

Propositions  
Attached to the thesis

# The Happiness Analyzer

## A New Technique for Measuring Subjective Well-Being

By  
Kai Ludwigs

1. There is a need for better data, not only more data, on people's subjective well-being. (chapter 1)
2. Modern technologies can help us to reduce the effort to collect better data on people's subjective well-being. (chapter 2 and 3)
3. Subjective well-being differs from moment to moment and not only from person to person. (chapter 5 and 7)
4. On average it is not detrimental for people to pay more attention to their subjective well-being. (chapter 6)
5. It is possible to collect representative datasets on happiness using apps if participants are motivated enough and data is collected with quota sampling. (chapter 8)
6. Subjective well-being is the key to understand how to improve quality of life in our society.
7. To understand everyday life, it is mandatory to collect data on everyday life.
8. High subjective well-being = To spend your time well.
9. To have a healthy life you need to have a happy life and to have a happy life you need to have healthy life.
10. Improving quality of life for everyone must be the main goal of every human to have a sustainable world.
11. Becoming a happiness researcher is a good way to become happier.