

Cornell Data and Replication Description:

This is a description of the primary dataset from the Cornell sample, found in CornellData.dta. The data is organized as a panel: each observation is a single scenario response, and each subject faced 10 scenarios. For convenience, another dataset with the choice and aspect ratings demeaned at the scenario level is found in CornellDatademeaned.dta. The .do file which demeanes the data is demeaningcornelldata.do. The .do file which analyses this data is BHKRcornellanalysis.do.

Below is a list of the variables and their interpretations. A survey copy appears at the end of this document, beginning on page 5. When appropriate, the variable explanations will reference the survey question from which their data is derived.

ID: Respondent identifier.

question_number: An integer from 2-11 indicating the scenario. The table below indicates the question number corresponding to each scenario name. These scenarios can be read on pages 6-15 in this document.

Question_number	2	3	4	5	6	7	8	9	10	11
Scenario name	Sleep v income	Concert v. birthday	Absolute income v. relative income	Legacy v income	Apple v orange	Money v time	Socialize v sleep	Family v money	Education v social life	Interest v career

version: This variable indicates the “survey version,” which encodes data on the ordering of questions. All ordering information from the version name is stored in the variables *withinsubject*, *lifeasawholeversion*, *longversion*, *hapfirstversion*, and *bwchoicefirst*, see below.

today_s_date: Date of survey response.

time: Time at start of survey.

choice: 6-point choice measure described in section I.C.

metachoice: 6-point meta-choice measure described in section I.C.

own_happiness – sense_of_purpose: 7-point aspect ratings described in sections 1.C and III.

_12_mistake, _12_regret, _12_reason: Responses to question 12, see page 16.

_13_mistake, _13_regret, _13_reason: Responses to question 13, see page 17.

_14_consistent: Responses to question 14, see page 17.

WTPown_happiness-WTPsense_of_purpose: Responses to question 15, see page 18.

gender: Response to question 16, see page 19.

birthyear: Response to question 17, see page 19.

race: Response to question 18, see page 19.

closest_family_member: Response to question 19, see page 19.

how_happy_felt_last_24_hrs: Response to question 20, see page 19.

nightly_sleep_school_day_: Response to question 21a, see page 19.

nightly_sleep_day_off_: Response to question 21b, see page 19.

desired_nightly_sleep: Response to question 21c, see page 19.

time_when_finished: Time at end of survey.

Lown_happiness-Lsense_of_purpose: Levels of aspects in the individual's life as a whole, see question 22 on page 20.

Nown_happiness-Nsense_of_purpose: Levels of aspects the individual is experiencing now, see question 1 on page 4.

comments: Free response comments at end of survey.

hapdef: Response to question below. This question appeared only on the Cornell between-subject surveys.

Throughout this survey, you were asked to predict your happiness under various scenarios. How were you thinking about "happiness" when you were answering these questions? (Please circle one letter below. If you choose "Other", please explain how you were thinking about happiness next to "please specify." If you believe several responses are applicable, please circle the option that most closely resembles what you thought.)

- (A) What would be the greatest possible good for me, as judged by me.
 - (B) What would put me in a better mood throughout my life.
 - (C) What would put me in a better mood for the next year.
 - (D) What would put me in a better mood right after the choice.
 - (E) What I think is the right way to live.
 - (F) What would lead me to have the least regrets.
 - (G) Other (Please specify)
-

extraversion, agreeableness, conscientiousness, neuroticism, openness: Ratings from the "Big 5" personality traits, see section V.C. for explanation.

Rtoday_s_date – Rcomments: Variables are the same as their counterparts above without the "R" prefix, but come from the repeat survey conducted to assess measurement error. See section III.D. of the text for an explanation of this survey.

MEunmatched: This indicator variable takes the value of 1 if we were unable to match a second round "measurement error" survey to the data from the first round.

withinsubject: This indicator variable takes the value of 1 if the survey was in the within subjects treatment, and a value of 0 in the between subject treatment.

lifeasawholeversion: This indicator variable takes the value of 1 if the aspects were phrased in the “life as a whole” framing, and a value of 0 if they were phrased in the “immediately felt” framing. See section I.C. for further explanation.

longversion: This indicator variable takes the value of 1 if the survey was in the “SWB in isolation” treatment, and value of 0 if the survey was in the “SWB First/Last in series” treatment.

hapfirstversion: This indicator variable takes the value of 1 if the aspects were listed in order 1 (the same order they appear in table 3). The variable takes a value of 0 if the variables were listed in reverse order.

bwchoicefirst: This indicator variable takes a value of 1 if choice was asked first in the between subject survey, and a value of 0 if SWB was asked first.

Anonymous Survey

Starting on the next page, you are asked to fill out an anonymous survey. In some of the survey questions, we present you with a story where you face a choice between two options. The two options will always be exactly the same, except for the differences explicitly described in the question.

For each story, you will be asked which option you think would be better for a variety of categories in your life. When you answer, please think how these categories would be affected in the minutes immediately after making the choice. Some categories might be irrelevant for certain questions; in those cases, indicate “no difference” as your response.

We will also ask how you would choose between the two options. Sometimes people’s actual choices aren’t what they would *want* themselves to choose, although in many cases they are. For each of the following stories, we will ask you both questions: which option you think you would actually choose, and which option you would want yourself to choose.

It is important that you fill out this survey on your own, without discussing it with others. Please complete the questions in order, and once you have finished a question, do not go back to change your answers. Before you begin, please fill in the date and time below.

Today’s date: _____

Time: _____

1) Thinking about how you felt in the last few minutes, how would you rate on a scale from 1 (worst) to 10 (best) ...

	1	2	3	4	5	6	7	8	9	10
your own happiness	X	X	X	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X	X	X	X
Please circle one X in each row above										

2) Say you have to decide between two new jobs. The jobs are exactly the same in almost every way, but have different work hours and pay different amounts.

Option 1: A job paying \$80,000 per year. The hours for this job are reasonable, and you would be able to get about 7.5 hours of sleep on the average work night.

Option 2: A job paying \$140,000 per year. However, this job requires you to go to work at unusual hours, and you would only be able to sleep around 6 hours on the average work night.

If you were limited to these two options, which **do you think you would choose?**

Option 1: Sleep more but earn less			Option 2: Sleep less but earn more		
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: Sleep more but earn less			Option 2: Sleep less but earn more		
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: Sleep more but earn less				Option 2: Sleep less but earn more		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

3) Suppose you promised a close friend that you would attend his or her 21st birthday dinner. However, at the last minute you find out that you have won front row seats to see your favorite musician, and the concert is at the same time as the dinner. This is the musician's last night in town. You face two options:

Option 1: Skip your friend's birthday dinner to attend the concert.

Option 2: Attend your friend's birthday dinner and miss the concert.

If you were limited to these two options, which **do you think you would choose?**

Option 1: Attend concert				Option 2: Attend birthday	
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: Attend concert				Option 2: Attend birthday	
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: Attend concert				Option 2: Attend birthday		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

4) Suppose you are considering a new job, and have offers from two companies. Even though all aspects of the two jobs are identical, employees' salaries are different across the two companies due to arbitrary timing of when salary benchmarks happened to be set. Everyone in each company knows the other employees' salaries. You must choose one of the two companies, which means you must decide between the following two options:

Option 1: Your yearly income is \$105,000, while on average others at your level earn \$120,000.

Option 2: Your yearly income is \$100,000, while on average others at your level earn \$85,000.

If you were limited to these two options, which **do you think you would choose?**

Option 1:			Option 2:		
You earn \$105,000 while others earn \$120,000			You earn \$100,000 while others earn \$85,000		
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1:			Option 2:		
You earn \$105,000 while others earn \$120,000			You earn \$100,000 while others earn \$85,000		
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1:				Option 2:		
	You earn \$105,000 while others earn \$120,000				You earn \$100,000 while others earn \$85,000		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

5) Suppose you are a skilled artist, and you have to decide between two career paths for your life. There are two styles of painting that you consider to be your own style, and you enjoy both equally. Style 1 happens to be much less popular than Style 2 today, but you know it will be an important style in the future.

Option 1: You devote yourself to Style 1. You expect that selling your paintings will give you an income of \$40,000 a year. If you choose this path, you don't expect that your work will be appreciated in your lifetime, but posthumously you will make an impact on the history of art, achieve fame, and be remembered in your work.

Option 2: You devote yourself to Style 2. You expect that selling your paintings will give you an income of \$60,000 a year, but you will have no memorable impact.

If you were limited to these two options, which **do you think you would choose?**

Option 1: Big impact with less income			Option 2: No big impact but more income		
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: Big impact with less income			Option 2: No big impact but more income		
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: Big impact with less income				Option 2: No big impact but more income		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

6) Suppose you are checking out a new supermarket that just opened near where you live. As you walk by the fresh fruit display, you are offered your choice of a free snack:

Option 1: A freshly sliced apple.

Option 2: A freshly sliced orange.

If you were limited to these two options, which **do you think you would choose?**

Option 1: Apple				Option 2: Orange	
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: Apple				Option 2: Orange	
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: Apple				Option 2: Orange		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

7) Suppose that due to budget cuts, the school implements a “student activities fee” of \$15 dollars a week to help pay for maintenance of facilities used for extracurricular student activities. However, the school allows you to not pay the fee if instead you put in 2 hours of service a week shelving books at the library. You face two options:

Option 1: Spend 2 hours a week shelving books.

Option 2: Pay \$15 a week.

If you were limited to these two options, which **do you think you would choose?**

Option 1: Lose 2 hours a week				Option 2: Pay \$15 a week	
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: Lose 2 hours a week				Option 2: Pay \$15 a week	
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: Lose 2 hours a week				Option 2: Pay \$15 a week		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

8) Say you are hanging out with a group of friends at your friend's room. You are having a really good time, but it is getting to be late at night. You have to decide between two options.

Option 1: Stay up another hour. It is likely you will feel tired all day tomorrow, but this particular evening you are having an especially fun time.

Option 2: Excuse yourself from the group, and go to bed. You will be disappointed to miss the fun, but you know you will feel better the next day and be more productive at paying attention in class and doing your homework.

If you were limited to these two options, which **do you think you would choose?**

Option 1: Stay up				Option 2: Go to bed	
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: Stay up				Option 2: Go to bed	
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: Stay up				Option 2: Go to bed		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

9) Imagine that for the first time in three years, your parents (or if your parents are gone, your closest relatives who are older than you) have arranged for a special family gathering that will happen the day after Thanksgiving, with everyone also invited to Thanksgiving dinner. You face two options. Would you choose to go to the family gathering the day after Thanksgiving (and maybe to Thanksgiving dinner) if getting there required a \$500 roundtrip plane ticket for plane flights that were 5 hours each way?

Option 1: Go to the thanksgiving gathering, which requires a \$500 round trip plane ticket.

Option 2: Miss the thanksgiving gathering, but save the money.

If you were limited to these two options, which **do you think you would choose?**

Option 1: Go to family gathering				Option 2: Save \$500	
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: Go to family gathering				Option 2: Save \$500	
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: Go to family gathering				Option 2: Save \$500		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

10) Suppose you have decided to leave Cornell, and are transferring to a new school. You have been accepted to two schools, and are deciding where to go. The first school is extremely selective and high quality, but is in a small town out in the country with a less active social scene. The second school is in a major city with a great social scene, but is slightly less renowned. Which would you choose?

Option 1: Highly selective school, isolated socially and geographically.

Option 2: Less selective school, socially active and in a major city.

If you were limited to these two options, which **do you think you would choose?**

Option 1: Isolated, selective school			Option 2: Less selective, more social school in city		
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: Isolated, selective school			Option 2: Less selective, more social school in city		
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: Isolated, selective school				Option 2: Less selective, more social school in city		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

11) Suppose you are considering two summer internships. One is extremely interesting and involves work you are passionate about, but does not advance your career. The other will likely be boring, but will help you get a job in the future. Which would you choose?

Option 1: Interesting internship which does not advance career.

Option 2: Boring internship which will help you get a job.

If you were limited to these two options, which **do you think you would choose?**

Option 1: More interesting internship			Option 2: Internship better for career		
<i>definitely choose</i>	<i>probably choose</i>	<i>possibly choose</i>	<i>possibly choose</i>	<i>probably choose</i>	<i>definitely choose</i>
X	X	X	X	X	X
Please circle one X in the line above					

If you were limited to these two options, which **would you want yourself to choose?**

Option 1: More interesting internship			Option 2: Internship better for career		
<i>definitely want</i>	<i>probably want</i>	<i>possibly want</i>	<i>possibly want</i>	<i>probably want</i>	<i>definitely want</i>
X	X	X	X	X	X
Please circle one X in the line above					

Between these two options, in the few minutes immediately after making the choice, which option do you think would make you feel better in terms of...

	Option 1: More interesting internship				Option 2: Internship better for career		
	<i>definitely better</i>	<i>probably better</i>	<i>possibly better</i>	<i>no difference</i>	<i>possibly better</i>	<i>probably better</i>	<i>definitely better</i>
your own happiness	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X
Please circle one X in each row above							

In the next three questions, you will be asked how you came to decisions in the previous scenarios. You can look back at your answers if you'd like, but it is important that you do not change any of your earlier responses.

12) At times in the earlier scenarios, you might have chosen an alternative which you did not think would make you happier.

If you made such a choice, do you believe it was a mistake? That is, if you could go back and change your answer now, would you want to? (Please circle one.)

YES

NO

I never made this type of choice

If you made such a choice, do you think you would regret it? That is, if your chosen alternative actually occurred, do you think you would later wish you had instead chosen the other option? (Please circle one.)

YES

NO

I never made this type of choice

If you made such a choice, please explain your reasoning:

13) At times in the earlier scenarios, you might have chosen an alternative which you did not want yourself to choose.

If you made such a choice, do you believe it was a mistake? That is, if you could go back and change your answer now, would you want to? (Please circle one.)

YES

NO

I never made this type of choice

If you made such a choice, do you think you would regret it? That is, if your chosen alternative actually occurred, do you think you would later wish you had instead chosen the other option? (Please circle one.)

YES

NO

I never made this type of choice

If you made such a choice, please explain your reasoning:

14) Throughout this survey, we asked you to choose between two alternatives, and we also asked you to rate the options in terms of how they would affect various aspects of your life. When you made these ratings, were you trying to make your ratings consistent with what you chose? (Please circle one)

(A) I rated the aspects independently from what I chose.

(B) When I rated the aspects, I tried to be unaffected by what I chose, but I was probably affected to some extent.

(C) When I rated the aspects, I tried to be consistent with what I chose.

(D) Other (Please specify) _____

The following question is the last one to ask you about hypothetical scenarios. It is slightly different from the rest. We will particularly appreciate it if you read it carefully and answer it the best you can.

15) Suppose some aspects of your life could be improved if you took it upon yourself to regularly work to improve them. In particular, suppose aspects of your life could improve if you were systematically exposed to the right information and if you put in the time, attention, awareness, energy, and effort needed for real improvements to occur. In this question, we are asking you to believe for a moment that this were true for the entire list of aspects of your life below.

Suppose you find out that there are certain techniques, strategies, methods or approaches that you can use to improve various aspects of your life. You know people who are using them, and they tell you that these approaches indeed work for them. Suppose you know that they will also work for you, as long as you put in the time. Specifically, you have to devote a certain number of minutes each week to work on each of the aspects of your life you want to improve. If you do, your rating of the aspects you are working on would go up by 1 point on a 10-point scale for as long as you continue putting in the time. That is, if for example you work on improving your health, and you rated (on page 2 of this survey) your health as “4”, it would go up to “5”; if you rated it at “5”, it would go up to “6”; etc.

For each of the aspects of your life listed below, please indicate the maximum amount of minutes per week you would be willing to put in for a 1 point improvement on a 10-point scale. For example, if you think you would work to improve your health if it required 20 minutes per week or less, but you think you wouldn’t work to improve it if it required 30 minutes per week or more, then for the “health” row please circle the “20 minutes” X. You can work to improve as many aspects of your life as you want during the same week, but each aspect requires its own amount of (non-overlapping) minutes. The minutes you put in are neither particularly pleasant nor particularly unpleasant, regardless of the aspect you are working to improve.

The maximum amount of minutes per week you are willing to put in to improve...

	0	5	10	15	20	30	45	60	75	120
	minutes	minutes	minutes	minutes	minutes	minutes	minutes	minutes	minutes	minutes
your own happiness	X	X	X	X	X	X	X	X	X	X
your family’s happiness	X	X	X	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X	X	X	X
your life’s level of spirituality	X	X	X	X	X	X	X	X	X	X
your life’s level of fun	X	X	X	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X	X	X	X
your life’s non-boringness	X	X	X	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X	X	X	X
Please circle one X in each row above										

16) What is your gender? (Please circle one.)

Male

Female

17) In what year were you born? (Please fill in the blank.) _____

18) Which best describes your race? (Please circle one letter below. If you choose "Something else", write how you would describe your race next to "please specify".)

- (A) White or Caucasian (non-Hispanic)
- (B) Hispanic or Latino
- (C) Black or African-American
- (D) American Indian, Aleut, Eskimo
- (E) Asian or Pacific Islander
- (F) Something else (Please specify) _____
- (G) Do not know

19) Who would you say is your closest family member? (Please circle one letter below. If you choose "Other", write your closest family member next to "please specify".)

- (A) Parent
- (B) Brother/Sister
- (C) Husband/Wife/Partner
- (D) Child
- (E) Other (Please specify) _____

20) Thinking of how you have felt over the last 24 hours, would you say you have felt...? (Please circle one.)

- (A) Extremely happy
- (B) Very happy
- (C) Quite happy
- (D) Somewhat happy
- (E) Not so happy

21a) On a typical school day, how many hours of sleep do you get, including naps? (Please fill in the blank.) _____

21b) On a typical day off, how many hours of sleep do you get, including naps? (Please fill in the blank.) _____

21c) On a typical day, how many hours of sleep would you **like to** get? (Please fill in the blank.) _____

When you answer this last question, please think about the level of these categories in your life as a whole, summing over both the present and the future. (Please note that this is different from the earlier question, where you indicated the level of these categories in the last few minutes.)

22) Taking your life as a whole, how would you rate on a scale from 1 (worst) to 10 (best) ...

	1	2	3	4	5	6	7	8	9	10
your own happiness	X	X	X	X	X	X	X	X	X	X
your family's happiness	X	X	X	X	X	X	X	X	X	X
your health	X	X	X	X	X	X	X	X	X	X
your romantic life	X	X	X	X	X	X	X	X	X	X
your social life	X	X	X	X	X	X	X	X	X	X
your control over your life	X	X	X	X	X	X	X	X	X	X
your life's level of spirituality	X	X	X	X	X	X	X	X	X	X
your life's level of fun	X	X	X	X	X	X	X	X	X	X
your social status	X	X	X	X	X	X	X	X	X	X
your life's non-boringness	X	X	X	X	X	X	X	X	X	X
your physical comfort	X	X	X	X	X	X	X	X	X	X
your sense of purpose	X	X	X	X	X	X	X	X	X	X
Please circle one X in each row above										

Time when finished: (Please fill in the blank.) _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.