

Questionnaire complete: thank you for caring about your Happy Planet Index!

Happy Planet Index

Your personal Happy Planet Index (HPI) is 26, which is similar to that of Zambia, Central African Republic or Belarus. Sorry to say that this is below the world average of 46. For those living in the UK, you'll also be disappointed to hear your score is below the national average. Your score is about the same as that of your country, 28.8.

Below is a breakdown of the various components that make up your HPI score.

You:

Average:

[Average is of all online responses to this survey - not the average for your country]

Life Expectancy

Congratulations. Your life expectancy is above average for your gender and country. Whether it's eating well, not smoking, getting regular exercise, or just being lucky enough to have the right genes, you're doing something right. However, nobody's perfect and we could all improve our health a little! Aside from getting all the above bits of your lifestyle right, there are some more surprising factors that can influence your life expect - for example, giving up your car, avoiding living alone, moving out of the city or shrugging off stress.

You:

Average:

[Average is of all online responses to this survey - not the average for your country]

Ecological Footprint

Your ecological footprint is 9.98 global hectares, or 5.54 planets. This is higher than the national averages for every country in the world.

Your ecological footprint is about average for the country you live in.

You are using over five times your share of the world's resources. This is well above the average for most nations - the only nations that can match you or come close for resource consumption are the USA and a few Gulf States. Of course, that is not to say that there

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Send to a friend?

Challenge your friend to measure their own Happy Planet score!

Your friend's email:

Your name:

aren't hundreds of millions of individuals living at your level of consumption, even including a few in the poorest countries in the world.

To be honest, pretty much any change in your lifestyle would reduce your footprint a bit. However, we would prescribe three urgent steps to get you on the right road:

1. Get off the road! Car use has a huge impact on ecological footprint. Obviously it's harder for people in certain circumstances, but where possible, try to use public transport more. Or, even better, get a bike!
2. You don't have to become vegetarian, but cutting down on meat, particularly beef, and particularly from animals fed by imported soya feed, is an effective step to reducing your footprint.
3. No doubt the biggest chunk of your footprint is coming from air travel. For example, flying direct from London to Sydney and back would add 5.44 g ha to your footprint - that's the average Briton's footprint for an entire year. And, of course, flying indirect adds even more polluting air miles.

You:

Average:

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Life Satisfaction

You reported a life satisfaction of 7, which is about average for many Western countries, including the UK, Spain and Italy. Worldwide, 58% of respondents in the World Values Survey reported a life satisfaction of 7 or lower.

You:

Average:

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Well-being

The new economics foundation (**nef**) recognises that there's more to life than feeling good, which is why our model for well-being is based on four domains – personal feelings, personal functionings, social feelings and social functionings. 'Feelings' refers to your attitude to the way you, your future and society are. 'Functionings' looks at whether you have the opportunities to do the things that bring you well-being. Like with life satisfaction, a score of 5 is theoretically the middle score, but, given the way most people respond to surveys, is below average.

Personal Feelings

In this online questionnaire, personal feelings are assessed with two questions – one testing your optimism and one testing your self-esteem.

You are optimistic about the future and probably also about yourself.

You:

Average:

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Personal Functionings

In this online questionnaire personal functionings are assessed with five questions – two evaluating your subjective opinion on your health and how active you are, the other three testing you for feelings of autonomy, purpose and worth.

You are healthy and overall feel autonomous, purposeful and able to demonstrate your abilities to others.

You:

Average:

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Social Feelings

In this online questionnaire social feelings are assessed with four questions – three assessing your opinion of your community, whilst the last looks at personal relationships.

You have a strong sense of trust and belonging in your community and a happy personal life.

You:

Average:

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Social Functionings

In this online questionnaire social functionings are assessed with four questions – two assessing your job / studies, one your free time, and one your community participation. If you did not respond to the work / study questions, your score is judged purely on the other two aspects.

You are satisfied with your job / course - it is interesting, and only occasionally stressful. Further it normally leaves you enough time to do the things you want to do.

You:

Average:

[Average is of all online responses to this survey - not the average for your country]

Calculations for the Footprint are based on, and are copyright of, Best Foot Forward Limited. Please note that calculations for the Footprint and life expectancy are based on UK statistics. Conversion factors are used for other countries, but these are conservative and may underestimate differences.