

The 33 things that definitely make us happy (% increased happiness)

1. Intimacy, making love 14.20%
2. Theatre, dance, concert 9.29%
3. Exhibition, museum, library 8.77%
4. Sports, running, exercise 8.12%
5. Gardening, allotment 7.83%
6. Singing, performing 6.95%
7. Talking, chatting, socialising 6.38%
8. Birdwatching, nature watching 6.28%
9. Walking, hiking 6.18%
10. Hunting, fishing 5.82%
11. Drinking alcohol 5.73%
12. Hobbies, arts, crafts 5.53%
13. Meditating, religious activities 4.95%
14. Match, sporting event 4.39%
15. Childcare, playing with children 4.10%
16. Pet care, playing with pets 3.63%
17. Listening to music 3.56%
18. Other games, puzzles 3.07%
19. Shopping, errands 2.74%
20. Gambling, betting 2.62%
21. Watching TV, film 2.55%
22. Computer games, iPhone games 2.39%
23. Eating, snacking 2.38%
24. Cooking, preparing food 2.14%
25. Drinking tea/coffee 1.83%
26. Reading 1.47%
27. Listening to speech/podcast 1.41%
28. Washing, dressing, grooming 1.18%
29. Sleeping, resting, relaxing 1.08%
30. Smoking 0.69%
31. Browsing the Internet 0.59%
32. Texting, email, social media 0.56%
33. Housework, chores, DIY 0.65%