



EXPLORING YOUR HAPPINESS SCORES

Let's explore your happiness scores using a survey modeled after the World Happiness Report. Use a 0–10 scale with 0 being low and 10 being high. I'll share my scores for reference with a note or two.

1. Life Evaluation: Imagine your life as a ladder, where 0 is the very bottom and 10 is the top. Taking a big-picture view, which rung are you on?

Anthony's Score (February 2026): 9.0—Life is really good, family is good, social is good, financial is good, health is good. I'm ready to level up in my career, but things are pretty darn great.

2. Daily Positive Emotions: How often did you feel joy or genuine enjoyment yesterday?

Anthony's Score (February 2026): 8.0—I had a chill day in Söll, Austria, taking a rest day after lots of travel and snowboarding, so I was a little spent but content.

3. Stress & Strain: How stress free did you feel yesterday?

Anthony's Score (February 2026): 7—I had a chill day at my hotel, and my biggest challenge was an ongoing family issue, but that was short in duration.

4. Social Support: If you were in need of support, how confident are you that someone would help you?

Anthony's Score (February 2026): 9.5—Overseas, I'm not sure about the level of support I could get, but I do trust in humanity, and I've thought many times on this trip that I'm grateful to be in good health where I infrequently or even rarely need immediate medical attention. Otherwise, traveling solo would be really hard.

5. Freedom & Agency: How satisfied are you with your freedom to choose how you live your life?

Anthony's Score (February 2026): 8.5—I wish the option to work overseas were a bit easier, but I'm the owner of my own company, and while I need to have discipline (and I do), I can

visit overseas fairly frequently if I choose and have more and more control over my calendar. I'm not locked into a 9–5 job, though I work traditional hours most of the time.

6. Meaning & Purpose: To what extent do you feel the things you do in life are worthwhile?

Anthony's Score (February 2026): 9.5—I want to go deeper and wider with my impact, but where I'm at is fulfilling and impactful.

As you'll note, some of the questions ask you to zoom out and look at life more holistically and not focus on the ups and downs of everyday life, like questions 1, 4, 5, and 6, and the others (2 and 3) give some context based on recent experiences.

Here are a final few questions for you to answer, because the goal of the questions is to give you insights into your overall and daily life and to explore what actions you might take to move toward flourishing and stay in that flourishing state as much as possible:

1. What do you want more of?
2. What do you want less of?
3. What are you willing to give up to achieve either or both of the above questions?
4. How would you like your life to be different in one year?
5. What's the next step(s) you can initiate right now or in the near future to reach the goal in the previous question.

I'd like to hear your responses! Copy and paste with your scores and send them to anthony@anthonypoconi.com.