Happiness and Sustainability
the interconnections
Happiness is Connected to Sustainability

Human flourishing is dependent upon our planet’s natural, social, economic, and personal systems flourishing.
Sustainability is Connected to Happiness

2020 World Happiness Report

Sustainability makes a difference in human happiness.
Indonesian Planning Department: the pathway to meeting the Sustainable Development Goals is Happiness

https://www.youtube.com/watch?v=trCG6UViYq4
Sustainable Development Goals and Indicators

[Image of Sustainable Development Goals and Indicators]

https://unstats.un.org/sdgs/indicators/indicators-list/
A Conceptual Visualization of the fit between SDGs and Happiness Domains

THE HAPPINESS INDEX
Bridging the Gap between Sustainable Development Goals and Happiness Metrics

The happiness indicators missing from the sustainable development indicators

The Missing Happiness Indicators

Community & Social Support:
- Volunteering
- Community relationships and feeling of belonging
- Satisfaction with personal relationships
- Support network

Culture:
- Socio-cultural engagement and participation

Economic Standard of living:
- Satisfaction with finances

Governance:
- Civic Engagement (vote turn-out and other aspects of civic engagement)

Health:
- Life expectancy
- Mental health
- Self-reported health

Housing conditions:
- Satisfaction with housing

Subjective well-being:
- Generosity (donations)
- Life satisfaction
- Negative affect or emotions
- Positive affect or emotions

Time Balance:
- Working hours
- Work-life balance (including leisure time)

Work:
- Job satisfaction

The Happiness Index Helps Measure Movement Towards Sustainability & the SDGs

The Happiness Index:
- introduces and explains what is meant by individual and community well-being;
- measures and illustrates where individuals & communities are vulnerable (i.e. poverty, hunger, a lack of education, a poor environment, etc.);
- compares and contrasts the results of target groups;
- provides a base-line to evaluate the success of interventions & the quality of life over time;
- sparks conversations about happiness and the well-being agenda, and their role in helping communities, nations and the world attain the SDGs.

“Higher GDP is not the goal, well-being is”
Ms. Pinelopi Goldberg, Chief Economist, The World Bank
Join Planet Happiness

paul@happycounts.org  laura@happycounts.org