Building upon the revised set-point theory of well-being and the broaden-and-build theory of positive emotions, the research project goal is to provide a longitudinal examination of the (in)stability of different well-being components, and their effects on life events. We posit that high levels of well-being enable the creation of later favorable life events and conditions by effective affect regulation strategies.

In order to approach a large number of participants and to apply two follow-ups, a web-based study was implemented, with open invitation to all adult internet users. Participants could access the application via various browsers, and it was also adjusted for smartphones. “Friendly use” of the online application, understanding of questions and answering method, as well as ethical concerns, was tested using focus groups and individual trials. To enable matching the participants from two waves, every participant had to log in to the web-page using his/her e-mail address. While e-mail was protected by data-base, special computer program created token associated with each participant. After completing the initial questionnaire, each participant receives annual invitation reminder by e-mail to participate in follow-ups.