

THE PURSUIT OF

HAPPINESS

The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself. — Commonly attributed to Benjamin Franklin

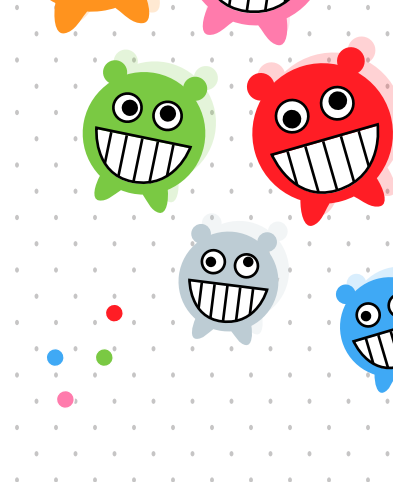
11 TOP HAPPIEST COUNTRIES IN 2012

Rankings based on the "life evaluation score", a measurement that includes health, family and job security as well as social factors like political freedom and government corruption.

- 11 | UNITED STATES
- 10 | IRELAND
- 9 | AUSTRALIA
- 8 | NEW ZEALAND
- 7 | SWEDEN
- 6 | SWITZERLAND
- 5 | CANADA
- 4 | NETHERLANDS
- 3 | NORWAY
- 2 | FINLAND



NO. 1 DENMARK



HA! HA! HA!
LAUGH IT UP

A good belly laugh produces

HA!

protective endorphins that raise our pain threshold and make us feel good.

As of May 2012, with an Emotional Health Index score of 79.9 (out of 100), more Americans are *experiencing enjoyment* & fewer are reporting worry and stress.

HAPPY @ WORK

{TOP 5}

HAPPIEST JOBS IN THE U.S. IN 2012

- 1
- 2
- 3
- 4
- 5

- 1 SOFTWARE QUALITY ASSURANCE ENGINEER
- 2 EXECUTIVE CHEF
- 3 PROPERTY MANAGER
- 4 TELLER
- 5 WAREHOUSE MANAGER

TOP 5 HAPPIEST PLACES TO WORK IN AMERICA FOR 2012

HILTON WORLDWIDE

FLUOR

Johnson & Johnson

NORDSTROM

BASF



TOP 5 HAPPIEST U.S. CITIES FOR WORK IN 2012



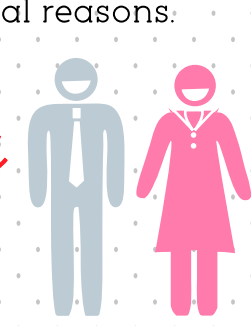
Still HAPPY @ WORK

32% of workers in their 60's don't want to retire.

3/4 of 50-69 year olds

said they are continuing to work because they want to—not because they have to for financial reasons.

1/4 of 50-69 year-old workers say this is the happiest time in their career.



From 6/2008 to 6/2012, The Work Environment Index dropped 5 points to 47.



*The Work Environment Index includes job satisfaction, ability to use one's strengths at work, supervisor's treatment [boss vs. partner] and whether or not it is an open and trusting work environment. The index is calculated on a scale of 0 to 100, where a score of 100 would be the ideal work environment.

WHAT MAKES YOU smile?

Healthy people are about

20% HAPPIER on average, while unhealthy people are about

8.25% unhappier.



Married folks are about

10% happier than singles who have never been married.



People in the highest income bracket are about

3.5% happier on average.



HOW HAPPY ARE YOU? TAKE THE QUIZ >>>

CALCULATE >>>

THE HAPPINESS ROI FOR YOUR COMPANY

If the links for the quiz and calculator don't work, please visit our "Don't Worry Be Happy" blog at <http://blog.123print.com>.

SOURCES

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