

Happiness Science Framework

Enablers

Individual Traits

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

Happiness Core: 4 Layers

Layer 1			Layer 2			Layer 3			Layer 4		
Positive emotions			Engagement			Personal Network			Life Purpose		
01 Love	02 Joy	03 Gratitude	22 Self-care	23 Flow	24 Work-life integration	35 Partner	36 Friends	37 Family	47 Meaning in life	48 Consciousness	49 Radical acceptance
04 Interest	05 Hope	06 Pride	25 Hobbies	26 Social activity	27 Daily routines	38 Neighbor	39 Professional network	40 Online social network	50 Spirituality and worldviews	51 Charity	52 Mortality awareness
07 Serenity	08 Amusement	09 Awe/Wonder	Personhood			Community			53 Mental time travel		
10 Desire	11 Admiration		28 Self-acceptance	29 Self-concept	30 Self-efficacy	41 Social connectedness (belongingness, social identity)	42 Trust	43 Social interdependence			
Negative emotions			31 Autonomy	32 Environmental mastery	33 Accomplishment	44 Active participation	45 Social responsibility	46 Kindness			
12 Anger	13 Sadness	14 Loneliness	34 Self-awareness								
15 Resentment	16 Helplessness	17 Frustration									
18 Anxiety	19 Guilt	20 Fear									
21 Regret											

Inhibitors

Barriers

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