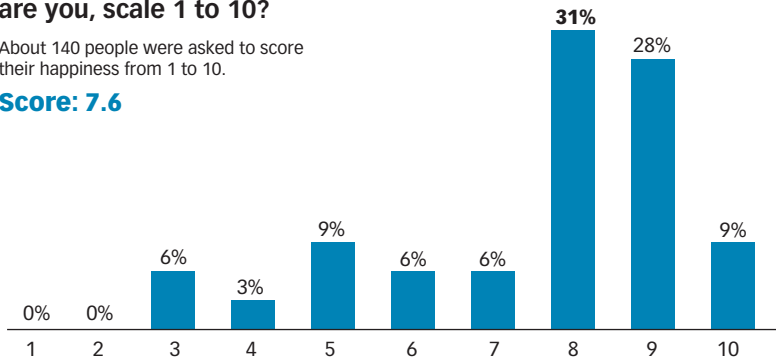


2019: Overall in life, how happy are you, scale 1 to 10?

About 140 people were asked to score their happiness from 1 to 10.

Score: 7.6



2020: Overall in life, how happy are you?

Score: 7.3

Although the score was lower, most of the 2020 participants' responses were clustered around 7 and 8, and there were fewer extremely high and extremely low scores compared to the 2019 chart – suggesting a kind of consolidation. There was an elegant bell curve on the 2020 happiness score chart, compared to the uneven-looking 2019 chart. It's as if this time round, the participants really thought more carefully about how they were going to score their happiness levels.

