

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
Sample size	1516	356	420	378	362

Regional sample sizes are unweighted. All other sample sizes, including column totals, are weighted to census data. Cells containing “” are statistically zero, though at least one response was received. Blank cells indicate zero responses received. Sample sizes below 100 should be interpreted with caution.*

Q6. [Top2box] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
Your physical health	46%	36%	51%	49%	48%
Your mental health	39%	32%	42%	44%	37%
Your relationships with close family and friends	32%	23%	33%	38%	33%
Your social life	33%	24%	33%	40%	36%
Your leisure time	35%	25%	37%	38%	39%
Your personal financial situation	39%	26%	42%	41%	47%
Your "love life"	30%	21%	34%	33%	32%
Your stress levels	31%	25%	33%	33%	33%
Your overall quality of life	41%	28%	42%	46%	45%

Q6. [Bottom2box] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
Your physical health	13%	25%	11%	11%	5%
Your mental health	10%	24%	10%	6%	1%
Your relationships with close family and friends	6%	16%	4%	3%	1%
Your social life	8%	22%	6%	4%	2%
Your leisure time	12%	24%	12%	8%	4%
Your personal financial situation	20%	38%	18%	16%	10%
Your "love life"	8%	21%	7%	3%	2%
Your stress levels	19%	33%	21%	12%	9%
Your overall quality of life	12%	30%	9%	7%	1%

Q6. [Your physical health] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	11%	6%	10%	12%	16%
A little better	35%	30%	41%	37%	32%
The same	41%	39%	38%	41%	46%
A little worse	11%	17%	10%	10%	5%
A lot worse	2%	8%	0%	0%	
Top2box	46%	36%	51%	49%	48%
Bottom2box	13%	25%	11%	11%	5%

Q6. [Your mental health] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	8%	2%	9%	8%	11%
A little better	32%	29%	33%	36%	26%
The same	51%	44%	47%	50%	61%
A little worse	8%	17%	9%	6%	1%
A lot worse	2%	8%	1%		
Top2box	39%	32%	42%	44%	37%
Bottom2box	10%	24%	10%	6%	1%

Q6. [Your relationships with close family and friends] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	7%	3%	5%	8%	12%
A little better	25%	20%	28%	30%	21%
The same	63%	61%	64%	59%	66%
A little worse	4%	10%	3%	3%	1%
A lot worse	2%	6%	0%	0%	
Top2box	32%	23%	33%	38%	33%
Bottom2box	6%	16%	4%	3%	1%

Q6. [Your social life] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	6%	4%	5%	5%	10%
A little better	28%	21%	29%	35%	26%
The same	58%	53%	61%	57%	62%
A little worse	6%	14%	5%	3%	2%
A lot worse	2%	8%	1%	1%	0%
Top2box	33%	24%	33%	40%	36%
Bottom2box	8%	22%	6%	4%	2%

Q6. [Your leisure time] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	7%	3%	6%	8%	13%
A little better	28%	22%	31%	30%	26%
The same	53%	50%	51%	54%	56%
A little worse	9%	15%	11%	6%	4%
A lot worse	3%	10%	1%	2%	
Top2box	35%	25%	37%	38%	39%
Bottom2box	12%	24%	12%	8%	4%

Q6. [Your personal financial situation] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	8%	4%	8%	9%	13%
A little better	31%	22%	34%	32%	34%
The same	41%	36%	40%	43%	43%
A little worse	15%	22%	14%	13%	10%
A lot worse	6%	16%	4%	3%	1%
Top2box	39%	26%	42%	41%	47%
Bottom2box	20%	38%	18%	16%	10%

Q6. [Your "love life"] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	8%	3%	8%	8%	13%
A little better	22%	18%	26%	24%	19%
The same	62%	58%	58%	64%	66%
A little worse	5%	10%	6%	2%	1%
A lot worse	3%	11%	1%	1%	1%
Top2box	30%	21%	34%	33%	32%
Bottom2box	8%	21%	7%	3%	2%

Q6. [Your stress levels] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	6%	2%	6%	5%	10%
A little better	25%	23%	27%	28%	23%
The same	50%	42%	45%	55%	57%
A little worse	15%	21%	19%	10%	9%
A lot worse	4%	13%	3%	2%	
Top2box	31%	25%	33%	33%	33%
Bottom2box	19%	33%	21%	12%	9%

Q6. [Your overall quality of life] And looking forward to 2024, do you feel it will be a better or worse year for each of the following:

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A lot better	7%	4%	6%	7%	12%
A little better	33%	24%	36%	39%	33%
The same	48%	42%	49%	47%	53%
A little worse	9%	19%	8%	6%	1%
A lot worse	3%	11%	1%	1%	
Top2box	41%	28%	42%	46%	45%
Bottom2box	12%	30%	9%	7%	1%

Q7. And finally, if you had to guess how the next year is going to go for you, do you feel like it's going to be...?

	Total	Life Satisfaction Index			
		Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
A terrible year	3%	7%	1%	1%	1%
More bad than good	14%	31%	14%	9%	5%
About average	40%	41%	44%	42%	30%
More good than bad	33%	19%	34%	38%	39%
A great year	11%	2%	7%	9%	25%
Net: Terrible/ More bad than good	17%	38%	15%	10%	6%
Net: More good/ A great year	43%	21%	41%	47%	65%