

Global Happiness Research (GHR) Survey, 2023-2024

Respondent's consent: I agree that I am above 18 years old, and I agree to participate in this survey voluntarily. I understand that my answers in this survey will be anonymous and confidential; I will not be identified in any GHR reports/publications, and I understand that my responses will be used only for summary results of this research.

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

- 1. In general, I consider myself: not a very happy person 1 2 3 4 5 6 7 a very happy person
2. Compared with most of my peers, I consider myself: Less happy 1 2 3 4 5 6 7 more happy
3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. Does this characterization describe you? not at all 1 2 3 4 5 6 7 a great deal
4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. Does this characterization describe you? not at all 1 2 3 4 5 6 7 a great deal

For each of the following questions, please circle the point on the scale that you feel is most appropriate in describing you.

- 1. Do you have a meaningful purpose in your life? not sure 1 2 3 4 5 very sure
2. Are you satisfied with your health and the health of your family members? not at all 1 2 3 4 5 very much
3. Did you experience an unhappy childhood resulting in feelings of personal insecurity and low self-worth? not at all 1 2 3 4 5 very much
4. Do you show kindness and appreciation to those who deserve by taking pleasure in joyful life events? not at all 1 2 3 4 5 most of the time
5. Do money and wealth bring inner peace and real satisfaction in your life? not at all 1 2 3 4 5 very much
6. Are you consistent with your thought, speech, and action? not at all 1 2 3 4 5 very much
7. Do you have intimate and quality relationships with close relatives and friends? not at all 1 2 3 4 5 very much
8. Do you practice self-control of your desires? not at all 1 2 3 4 5 most of the time
9. Do you connect empathetically with the suffering of others and provide compassion for their feelings? not at all 1 2 3 4 5 very much
10. Do you practice religious duties and rituals? not at all 1 2 3 4 5 most of the time
11. Do you practice moral values? not at all 1 2 3 4 5 most of the time
12. Do you practice the equanimity of mind (mental or emotional calmness) to balance joys and sorrows? not at all 1 2 3 4 5 most of the time
13. Do you feel being at peace with yourself, others, and the world? not at all 1 2 3 4 5 most of the time
14. Do you harmonize with the nature? not at all 1 2 3 4 5 very much
15. Do you feel comfortable adjusting to contrasting situations and environments? not at all 1 2 3 4 5 very much
16. Do you practice giving to others and being detached from the materialistic world? not at all 1 2 3 4 5 most of the time
17. Do you meditate to liberate yourself from suffering, and to attain peace as well as overall good health? not at all 1 2 3 4 5 regularly
18. In ONE sentence, can you tell about ONE thing or situation HOW that makes you feel happiest most of the time and WHY? .....

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