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
- 8% of those in poor health

**Relationships**
- 70% of those who are married or in a relationship are the happiest
- 60% of singles

**Children**
- 72% said watching children or grandchildren succeed contributes to happiness

**Kisses & Hugs**
- 71% of those who kiss or hug someone you love contributes a lot to happiness

**Trustworthy**
- 71% of those who being told you are a person who can be trusted contributes a lot to happiness

**Income**
- 28% of those with an income $125k+ report being very happy
- 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 (76%)

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: Thriving. www.aarp.org
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