

Cadette Science of Happiness Badge

How to Make a Survey

What do you think is something a happy person would say—and why? Choose five different happiness factors you want to test. Then, for each one, create a statement that your test subjects will rate from 1 to 5—1 meaning it isn't at all true and 5 meaning your subject feels that way all the time. The factors your subjects rate the highest are likely those that make them happiest.

Here are some example statements:

“When I’m doing something I love, time seems to fly by.”

(a high score means this person gets happy through “flow”)

① ② ③ ④ ⑤

“Even if someone hurts me, I forgive them if they apologize.”

(a high score means this person gets happy through forgiveness)

① ② ③ ④ ⑤

“I like to share my talents with others.”

(meaning)

① ② ③ ④ ⑤

“Even when things look bad, I try to see the bright side.”

(staying positive)

① ② ③ ④ ⑤

“My family and friends are the most important things to me.”

(being with other people)

① ② ③ ④ ⑤
