

Happiness is ...

The recently released AP-MTV Youth Happiness Poll asked young people the following question: What one thing in life makes you most happy? Here are some of the top replies.

20%

Spending time
with family

15%

Spending time with friends

11%

Spending time with
spouse/loved ones

6%

Children

5%

Relationship with God

5%

Spending time
with pets

4%

Listening to music

5%

Being alive