing needs of their children and aging parents simultaneously). o Prioritize people who need happiness support most
7	**FREEDOM**
7a	**Foster freedom to choose** o Reduce restrictions, such as such as mandatory retirement. Provide options, such as alternative marriage arrangements. Respect human rights. o Foster freedom, economic, political and private freedom o Empowerment is <u>having a reasonable set of choices and the ability to make choices freely</u>. It includes economic, political, and personal freedom. Empowerment is linked to income, employment, and job security, but also to civic engagement such as freedom of speech, and

	living and working without fear of discrimination or intimidation. Opportunities are meant to improve one's unique situation, e.g. universal child care; access to secular education; support to upgrade/complete education; ability to gain quality and stable employment; mentorship. Since individuals adapt to their situations, increasing opportunities for advancement becomes important in elevating their happiness. Policy implications to improve happiness under this all-encompassing heading are obvious: Promoting gender equality, enabling greater autonomy for marginalized groups, reducing corruption and favoritism, increasing law and order, removing barriers to promotion, and taking steps towards a more inclusive society – one with more tolerant social norms and one that could be regarded as just and fair with opportunities for individuals to participate and advance through stronger public institutions. o Ensure a just and fair way in which individuals can advance throughout their lives (in their careers and in the business of their everyday lives). o Increase access to opportunities designed to improve one's unique situation, e.g. universal child care; access to secular education; support to upgrade/complete education; support to gain quality and stable employment; mentorship. o Religious freedom (to promote pro-sociality as well as spirituality and religiosity o Not clear who is to be doing the fostering here. For better understanding, we still have a lot of research to do. o This is a very important point Helping people do discern and discriminate developing their own methods but forcing them to reflect on choices is crucial
7ab	**Combat discrimination:** o Policies include tougher anti-discrimination laws for minorities, women and sex preference, desegregation in schools and more female commanders in the military.
7b	**Foster ability to choose** o Assist individuals towards making rational decisions. For example, encourage home rental over ownership and diminish incentives for ownership when the housing market is hot and when carrying mortgages is beyond the ability of individuals in the long run. Some individuals may be both resource and information constrained. o Assist individuals in working toward a goal and achieving it. Act as a catalyst to bring about success for individuals, which is an important domain in their life satisfaction.
8	**SOCIAL CLIMATE**
8a	**Facilitate social contacts**

	o Facilitate social contacts in the neighborhood e.g. by financial support for
	    o Local art houses, dance centers and street artists
	    o Structures that promote walking and non-motorized transportation in the community, e.g. sidewalks, bike paths and public parks
	    o Fairs and Festivals, such as Farmers Markets, fairs, music and ethnic festivals.
	o To promote social interaction: Low-cost social events sponsored by governments (e.g. state fairs, festivals)
	o To promote interaction with nature and social interaction: Create publicly accessible green space
	    o Human beings are relational in essence ("social animals") as Aristotle well theorized. Empirical evidence on the determinants of life satisfaction provides strong support on this point. *Relational goods* are quasi-public goods that require coordinated effort and investment to be enjoyed. They require coordinated investment to be cultivated and are fragile as being subject to coordination failure. They are not consumption goods since mere replacement without investment leads to a low relational good trap. One of the crucial goals of policies should be that of helping and not hindering investment in relational goods (i.e. smart work to improve work life balance, design of urban areas to foster interpersonal exchanges, etc.)
	    A sense of belonging and a feeling of being needed as well being supported beyond the family circle are likely to increase happiness. Stronger links with friends, colleagues, communities[7] – and the ability to draw support from them is likely to make individuals happier. Useful policies include additional incentives for the formation and operation of communities and support groups, both religious and secular, in order to improve individuals' social life. This is important especially for the disadvantaged or marginalized members of the society. These communities and support groups can encourage individuals to work toward a goal and achieving it -- which will likely be happiness enhancing. However, it is not just receiving that matters. The act of giving also makes a difference. Individuals are likely happier when they contribute to the well-being of their friends, colleagues and communities, and when they perform generous or pro-social acts such as making charitable donations to support others. Additional tax incentives to promote charitable giving, providing opportunities for volunteerism, and ways to acknowledge volunteerism will all likely be positive steps in elevating individuals' and nations' levels of happiness. As well, means of fostering trust, gratefulness, and social interactions in society will likely be fruitful. At a more macro and international level, increased foreign aid may make not only the citizens of recipient countries happier,
	o This requires an open door on the part of local administrations, and possibly some formal acceptance of risk-sharing, since fear of legal repercussions is often cited by those not willing to expand their ranges of uses for public and private spaces.
	o Not so difficult in the current cultural climate. Not necessarily leading to higher happiness
	o Again, I believe that fostering social ties would be beneficial, but I do not know that we know how to effectively do so

8b	**Encourage volunteering, civil service** o To promote prosocial behavior/volunteering: Incentivized volunteering via tax breaks, websites that easily connect people with volunteer organizations

- o Create scaled opportunities to volunteer, such as the UK's National Citizen Service, which enables 100,000s of young people to experience volunteering and community service. This program also incorporates elements deliberately designed to boost trust and 'bridging social capital', by including a residential element that mixes young people from very different walks of life in a collective community task.
- o Make giving easier, such as facilitating platforms that make it easier to identify volunteering opportunities, or to give money or time to others (e.g. provision for workers to spend at least a day a year doing volunteering – in the UK public service, it is now set at 3 days a year)
- o Build and support 'complementary currencies' to catalyze care-based exchange. These are wide ranging, from variations on Edgar Kahn's original time-bank model (e.g.: Spice), to platforms that build off the exchange and sharing of tools and goods, as well as the skills needed to use them (e.g. street bank). Facilitating exchange and support around social care and long-term conditions is of particular interest, ranging from the Japanese 'care ticket' system to attempts to build scaled versions of such reciprocity and care in many other countries (in the UK, this has been a major focus of the Cabinet Office's Social Action Team £40m fund).
- o Community organizers. A key element of getting reciprocal platforms and dynamics going to scale is to have someone on the ground to drive initial sign-up and activity. I've always liked the idea of Paul Resnick to have organizers create 'community directories' – be they physical or online. UK evidence suggests that areas where community organizers were trained and funded (20,000 were trained and funded by UK government in 2010-15 government) showed significantly higher increases in SWB as measured by the ONS.
- o *Gratuitousness* has been evidenced as one of the six factors explaining 75% of life satisfaction differences in the last World Happiness Report. Returns from gratuitousness in terms of life satisfaction are positive and not subject to volatility. One of the best happiness definition comes from John Stuart Mill «If we seek our happiness we won't find it, but if we dedicate ourselves to something useful for the community, like science and philanthropy, our happiness can be found along the way» Policies such as <u>compulsory (or strongly incentivized) civil service for the young</u> would help to make experience the returns of gratuitousness in order to make room for it in adult life
- o I think if I was the government I would do something like that which would be civic service that would get everybody to participate. It would become like melting pot because everybody would participate and even if it's only three months or six months we would get people to try new things, get people to volunteer, people to view them as part of the collective in a deeper way. I think that one of the things we are missing. We are missing understanding of our society.
  We are missing caring society at large we are feeling connected to it, if I could make one recommendation that would be it. One final little point about this is that I think that having woman commander in the army who tells you exactly what to do is a wonderful thing. I think for young men to start their independent lives after having to do pushups or runs whatever the woman commander tells them is certainly a happiness increasing realization in the world.
  If I could I would take this civic service and I would add some social obedience to it and I think that would be helpful. Social obedience to women it would help gender relationship as well. I hope this are the kind of things you were looking for.

8c	**Increase support for non-profits** o Fiscal policies that not only reward philanthropic giving, but also time, such as in the USA federal employee time allowed for social causes
8d	**Increase foreign aid** o Increase foreign aid and support foreign remittances. o Provide incentives and tax benefits for B-corps
9	**MODERNIZATION**
9a	**Support modernization** o Support ongoing societal modernization**,** among which individualization, specialization and globalization. o Contest the myth that life was better in the past. We live now longer and happier than ever before in human history References: Berg & Veenhoven (2013) Has modernization gone too far? Veenhoven (2005) Life is getting better? o It is certainly a myth that life was better in the past• , and it should be contested. Yet the speed of modernization and the ensuing disruptions may make (some) people unhappy. It is important to strengthen people's ability to cope with modernization (which will happen anyway) and limit its negative side-effects (e.g. addiction to the internet, bullying via the internet, manipulation of public opinion and even elections through social bots). As to economic globalization, it is good on average, but there may be a sharp divide between gainers and losers and, in terms of happiness, losses loom larger than gains (prospect theory). Hence, globalization must be handled with great care. o Is this a trick question? Much of what is called social modernization is good, and much is bad, when seen from a happiness perspective. So, a blanket support for modernization would be false and/or misleading. So, would a wish to return to the good old days, taken as a whole. o I agree that there is a misrepresentation of the happiness differences between the present and the past and an underestimation of the benefits of living in our times
10	**INVEST IN RESEARCH ON HAPPINESS**
10a	**Monitor happiness in nations** o At an international level, augment UN's human development index with a happiness component to entice policymakers to pay more attention to their citizens' level of happiness.

10b	**Assess how much is optimal** ○ Policy makers have to consider whether there is a satiation point with respect to each of the policy measures outlined above. For example, with regards to increasing expenditure to elevate physical and mental health, is there a critical level of expenditure beyond which the relationship is qualitatively different? Does happiness reach a satiation point once basic needs are met, et cetera?
10c	**Look for what works for whom** ○ One may not be able to have universal policy prescriptions that would apply to all individuals and countries at all times. For example, empowering women is more important in lesser developed countries than in developed countries; support for working individuals who have to look after their aging parents is more important in countries where the state provides minimal direct support for the elderly; increased life expectancy will make citizens happier in countries where there is sufficient support for them in their golden years; numerous children may be source of increased happiness –in some countries rather than others as a result of cultural differences in marriage and life's purpose; et cetera. Additionally, if happiness is U-shaped through the life cycle and reaches a minimum at some stage in peoples' lives, then providing additional support for individuals at some critical juncture becomes especially important. ○ Tailor policies based on the needs and cultural contexts of the country or society. There may be no universal answers that apply to all countries and societies.

Question 2: **What individual strategies are most likely to enhance people's happiness in the long run?** **Motivations made with initial suggestions in BLACK and remarks with rating in first round in** **RED**	
11	**FINANCIAL**
11a	**Build wealth:** o Have a job or business; avoid financial dependency o Earn a good income. Save o Mood happiness is the main component of Life satisfaction. Each person has a genetically-determined set-point for mood happiness. On a population basis, the level of these set-points forms a normal distribution between 70-90 on a standard 0 to 100-point scale. Thus, feeling positive about oneself is normal. Protecting this normal positivity is the task of subjective wellbeing homeostasis. The successful functioning of this homeostatic system is enhanced by three particular resources, each assisting both resilience when homeostasis is challenged and recovery after homeostatic failure. These 'Golden Triangle of Happiness' resources are <u>money</u>, an emotionally intimate relationship, and purpose in life o GENERAL COMMENT ON INDIVIDUAL STRATEGIES: In the case of individual strategies, cost effectiveness is mostly not an applicable criterion. Feasibility may be an issue if financial resources are required (e.g. owning a house in a nice neighborhood). In most cases, I do not provide an assessment of cost effectiveness/feasibility, in moderation, all are necessary for a happy life. o Decreasing marginal returns of income on happiness. Not easy to become rich
11b	**Keep out of debt** o Pay off your house. Avoid having more than one credit card
11c	**Invest in durables and savings** o Live like the ant rather than like the cricket in fable of Lafontaine, e.g. put your money in a house rather than holidays o You manage your money well and live within your means. (You have enough money to do everything you want to do.) o Buy your house rather than rent: home-ownership adds to happiness o Save and stay out of debt

11d	**Invest in experiences** o Live like the cricket rather than the ant, e.g. put your money in regular holidays rather than in a big house o Prioritize spending money on experiences rather than material possessions
12	**WORK**
12a	**Seek a job that fits you:** not only one that pays well
12b	**Limit your work hours** o Not more than 40 hrs. a week. Have vacations regularly o Take at least 4 weeks of vacation per year
12c	**Avoid long commutes** o Forego far away jobs, even if these pay well
12d	**Employ yourself** o Be your own boss o I have no idea how this is related to well-being. Risk vs autonomy, stress vs safety of a corporate job, I have no priors for many of the determinants. o This may be good for some and less good for others. The happiness effectiveness of self-employment depends on skills and temperament. o Horses for courses. Happiest alternative is to work with others, all of whom think of themselves as partners in a valuable and interesting venture. o It can be difficult and self-employment may be less stable There is a difference between being a successful freelancer and a precarious self-employed worker
12e	**Work part-time** o Choose a job that is not going to infringe on family and social time o Keep control over your work-life

	o Part-time work is good for those who want it. Part-timers often less happy, probably because the part-time choice was not their own. If part-time suit you, look for a job where your effectiveness as part of the team is not thereby diminished. because you really will be happier where you do feel a full member of the team. o It is good for work-life balance of those family members who desire to engage more in family activities or in any case for those enjoying what they do after work Not always easy to get and costly
12f	**Socialize with colleagues** outside work o Make a best-friend at work with whom you can share personal and work problems, and with whom you can enjoy outside work
13	**SOCIAL BONDS** o Give high priority to pro-social and family values. Make contributions of time and effort which benefit the community and family members. Focus on these non-zero sum values. Don't give top priority to competitive zero sum career values, and values to do with material success.
13a	**Marry** o Better live together than alone, but choose the right spouse o Forming strong and lasting personal relationships. It looks like the optimum number of sexual partners in the last year is one o Invest in intimate ties; marriage in particular. Loners are mostly unhappy. o Give high priority to pro-social and family values. Make contributions of time and effort which benefit the community and family members. Focus on these non-zero sum values. Don't give top priority to competitive zero sum career values, and values to do with material success. o Long term good relationships with partner and family are most critical to happiness - but how to pull it off? o Date a wide variety of people, look more than skin deep, marry someone similar to you, avoid cohabitation before marriage, try marriage training, give positive reminders to your spouse, and be realistic about the joys of parenthood
13b	**Have children** o Have or adopt at least one child (as opposed to living childless). o This has to qualified by country and by gender. For example, research indicates that in some countries being male, having high levels of job and

	family satisfaction, and the presence of children in the household are positive predictors of happiness. However, being female and experiencing time binds have a negative impact on general life happiness. Children appear to be a source of increased happiness for employed and married Latin American men and women (contrary to research in Western countries) as per findings of Terrazas-Carrillo (2016). Clearly there are cultural differences in gender, marriage values, and the impact of having children. ○ Having children seems to shift the contributions among different aspect of well-being (less hedonic, more meaning), I would think of it more like living a different kind of life with different ends than a change of one's lifestyle, as entertaining as that thought is. ○ The evidence on this is mixed. Having children is closely linked to having a sense of purpose, and the latter to being satisfied with life as a whole (UK evidence). But in most national samples, having children at home is neutral or negative on SWL, and the surveys do not usually ask whether you have other children not at home. ○ Generativity (not only biological) is the key for happiness. Biological generativity is the most concrete form of generativity. Even though children create difficulties to parents in terms of time management in their first years of life
13c	**Invest in friends and family** ○ Cultivate close friends. Upgrade your social network. Join a club, pay visits, seek joint leisure activities: e.g. book a holiday trip together ○ Mood happiness is the main component of Life satisfaction. Each person has a genetically-determined set-point for mood happiness. On a population basis, the level of these set-points forms a normal distribution between 70-90 on a standard 0 to 100-point scale. Thus, feeling positive about oneself is normal. Protecting this normal positivity is the task of subjective wellbeing homeostasis. The successful functioning of this homeostatic system is enhanced by three particular resources, each assisting both resilience when homeostasis is challenged and recovery after homeostatic failure. These 'Golden Triangle of Happiness' resources are money, <u>an emotionally intimate relationship,</u> and purpose in life ○ Prioritizing close and fulfilling social relationships ○ Give high priority to pro-social and family values. Make contributions of time and effort which benefit the community and family members. Focus on these non-zero sum values. Don't give top priority to competitive zero sum career values, and values to do with material success. ○ Long term good relationships with partner and family are most critical to happiness - but how to pull it off? ○ Where possible, choose forms of activity that reinforce interactions with others, such as dancing or even singing ○ Participate with people you like in active social activities - social events, sports, cards. Make sure that these are active pursuits, not just passive things like watching TV ○ Create a Moai: A Moai is a circle of friends who commit to support each other for the long run. The American interpretation of this Okinawan custom calls for groups of 5-7 people who share values and interests to meet for at least 10 weeks to either walk together or share plant based pot-luck dinners ○ Make sure you have at least 3 friends who care about you and with whom you have weekly meaningful conversations

13d	**Act nicely** o Listening and engaging with others, could even include talking to relative strangers on our commutes into work o Expressing at least 3:1 (ideally 5:1) positive versus negative comments to those around us, both at work and at home o Practicing positive-constructive responding – welcome the ideas of others and encourage more o Smiling, trusting, giving of time to shared activities for the benefit of others are all strategies that have been shown by research to create happiness. For this advice to be taken seriously, and applied wisely, requires reducing the climate of unjustified fear that often leads children to be driven to school rather than walking, elevator rides to be solitary activities shared only with one's phone, and eye contact and smiles to be hoarded rather than shared and enjoyed. That people are too pessimistic about the risks of reaching out to help others is shown by evidence that wallets are far more likely to be returned, even if lost in big cities, than people think (Toronto results reported in *Trust and Well-Being*, IJWB 2011). o Spend more time with family and friends, and treat strangers, workmates, customers and fellow students as friends. o People are happier, and in turn are readier to reach out and help others, when they share positive social identities and the related social norms. Psychology has many experiments showing how negative stereotypes can be constructed, and how powerful they can be. Only more recently is it being shown that broader and more positive social identities can be built even more easily, and by individual actions rather than by public fiat. o Think about your own presumptions about others, and practice broadening your categories with an eye to encompass a broader range of people who you can think of as 'being one of us'. No limit to the range of nations and generations such a broadening can encompass; best done in the company of others, of course. o Finally, remember that the Golden Rule – treat others as you would hope to have them treat each other and you – has top or near-top position in every religion's instructions for two good reasons. First, it makes everyone happier, often by giving them extra chances to do things for others. Second, evidence shows that such reminders, or priming, are effective spurs to better behavior and happier lives, especially if they come from a respected source. o Practicing loving-kindness meditation o Acting extraverted

13e	**Use/learn social media**:
	    o Avoid e-isolation; try at least Facebook or so
	    o Learn to use web access and smart phones pro-socially; help in the establishment of new social norms for these technologies, lest bad practice drive out good

13f	**Focus on the happiness of others**

	o Perhaps the best way of enhancing individual happiness is by indirection, since to make one's own happiness the objective is to deny oneself and others the most important means to improve happiness. Hence it is probably not doing people a service to provide a list of things to do to make themselves happy, since following such a list will inevitably lead people to think that they are doing the actions, however praiseworthy they may be, for selfish reasons. Thus, the primary advice for individuals should be a list of things that will help to make others happy:
13g	**Join a club** o E.g. a church, sports club, country club, local association or a political party o Members appear to be happier than non-members and there is good evidence of a causal effect
14	**HOME ENVIRONMENT**
14a	**Choose to live near family** o Prioritize social bonds over career in choosing where to live
14b	**Choose to live in a suburb or a small town** o Prioritize green and safety in choosing a place to live. Better not live in a big city
14c	**Opt for an average house** o Live on a street where your house is of average value and you possess average status of your neighbors
14d	**Own your house** o Rather than rent o See also recommendation 11c: invest in durables
14e	**Experience nature** o Regularly visit parks, walk in a wood or go in the country side

15	**HEALTH SELF CARE** ○ Though the physical and weight-losing aspects of exercise are often overestimated, the positive impacts on mental health are perhaps underestimated ○ Live healthy, in particular take sufficient sleep
15a	**Eat healthy** ○ follow professional nutrition advice, e.g. eat fruits and vegetables every day and eat meat only twice a week ○ You maintain a healthy diet. ○ If we are looking for simple and implementable strategies, I would advise people to alter their diet -- in particular to eat more fruit and vegetables. See for example: Evolution of Happiness and Well-being after Increases in the Consumption of Fruit and Vegetables (R. Mujcic and A.J. Oswald). American Journal of Public Health, 2016. ○ One should avoid the tyranny of self-optimization. For instance, smoking and eating, outside regulations and incentives (taxes) are better than inner conflict and bad conscience about one's bad habits. ○ Good for your health- but for happiness beyond that? No evidence that I know of. ○ Very important for health and indirectly for happiness as a consequence of good health
15b	**Take physical exercise:** ○ Get at least 30 minutes a day of physical activity, either through walking, biking or exercising. Join a sports club or school ○ Find ways of exercising that are woven into the routine and habits of your life, such as cycling to work. ○ Engaging in physical exercise on a regular basis ○ Exercise regularly. There is clear evidence that regular physical exercise enhances life satisfaction, and its cessation causes declines in life satisfaction.
15c	**Get regular and ample sleep** ○ Establish routines that promote adequate sleep (e.g., limit screen time before bed, go to bed and wake up at the same time each day), e.g. have at least 8 hours sleep on a usual day
15d	**Check your health** ○ follow professional health advice, consult your GP when you don't feel well and check with the dentist every year ○ You get to the dentist at least once per year. ○ You have someone in your life who encourages you to be healthy

15e	**Invest in good health insurance:** Buy an insurance that enables you to easily get check-up and that adequately covers you in case of medical emergency
16	**MENTAL DEVELOPMENT**
16a	**Keep learning** ○ Master new techniques (such as iPhone), a new hobby (such as fishing) or sign up for adult education ○ Take notice and keep learning ○ Embrace curiosity: If you are going to go out for a walk, do it as much as an opportunity to look at nature or the world around you as for exercise (indeed, children are more likely to want to go for a walk again if the previous time looking at nature was emphasized rather than exercise) You learn something new or interesting every day.
16b	**Seek challenge** ○ Go beyond your comfort level, be open for new tasks and experiences; e.g. spend your holiday in another way than usual in another country ○ Choose activities that have an element of challenge to you, optimizing likely conditions of 'flow' ○ Seeking activities with the right balance of challenge and skill to increase flow experiences ○ Engaging in activities that promote feelings of competence, connectedness, and autonomy ○ Do things that make you feel uncertain, uncomfortable, or even guilty. Curious people invest in activities that cause them discomfort as a springboard to higher psychological peaks.
16c	**Know your strengths** ○ Think of what you are good at. Do a strengths test. Use your qualities ○ You use your strengths to do what you do best every day. ○ Using or identifying one's signature strengths ○ Visualizing one's best possible self (writing or thinking exercise) ○ Take some time to reflect on your top 5 strengths - particularly the ones that make you feel most alive and authentic. Then plan to use your strengths in a new way each day for at least 1 week.
16d	**Develop skills required for greater happiness**, such as social skills

	o Use self-help tools or trainings ' o Learn people skills such as how to build consensus, how to listen constructively, and how to feel compassion for others. o Forget the skills part. Just go out and do it.
16e	**Use professional advice** o If you are unhappy and don't know why: consult a licensed psychologist or life-coach o self-stigma can make this very difficult. o See my previous answers re the professionalization of too much. o It is not neutral the choice If in need I would know before the system of values of the coach
17	**POSITIVE OUTLOOK**
17a	**Train a positive outlook** o Express thankfulness to people around you, do an exercise such as writing a gratitude letter; e.g. say thanks to a colleague who helped you out o Writing a forgiveness letter (can be shared or not) o Do not dwell on the bad things too much realize what goes well in your life. Do exercises such as listing three things that went well each day o Counting one's blessings (also called Three Good Things or Gratitude Journaling) o For at least 2 minutes a day, 2 days in a row, write, in detail, about one of the most wonderful, happiest, creative, and intensely positive experiences you've had in your life. o Be open to the funny side of things, use humor, even gallows humor when not inappropriate o I find these activities incredibly trite. o Seems to work for those who do it. Gratitude is indeed a strong form of social glue. o This is very important We must train to gratitude. Cheap and easy.
17b	**Laugh** o Be open to the funny side of things, use humor, even gallows humor when not inappropriate o bad tip o In my country, there is the saying "To laugh is the best medicine" (translated). o Try to avoid the gallows if you can.

	o This is very important We must train to gratitude. Cheap and easy
17c	**Accept yourself** o Maintain an attitude of self-compassion (i.e., being caring and understanding with oneself rather than harshly critical or judgmental). If necessary, exercises or seek professional support
18	**LIFE STYLE**
18a	**Be active:** both physically and mentally o Happiness is a by-product of fully functioning. *That* you are active is often more important for happiness than *what* you do o Do things that make you feel uncertain, uncomfortable, or even guilty. Curious people invest in activities that cause them discomfort as a springboard to higher psychological peaks. o Take up a new hobby—start something new that you enjoy and do it at least once a week.
18b	**Set goals** o both in work and in private matters, focus on meaningful things, monitor progress: e.g. plan to learn playing the guitar o You set and reach goals on an ongoing basis o Mood happiness is the main component of Life satisfaction. Each person has a genetically-determined set-point for mood happiness. On a population basis, the level of these set-points forms a normal distribution between 70-90 on a standard 0 to 100-point scale. Thus, feeling positive about oneself is normal. Protecting this normal positivity is the task of subjective wellbeing homeostasis. The successful functioning of this homeostatic system is enhanced by three particular resources, each assisting both resilience when homeostasis is challenged and recovery after homeostatic failure. These 'Golden Triangle of Happiness' resources are money, an emotionally intimate relationship, and <u>purpose in life</u> o Setting goals and monitoring them (i.e., self-concordant goal setting and planning skills to increase happiness; monitoring and evaluating progression toward personally meaningfully goals) o List out your values, passions, greatest abilities and identify the intersection.
18c	**Enjoy** o Make time for leisure, e.g. plan time for trips in advance. Develop savoring skills, such as art-appreciation or wine tasting

	o Living this month like it's One's last (i.e., focusing on temporal scarcity, framed as the person will be moving away in a month and should actively appreciate the people and surroundings that makes their current location enjoyable) o Savoring—can actively savor the present, reminisce positively about the future, or anticipate positive future events; can journal about savoring efforts to try to cultivate better savoring) o Capitalizing (e.g., sharing personal positive experiences with one's partner twice a week) Writing about an intensely positive experience o Take time to listen to your favorite composers. Learn to appreciate the painting of your favorite artists. Learn the history of rules of a sport you love
18d	**Find a way of life that fits you** o Follow your own wants rather than what others want you to do, e.g. take the job you want, even if that is not what your parents had in mind for you Dare to change and try out, e.g. take some risk to find out how you feel in another job o Insights from happiness research: People fail to correctly anticipate the consequences of their choices for their own individual well-being. The satisfaction resulting from extrinsically motivated choices (consumption, acquisition of wealth) tends to be overrated ex ante relative to the satisfaction resulting from intrinsically motivated choices (social and family life, pro-environmental and pro-social behavior). Suggestion: Place more emphasis on intrinsically motivated options (social and family life, pro-environmental and pro-social behavior) rather than extrinsically motivated options (consumption, acquisition of wealth). Selected references: Frey and Stutzer (2008), Meier and Stutzer (2008), Welsch and Kühling (2010, 2011). o You have a vocation in life that is well aligned with your natural aptitudes as a human being. (Stated a little more simply, you like what you do every day.) o Date a wide variety of people, look more than skin deep, marry someone similar to you, avoid cohabitation before marriage, try marriage training, give positive reminders to your spouse, and be realistic about the joys of parenthood
18e	**Monitor your happiness** o Keep a happiness diary, such as the web-based Happiness Indicator which allows comparison with similar people and tracking of your happiness over time o When looking for a more satisfying way of life: monitor how you feel during daily activities using (electronic) dairy techniques, in particular techniques that involve comparison with similar people (www.happinessindicator.com) o Try to recognize what makes you happy and repeat these things to yourself. If you don't the effects of happiness-inducing activities wear off (habituation). In other words, try to reduce and slow down adaptation (cf. work of Wilson and Gilbert). o The second one is I think that we don't always know what makes us happy we have some ideas about what makes us happy we could say oh a vacation in the beach makes me happy, writing a book makes me happy. Starting carpentry or learning how to start an exercise or of finding drinks with buddies makes us happy. Whatever it is we have ideas to what makes us happy. The reality is that we don't know that much about it.

	The second recommendation is to basically experiment more I kind of think of first person science. ○ Use an online calculator such as clearerthinking.org, to value your time then make adjustments to your free time accordingly ○ Not sure if monitoring happiness would be happiness-enhancing. Happiness may be a by-product rather than a goal unto itself. Dwelling on whether life is getting happier could be counter-productive. ○ The vast majority of people quit such tracking apps after < 2 weeks. ○ Don't overdo. Don't "seek happiness". ○ Not sure how much navel-gazing is a good idea. maybe check every month or two? ○ Day evaluation is very important. What is important is to understand what drives consolation and desolation and not just looking at short run but also at long run effects
18f	**Dare to change, try-out** ○ When not too happy in current life-situation: dare to change. Though this involves the risk of getting from the frying pan into the fire it mostly works out positively ○ The idea is to try things ourselves so to say, I don't know if giving out makes me happier than learning pottery or not let me give pottery a chance for three weeks. I don't know if writing a book would make me happy let me give it a go. The second recommendation is to basically be recognize our little insight we have with our happiness and becoming scientist of our own lives to try and figure out what kind of things would make us happy. We have to basically realize that from time to time we will fail and we will try something that we think will make us happy when in fact it will not work out. That's the cost of experimenting and trying new things.
19	**MEANING**
19a	**Don't seek happiness.** People who seek happiness are the least likely to find it. The first reason is that some of human happiness is determined by individual character traits, as demonstrated in both psychological and genetics research, the former focusing on positive and negative affect and the latter on alleles in genes that carry more serotonin. The second reason – as extensive empirical work shows - is that the happiest people are those whose lives incorporate a range of purposes that go beyond personal enhancement and include volunteering, time with friends/family, and meaningful work. They do not seek happiness; they live it.
19b	**Seek purpose** ○ Create a personal mission statement: List out your values, passions, greatest abilities and identify the intersection. ○ Engage in things that go beyond your personal interest, such as protecting nature or helping disadvantaged people, e.g. if you are religious engage in the social programs of your church

	o Making someone else happier (i.e., working toward cultivating another person's happiness rather than your own) o Find a job that you believe contributes something worthwhile as well as providing an income. o Find someone to whom you can communicate your life purpose as well as plan for realizing it. o Sharpening the existing purpose components makes sense, makes them salient in daily decision making, etc. o more navel gazing? o Creating a personal mission statement is what I find the most focused and effective point of all the questionnaire. Happiness is generativity and generativity starts from awareness of one's own mission Everything related discussed before (measuring, monitoring, evaluating) must start from that first point
19c	**Be generous** o Give to charity, help other people financially and practically, e.g. help a handicapped neighbor shopping o Giving of both money and time generally boosts wellbeing more than people expect (Dunn and Norton) o Try both 'random acts of kindness' but also activities that are likely to be reciprocated over time, or at least acknowledged by others (get the oxytocin released) o With your nearest and dearest, try to choose gifts that are experiential, with long lead times for anticipation, and can be done together o Be generous; give and help o Performing kind/prosocial acts, including prosocial spending (typically 3-5 times per week, can be anonymous, can be directed toward anyone, even strangers) or counting kind acts performed (retrospectively) o Deposit a sum of money at the beginning of the year. Mentally commit that money to your favorite charity. But if, in the intervening 52 weeks, you get a parking tickets or traffic violation, or have other sorts of annoying mishaps, pay for them out of this giving account
19d	**Volunteer:** e.g. in sports clubs or community organizations o Join the local chapter of 'Action for Happiness' o In the last 12 months, you have received recognition for helping to improve the city or area where you live. o Identify your interests or talents and find an organization that will nurture them. Make a commitment to a club or organization that compels you to show up regularly.
19e	**Practice your religion** o If you are religious, live it, e.g. go to church, pray or have a retreat o Seek out a church or ideological association that matches your current values and worldview. Involve actively

	SPECIFIC ACTIONS ***Financial***
20a	**Minimize credit cards**: Have no more than one credit card, and it should not be in your wallet. Put it somewhere that requires a conscious effort to retrieve it (e.g. your locked glove compartment or a hidden pocket in your purse). Or get rid of credit cards altogether o In addition to the perils of excessive debt at the individual level, there is the risk of the credit bubble burst as a source of a new financial crisis. This may be an issue for public regulation, not just private behavior. o Avoid over consumption I agree. but it does not depend on the number of credit cards
20b	**Enrol in automatic savings or investment plans** --Set up automatic transfers of a percentage of your pay check to a savings or retirement account.
	Social bonds
20c	**Add at least one new happy person to your immediate social** network – Proactively make friends with someone manifestly happy, someone with whom you interact a few times a week or more. o To me, this has a flavor of instrumentalizing people. Does it mean discriminating or avoiding unhappy people? o or at least hope that the new friendship will make them happy. o It may be difficult to find
20d	**Curate a tight social circle (Moai) --** Moai is the Okinawan word for a circle of friends who commit to support each other for the long run. It consists of 5-7 people who share values and interests to meet for at least 10 weeks to either walk together or share healthy meals together. .
	Home environment

20e	**Eliminate Screens**: Have no more than one TV in your house. Don't have the TV or computer in the main living space or in bedrooms ○ In recent years, this seems to apply even more to online devices than to conventional TV. It is known that permanently being available for online communication causes stress. Impose a non-corruptible structure on the time spent with such devices. ○ Very important to avoid dependence from screen or having the power of disconnecting from the web. And of disconnecting and switching off screens in common meals
20f	**Create a meditation space** -- Learn one mindfulness meditation technique and do it 30 minutes a day for a month. Meditation or prayer I would say. Not so easy
20g	**Designate a "Flow" room** -- Establish a room where it's easy to play an instrument, to take part in a hobby, to read a book, or to play a game with family No comments offered
20h	**Create a Pride Shrine** -- Set up one area of your house to routinely remind you of the people, accomplishments, and events of which you are proud.
20i	**Grow a garden** -- Plant an outdoor garden if you have the space or an indoor garden if you are living in an apartment or urban location. Take care of your plants daily/weekly.
20j	**Maximize sunlight**—Install skylights in your home and big, south-facing windows for indoor sunlight.
20k	**Optimize your bedroom for sleep:** Have light-blocking shades, remove electronics and keep the room at an optimal sleeping temperature (62 degrees).
20l	**Live in an environment of trust** --Move to a place where you can trust your neighbours and local officials. Work at a place where you can trust your boss and co-workers, and make friends with trustworthy friends.
20m	**Live in quiet surroundings** --: Move to a quiet neighbourhood
20n	**Safe surroundings** -- Look for a neighbourhood where you'll feel comfortable letting your kids play outside
20o	**Own a Pet** --Adopt a dog from the local humane society or find a trusted breeder from which to adopt. ○ Pets are very important especially for lonely and elderly people. Walking the dog in the neighborhood is a good occasion for social contact and a physical exercise. ○ a furry friend not likely to be as happiness-inducing as a real one, and pets have become another bit of rich word consumption

	○ A dog lives just of relationship and is crucial to stimulate affection and to make human being focus on relationships. Unfortunately, not everyone lives in conditions in which he/she can afford to raise a dog
	Positive outlook
20p	**Write about positive experiences:** For at least 2 minutes a day, 2 days in row. Write in detail about one of the most wonderful experiences you ever had in your life
20q	**Keep a gratitude journal:** Each day for one week write down the things that went well for you that day and why that might have happened Already said that training to gratitude is very important
	Life style
20r	**Learn the value of your free time**-- Use an online calculator such as clearerthinking.org, to value your time then make adjustments to your free time accordingly.
20s	**Develop arts appreciation** -- Take a class on art appreciation; buy season tickets to the opera or theatre.
20t	**Become a vegan** – Cut all animal products out of your diet.
20u	**De-clutter** -- Donate, sell, or toss all the possessions that do not contribute joy, ease, or contribute meaning to your life on a regular basis.
	Meaning
20v	**Write a personal mission statement:** List out values, passions, greatest abilities and identify intersections. Write a personal statement for this information
20w	**Create a Giving Account**: Deposit a sum of money at the beginning of the year. Mentally commit that money to your favourite charity. But if, in the intervening 52 weeks, you get a parking tickets or traffic violation, or have other sorts of annoying mishaps, pay for them out of this giving account. No comments offered

Appendix H

Links to data

Questionnaires

- https://www.eur.nl/sites/corporate/files/2018-01/eHero%20wp%202017-1%20Round%201%20Survey%20questionnaire.pdf

- https://www.eur.nl/sites/corporate/files/2018-01/eHero%20wp%202017-1%20Round%202%20Survey%20Questionnaire.pdf

Tables

- https://www.eur.nl/en/ehero/2017-1supplementtable2xlsx

- https://www.eur.nl/en/ehero/2017-1supplementtable3xlsx

Data set

https://www.eur.nl/en/ehero/publications/working-papers/2017-1delphistudygreaterhappiness-datasetxls