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**Overview:** For our project, we found a dataset that explores the impact of a person’s lifestyle on their overall wellbeing. The dataset encompasses 15,977 survey responses from participants of all ages, which are calculated to assign each participant a work life balance score. This survey features 24 distinct attributes across 5 broad categories to offer insights into how various daily activities and habits can contribute to life satisfaction. We will be using the participants’ survey answers and work life balance score to uncover which factors are most correlated with a higher life satisfaction, and offer insights into changes each of us could make in our personal lives to achieve the same.

**Questions for Analysis:**

Healthy Body

1. How does a healthy diet or healthy activity affect mental health and well-being?
   1. Fruits and Vegetables, Daily Steps, BMI Range, Sleep Hours

Healthy Mind

1. How effective is meditation or mental health practices on well-being?
   1. Flow, Weekly Meditation, Daily Shouting, Daily Stress, Time for Passion

Expertise

1. How does learning new skills or achieving goals affect a person’s well-being?
   1. To-Do Completed, Personal Awards, Achievement, Sufficient Income

Connection

1. How do daily interactions and visiting places affect mental health and well-being? Does it affect people differently based on age or gender?
   1. Places Visited, Social Network, Core Circle

Meaning

1. How do compassion/generosity and “living your life dream” affect work life balance score?
   1. Lost Vacation, Supporting Others, Life Vision, Donation, Sufficient Income

**Dataset/Website:**

<https://www.kaggle.com/datasets/ydalat/lifestyle-and-wellbeing-data>

<https://www.authentic-happiness.com/>