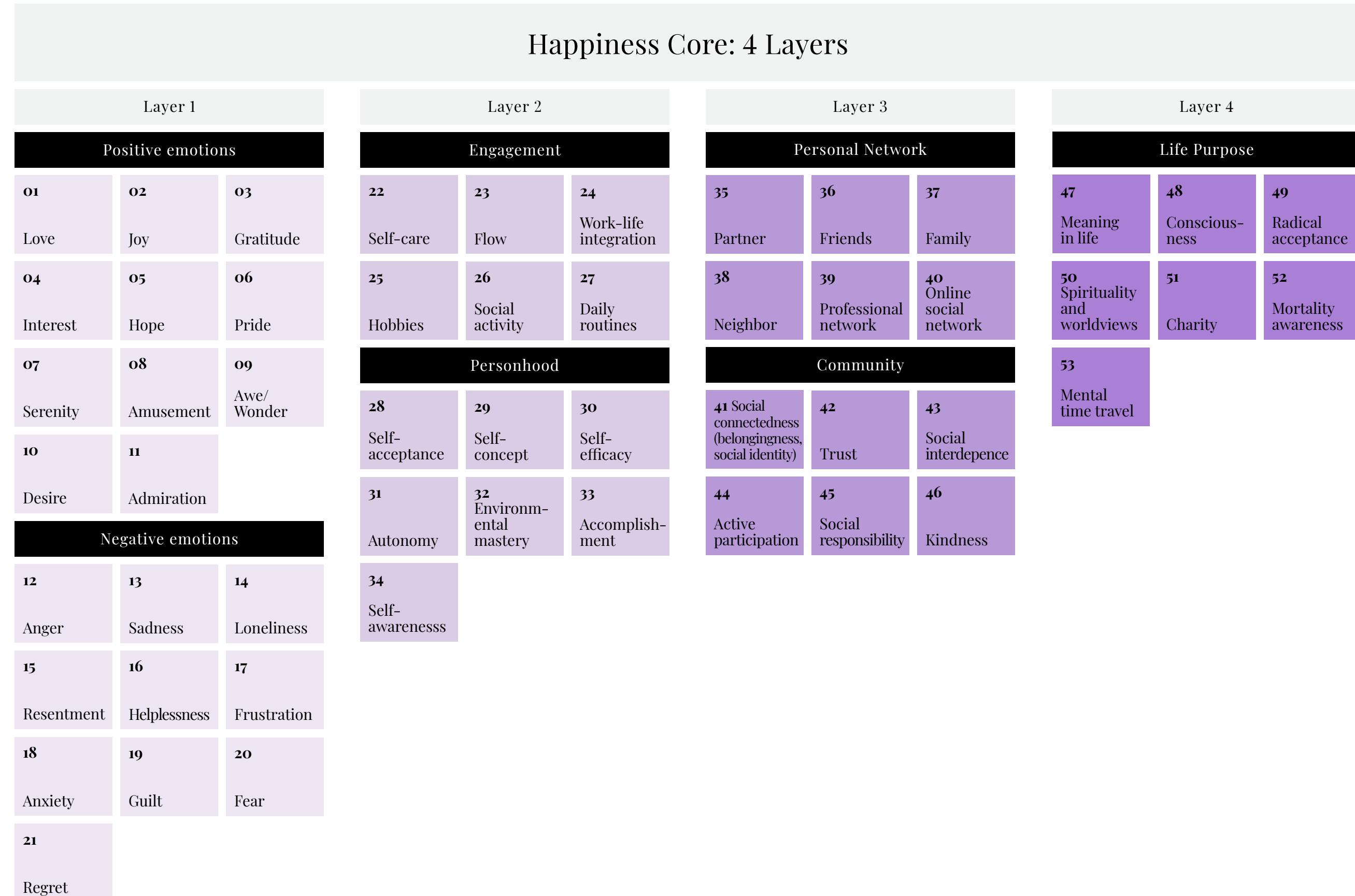


Happiness Science Framework

Enablers

Individual Traits		
54 Extraversion	55 Enthusiasm	56 Openness to Experience
57 Emotional Intelligence	58 Locus of control	



Inhibitors

Barriers		
59 Rumination [negative thinking pattern]	60 Stress	61 Toxic positivity
62 Fear of happiness (cherophobia)	63 Hedonic treadmill [desire]	64 Social comparison