

With this contract, I, _____, with the ID number _____, hereby promise that I shall live in accordance with the chosen maxims of happiness indicated in this contract, which I have selected of my own free will, without the influence of internal or external coercion.

For this contract to become effective, the concerned party must agree to at least five of the following clauses. Indicate with an X those measures which you would consider most likely to bring about your happiness.

☐ **1. I Will always speak of my work positively, although I may have moments of dissatisfaction, because in the current socio-economic climate I should consider myself privileged.**

Today in Spain the average rate of unemployment is 15.3%, and among those younger than 25 years old, this figure rises to 36.9%.
Source: *Expansión / Datosmacro.com*

☐ **2. When I feel unhappy, I will refrain from socialising, so as not to detract from the happiness of others.**

More than half of people in need of treatment for mental disorders are not receiving it, and a significant percentage receive treatment that is inadequate.
Source: *Guía de la Confederación Salud Mental España*

☐ **3. Whilst on holiday, I will regularly publish the most idyllic moments on Instagram.**

21% of young people feel bad about themselves after consuming social media; more than half of them confirm that this negative feeling was related to their body.
Source: *Youth, Media & Wellbeing Research Lab*

☐ **4. I will chase the millennial dream of fulfillment by any means necessary: I will get married, buy a house, and have a child.**

57 of 100 marriages in Spain end in divorce.
Source: *ABC según datos de Eurostat (2017)*

☐ **5. I will trust that destiny has big plans for me, and so I shall endure instability and unsatisfactory conditions because I know that something better is yet to come.**

The most common salary in Spain is 18,490 euros per year.
Source: *Instituto Nacional de Estadística*

☐ **6. I will aspire to be my own boss so I may have more freedom and flexibility to organise my tasks and working hours.**

The average pension of self-employed workers is 37% lower than that of the Régimen General.
Source: *EP Data*

☐ **7. I will ignore the oppression, exploitation, and pollution perpetrated by the companies who produce the goods which I consume.**

In the next twenty years, the carbon footprint of mobile phones will comprise 14% of the total, half of that which the transport industry represents today.
Source: *'Assessing ICT global emissions footprint: Trends to 2040 & recommendations', Lotfi Belkhir y Ahmed Elmelligi*

☐ **8. I will prioritise my productive and social performance over my physical and mental wellbeing, although my body may be in need of the opposite.**

Spain, along with Portugal, is the highest consumer of anxiolytics, sedatives and hypnotics in the EU. Mental health disorders are expected to be the primary cause of disability by 2030.
Source: *RTVE & Business Insider*

A CONTRACT OF HAPPINESS

☐ 9. I will find a balance between my personal and professional life, without having to give up either one.

*Almost half of all Spanish workers (49.55%) in 2018 were not able to modify their working hours to assume responsibilities related to caring for others.
Source: Instituto Nacional de Estadística*

☐ 10. I will withstand all forms of violence that may be committed against me, making every effort to prevent them from affecting my ability to lead a normal life.

*57.3% of women in Spain have suffered some form of sexist violence throughout their life. Of those 11.3 million women, more than 4 million have suffered physical violence, 2.8 million have suffered sexual violence, and more than 8 million claim to have been victims of sexual harassment.
Source: 'Macroencuesta de Violencia sobre la Mujer 2019', Delegación del Gobierno contra la Violencia de Género*

☐ 11. I will make up for all unproductive hours at work to avoid feeling guilty.

*In Spain, the productivity per working hour stands at 31.5%.
Source: 'La productividad del trabajo y la conciliación laboral 2018', EAE Business School*

IN CASE OF NON-COMPLIANCE

If the signer fails to comply with any of the clauses agreed to in this contract, the signer will be obliged to appear to be happy for the common good, in accordance with article 1 of the Law of the collective simulation of happiness.

Barcelona, _____ 2021

Signature