



HAPPYCITY ON PSYCHOLOGICAL WELL-BEING

HappyCity defines psychological well-being in terms of internal experience and one's own perception of their lives based on momentary and long term states of their mental well-being. Research shows that those who score high in psychological well-being later earn high income and perform better at work than people who score low and shows that it is related to our physical health.

ACHIEVEMENT

Achievement helps to build self-esteem, strengthens self-belief and provides a sense of accomplishment. These qualities build resilience in the face of challenges in the face of challenges.

POSITIVE EMOTIONS

The most common positive emotions are: joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. A ratio of 3:1, positive to negative is needed in order to have score high.



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