THE SECRET TO NEVER BEING TOO BUSY AGAIN
What makes you happy?

Track Your Happiness.org is a new scientific research project that investigates what makes life worth living.

Using this site, you’ll be able to track your happiness and find out what factors – for you personally – are associated with greater happiness. You’ll also contribute to our scientific understanding of happiness.

How does it work?

1. Answer a few questions
   First we’ll ask you some questions for statistical purposes. This will take about 10 minutes.

2. Track your happiness
   Using your iPhone, you’ll be notified by email or text message and asked to report how you are feeling and what you are doing. You decide when and how often you want to be notified.

3. Your Happiness Report
   This report will show how your happiness varies depending on what you are doing, who you are with, where you are, what time of day it is, and a variety of other factors.
Track Your Happiness

Weekday

Location

What are you doing?

Focused

Outside?
“The Net’s interactivity gives us powerful new tools for finding information, expressing ourselves, and conversing with others. It also turns us into lab rats constantly pressing levers to get tiny pellets of social or intellectual nourishment.”

-Nicholas Carr, bestselling author of *The Shallows*
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