

Looking Back at 2022 and Looking ahead at 2023

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**Introduction: How did Canadians see 2022,
how do they envision 2023, what are their
new years resolutions and are they happy?
A Leger Survey for the Association for
Canadian Studies**



Most Canadians felt 2022 wasn't better than 2021 but almost one in three thought it was worse

Compared to 2021, taking everything into consideration, how has 2022 been for you?	Total	Atl.	QC	ON	MB/SK	AB	BC
Better than 2021	21%	11%	22%	21%	20%	28%	19%
About the same as 2021	46%	41%	56%	44%	46%	40%	40%
Worse than 2021	31%	44%	20%	33%	31%	28%	39%
I don't know / I prefer not to answer	3%	4%	2%	3%	3%	4%	2%

Most don't expect 2023 to be better than 2022 but one in three are optimistic for next year

When it comes to 2023, are you...	Total	Atl.	QC	ON	MB/SK	AB	BC
Optimistic, I think it will be better than 2022	34%	32%	34%	35%	33%	31%	33%
Neutral, I think it will be about the same as 2022	40%	37%	44%	40%	40%	37%	39%
Pessimistic, I think it will be worse than 2022	22%	25%	18%	21%	20%	27%	24%
I don't know / I prefer not to answer	4%	6%	4%	4%	7%	5%	4%

Most Canadians are pessimistic for the Canadian economy in 2023 but Quebecers are divided on the question

Looking ahead to 2023, are you optimistic or pessimistic about the outlook for the Canadian economy?	Total	Atl.	QC	ON	MB/SK	AB	BC
NET OPTIMISTIC	42%	35%	48%	43%	38%	34%	42%
Very optimistic	4%	5%	2%	5%	6%	7%	2%
Somewhat optimistic	38%	30%	46%	38%	32%	27%	40%
NET PESSIMISTIC	58%	65%	52%	57%	62%	66%	58%
Somewhat pessimistic	44%	56%	43%	43%	54%	45%	40%
Very pessimistic	13%	9%	8%	14%	8%	21%	18%

A Majority of Canadians are optimistic relative to their personal finances in 2023

Looking ahead to 2023, are you optimistic or pessimistic about your personal financial situation?	Total	Atl.	QC	ON	MB/SK	AB	BC
NET OPTIMISTIC	56%	46%	66%	57%	52%	51%	45%
Very optimistic	8%	7%	7%	11%	11%	7%	5%
Somewhat optimistic	47%	39%	59%	46%	42%	44%	40%
NET PESSIMISTIC	44%	54%	34%	43%	48%	49%	55%
Somewhat pessimistic	34%	44%	29%	32%	38%	36%	37%
Very pessimistic	11%	10%	5%	11%	9%	12%	17%

Some one in five Canadians plan to make new years resolutions in 2023

Do you plan to make New Year's resolutions for 2023?	
	Total
Yes, I will make resolutions	20%
No, I will not make resolutions	69%
I don't know	11%

Being active, fit and healthy are most common new years resolutions

What is your main New Year's resolution for 2023?	Total	Male	Female
Be more active (exercise, practising sport, etc.)	10%	12%	8%
Lose weight	10%	9%	10%
Be financially responsible/healthy / budgeting	8%	6%	10%
Get healthy / focusing on my health	8%	6%	10%
Other	8%	5%	11%
Make money/more money / gain more wealth	6%	7%	6%
Save money	5%	6%	4%
Balance life/priorities / be more efficient	3%	4%	3%
Pay down debts	3%	1%	5%
Find a job/better job	3%	4%	2%
Take time for myself / take care of myself	3%	2%	3%
Find happiness / having fun / enjoying life	3%	3%	2%
Eat healthier	3%	1%	4%
Spend more time with my family	2%	1%	4%

Happiest Canadians



Over three in four Canadians say they are happy with one in five reporting they're very happy; Atlantic Canadians and Quebecers are happiest with Bcers least so

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
Canada	19.2%	58.8%	77.9%	15.9%	6.2%	100.0%
British Columbia	17.8%	53.3%	71.0%	21.0%	7.9%	100.0%
Alberta	20.5%	55.4%	75.9%	16.9%	7.2%	100.0%
Prairies	17.3%	65.3%	82.7%	13.3%	4.1%	100.0%
Ontario	17.4%	56.8%	74.1%	17.7%	8.2%	100.0%
Quebec	19.4%	65.2%	84.6%	12.4%	3.1%	100.0%
Atlantic	31.4%	58.8%	90.2%	7.8%	2.0%	100.0%

Francophone Canadians are by far happiest over English and Allophone

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
French	22.0%	66.1%	88.2%	9.5%	2.3%	100.0%
English	19.4%	55.6%	75.1%	17.6%	7.4%	100.0%
Other	15.2%	55.7%	70.9%	21.5%	7.6%	100.0%

Ignorance is not bliss as University graduates tend to be happiest

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
Elementary (7 years or less)	10.0%	60.0%	70.0%	30.0%		100.0%
High school, general or vocational (8 to 12 years)	19.0%	57.8%	76.7%	15.9%	7.3%	100.0%
College (pre-university, technical training, certificate, accreditation or advanced diploma (13-15 years))	20.1%	57.2%	77.4%	16.1%	6.5%	100.0%
University certificates and diplomas	24.5%	50.9%	75.5%	15.1%	9.4%	100.0%
University Bachelor (including classical studies)	17.1%	63.1%	80.2%	15.2%	4.6%	100.0%
University Master's degree	15.8%	66.3%	82.1%	15.8%	2.1%	100.0%
University Doctorate (PhD)	31.3%	56.3%	87.5%	12.5%		100.0%

Money more and/or somewhat less buys happiness

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
\$19,999 or less	12.2%	51.1%	63.3%	18.9%	17.8%	100.0%
Between \$20,000 and \$39,999	16.3%	49.6%	65.9%	20.5%	13.6%	100.0%
Between \$40,000 and \$59,999	16.1%	60.1%	76.2%	16.9%	6.9%	100.0%
Between \$60,000 and \$79,999	22.5%	61.0%	83.6%	15.5%	0.9%	100.0%
Between \$80,000 and \$99,999	17.7%	66.2%	83.8%	14.1%	2.0%	100.0%
Between \$100,000 and \$124,999	20.2%	55.6%	75.8%	18.0%	6.2%	100.0%
Between \$125,000 and \$149,999	27.7%	62.8%	90.4%	7.4%	2.1%	100.0%
\$150,000 or more	29.7%	56.8%	86.4%	11.9%	1.7%	100.0%

Canadians over 65 are happiest

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
18-24	20.5%	57.7%	78.2%	20.5%	1.3%	100.0%
25-34	21.2%	54.8%	76.0%	14.0%	10.0%	100.0%
35-44	14.6%	58.7%	73.2%	19.7%	7.1%	100.0%
45-54	16.1%	55.0%	71.1%	19.8%	9.1%	100.0%
55-64	20.3%	59.4%	79.7%	15.1%	5.2%	100.0%
65-74	20.5%	65.4%	85.8%	10.2%	3.9%	100.0%
>= 75	25.7%	59.6%	85.3%	11.0%	3.7%	100.0%

Women are somewhat happier than men

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
Male	20.7%	55.7%	76.4%	18.2%	5.4%	100.0%
Female	17.7%	61.5%	79.2%	13.6%	7.1%	100.0%

Bloquistes happiest while 'People' are least so

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
PLC	24.9%	55.7%	80.7%	16.3%	3.1%	100.0%
NDP	15.7%	62.6%	78.3%	12.8%	8.9%	100.0%
BQ	25.3%	67.0%	92.3%	5.5%	2.2%	100.0%
CPC	17.3%	63.9%	81.3%	15.2%	3.5%	100.0%
GPC	10.2%	57.1%	67.3%	24.5%	8.2%	100.0%
PPC	9.4%	50.0%	59.4%	12.5%	28.1%	100.0%

Montrealers much happier than Torontonians and Vancouverites

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
MTL RMR	17.6%	67%	84.6%	3.9%	2.9%	100.0%
Toronto CMA	13.2%	58.1%	71.3%	19.1%	9.6%	100.0%
Vancouver CMA	15.9%	52.2%	68.1%	26.5%	5.3%	100.0%

Home owners happier than renters

	Thinking about your life today would you say that you are...					Total
	Very happy	Somewhat happy	Overall Happy	Somewhat unhappy	Very unhappy	
Own	22.8%	60.4%	83.2%	13.2%	3.6%	100.0%
Rent	13.4%	56.0%	69.4%	20.0%	10.6%	100.0%

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