



the things that make us happy

Traits of Americans, 35-80 who report being very happy*

Good Health



24% of those in good health reported being very happy

VS

8% of those in poor health

Relationships



70% of those who are married or in a relationship are the happiest

VS

60% of singles

Children



72% said watching children or grandchildren succeed contributes to happiness

KISSES & HUGS

Kissing or hugging someone you love contributes a lot to happiness.

71%

TRUSTWORTHY

Being told you are a person who can be trusted contributes a lot to happiness.

71%

Income

28% of those with an income \$125k+ report being very happy

VS

15% of those with an income under \$25k



Income and happiness are positively correlated, but having money does not guarantee happiness. Increased income becomes a resource which can be applied to meaningful areas of one's life.

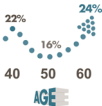
Pets

66% say spending time with a pet contributes a lot to happiness.

That number is even higher for older females 65+ (81%) and singles (70%).



When Are People Happiest?



Between ages 40 and 60, the early 50s are the lowest reported point of well-being. As people continue to age and eventually retire, they are able to devote more time to building relationships and enjoying simple everyday pleasures. By the early 60s, 24% of people report being Very Happy.

*Source: AARP Research Center, Beyond Happiness: Thinking, www.aarp.org
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