

How might universal basic income influence gender roles? Exploring gender similarities and differences in the imagination of a basic income future scenario

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21.06.2017

Bachelor Thesis

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Abstract

The aim of this study was to explore how basic income might influence gender roles through investigating gender similarities and differences in the perception of flourishing in a universal basic income (UBI) future scenario. Pilot studies revealed that basic income might have a great potential to enhance the individual probability to establish a state of flourishing, which is the highest form of well-being. UBI might provide the financial basis for the fulfilment of basic needs and the attainment of personal goals. This could increase the probability of flourishing especially for women due to a change in traditional gender roles and the promotion of gender equality. In this paper, a future-oriented approach was adopted, because it gives individuals the chance to have a very subjective perspective of their possible future self within UBI and their alternate wants, needs and satisfactions.

Using a purposive sampling, seven women and six men were selected, divided in two groups of working and studying participants. In two workshops, one for each group, the subjects wrote a letter from a future where they receive UBI. For qualitative analysis of these letters, a coding scheme was created, partly derived deductively from concepts that belong to flourishing (inspired by the MHC-SF scale) on the basis of three dimensions of well-being (e.g. emotional, psychological, social). Inductively, codes were added on the basis of the letter content to capture all gender similarities and differences in the way of flourishing in a UBI scenario. Then, a comparative analysis of codes between letters of men and women was presented.

Results of the qualitative analysis revealed great gender commonalities especially in emotional and psychological well-being in the UBI imagination. Gender differences mainly concerned the level of subjectivity with which the narrative imagined the UBI scenario: Whereas women experienced personal growth and pursuit of life goals through the support of UBI on a very personal level, men referred comparably more to the external world and significant others, expressing their desire of social contacts. Findings indicated that especially men desired to spend more time with their family in the alternate UBI future; giving an indication that a change in traditional role allocation might occur with UBI. The main conclusion derived from this thesis was that the security of having a UBI could enable both genders to decide autonomously what they want to prioritize in their life, which might increase their ability to reach a state of flourishing.

Introduction

Preview

The idea that has come to be known as universal basic income seems to be very simple at first sight. In the course of the last two centuries, it has been independently thought up under a range of different names. Since about 1960, literature on this topic has become extremely rich. Diverse topics are covered here, as the philosophical justification of the idea, its economic and political feasibility, its impact on freedom, social justice, economic activity, psychological wellbeing, and much more (Jeffery, 2016). However, studies that deal with personal aspects such as well-being are paid less attention than the general feasibility of that new social system. Although economic and political aspects are important for discussing the societal effects, to be able to understand the possible individual effect, one needs to explore the personal perspective. Therefore, this research tried to gain a deeper understanding of personal perceptions associated with the UBI concept. Here, focus of attention is especially on the way that individuals perceive to be able to flourish due to the offer of a UBI. Because real-life experiments with a UBI are scarce, this research proposes a look into people's imaginations of a future with a UBI.

In the remainder of this introduction, first requirements for flourishing are discussed which are addressed by means of a UBI. Especially fulfilment of basic needs and the attainment of personal goals are argued to be improved through UBI and therefore might enhance the probability to flourish. Because existing research provides divergent views regarding if and how the UBI contributes to a lowered perception of gender inequality, anticipated gender differences in perception of the UBI will be the focus of this research. Therefore, the way men and women imagine if and how they are flourishing in their narratives of a future with UBI will be compared in this paper.

Definition of basic income and earlier pilot studies

The idea of basic income regularly emerges within current debates as a possible reform package: a proposal based on the principles of Individuality, Universality and Unconditionality (Jaspers, 2016). The term Individuality refers to the idea that everyone has the right of a basic income on an individual basis, independent of marital status, cohabitation or household configuration, or of the income or property of other household or family members. The principle of Universality states that every person, irrespective of age, descent, place of residence, profession etc. will be entitled to receive this funding. At least, the allocation follows the idea of Unconditionality by seeing basic income as a human right that

shall not depend on any preconditions; whether an obligation to take paid employment, to be involved in community service, or to behave according to traditional gender roles. Nor will it be subject to savings, income or property limits. The amount of that provision should be *high enough* as it ensures a decent standard of living that meets society's social and cultural standards in the country concerned. Further, it should prevent material poverty and provide the opportunity to participate in society and to live in dignity (McKay, 2007).

A number of experiments have already been carried out all over the world to test the feasibility and consequences of the basic income concept. From the 1st of January 2017, a basic income experiment has recently started in Finland as a nationwide trial, where two thousand randomly selected unemployed each get an unconditional amount of 560 euro per month. Near the end of the first year the project will be assessed for the feasibility of a second year as well (McFarland, 2017). Earlier pilots in the United States in the 1960s and 1970s found a moderate reduction in work effort (17% among women, 7% among men), but an increase in school attendance. Also, money was not squandered on frivolous products such as drugs and luxury goods (Munnell, 1987). A similar experiment, known as ‚Mincome‘, took place in Canada 1974-1979, leading to some reduction in working hours, but on the other hand to more studying people and to an improvement in overall health (Forget, 2011). In India, two pilot tests have been conducted, which were funded by UNICEF. Eight villages in Madhya Pradesh were part of the experiment, where every man and woman received a monthly payment of 200 rupees, as well as 100 rupees for every child.

Probably the most important finding was the significant improvement in the average weight-for-age of young children, especially among girls. Furthermore, school attendance and performance greatly improved. The labour market also changed - there was a shift from casual wage labour to more own-account (self-employed) farming and business activity. A higher positive effect on satisfaction was observed for disadvantaged groups – lower-caste families, women, and people suffering from disabilities (Standing, 2013). Because of the huge cultural, financial and political differences between the five states whose pilot tests were just presented, it is difficult to generalize the findings. Also, all studies were limited to the provision of a UBI only to a small part of the citizens, which could bias the outcomes. Still, within all pilot studies an improvement in health and education could be found.

Lack of qualitative data about the personal perspective of receiving UBI

Despite renewed interest and the existence of convincing theoretical and practical arguments justifying the basic income concept, so far no government has adopted it on a national scale.

There are various economic factors influencing the implementation of the UBI concept. The public perceptions of UBI could influence policy. Therefore, it seems important to investigate how potential users of UBI perceive the effects on their personal lives. For that reason, this research focusses on the individual's perceptions of a future scenario of implementing a UBI.

Individual perceptions of the UBI have not been given much attention in empirical research. In a quantitative survey conducted by Jaspers (2016), 10.000 Europeans were interviewed about the basic income idea, leading to some noticeable conclusions. The biggest hopes associated with introducing basic income were less financial anxiety and more equality of opportunity in the working environment. The major fear associated with introducing basic income was that people would stop working. A very interesting finding is however, that only 4% of the Europeans reported that the most likely effect of basic income on their work choices would be to stop working. The majority stated that a basic income would not affect their work choice. Although Jasper's study only included the European population with limited generalitability to other parts of the world, his research provides important insights into individual expectations regarding an UBI.

However, a qualitative research about a personal future anticipation with UBI might provide a richer and more detailed image of the personal perception of UBI. Especially varieties between individual future anticipations might give additional insights to possible personal consequences of the individual lives. Recently, no research is available that focusses on the consequences of individual well-being due to UBI. This is merely indirectly addressed through investigating in financial and economical consequences. Wright claims that inequalities of material conditions in life in combination with a strong competitive pressure in the working place generate deficits in human *flourishing* (understood as the highest form of well-being and the realization of human potentials). Through the provision of a financial basis, UBI might improve the individual's ability to reach a state of flourishing. Therefore, this study investigates the way individuals imagine themselves as flourishing in an imagination of receiving UBI (Wright, 2006).

Flourishing as the highest state of well-being

Understanding the concept of human well-being in more detail is essential for estimating the implications accompanied by a UBI. In positive psychology, the upper end of the distribution of well-being is defined by the term *Flourishing* (Huppert & So, 2009). Recent influential approaches regard well-being as requiring both hedonic and eudaimonic components – i.e. the combination of pleasure and fulfilment (Huppert, 2009; Huppert & So, 2013; Keyes, 2002).

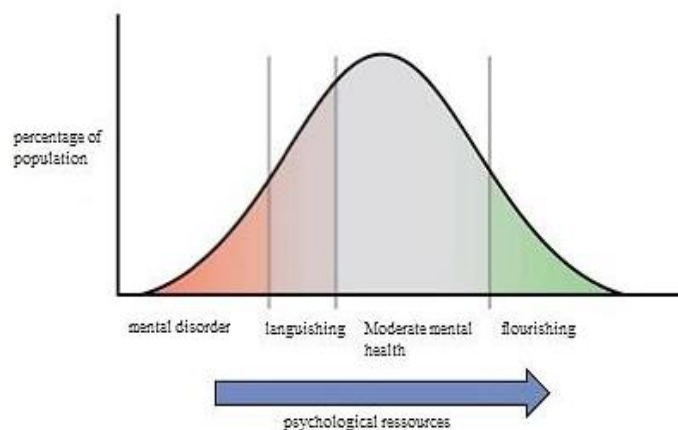
Hedonic wellbeing comprises subjective or *emotional well-being* which consists of the three components happiness, life satisfaction and a positive-negative affect balance (Diener, 1984). *Eudaimonic* well-being contains *psychological well-being* and *social well-being* that include a variety of components as meaning, engagement, purpose in life, positive relations and personal growth (Keyes, 2002; Ryan et al., 2008; Ryff, 1989).

Keyes (2002; 2005) has provided a comprehensive approach using these two ranges for studying flourishing. Following his definition, flourishers are those individuals with high levels of emotional, social and psychological well-being. Here, the first dimension can be categorized in the hedonic and the latter two in the eudaimonic domain. He presented the mental health of the population as a spectrum (see Fig.1). At one end of the spectrum are common mental disorders (e.g. anxiety or depression). Individuals who do not meet the criteria of a mental disorder may nevertheless be experiencing difficulty and unhappiness in their daily lives. According to Keyes (2002), they can be described as ‘languishing’. Most of the population has moderate mental health, while a percentage very high in mental health can be described as flourishing (Huppert & So, 2009).

A study from Schotanus-Dijkstra et al. estimating the mental health of the general Dutch population showed that 36.5 % of the subjects were flourishers, 1.6% were languishers, and the majority had moderate mental. In a study executed by Keyes & Simoes (2012), men were more likely to be in a state of flourishing than women. On the contrary, in a European study, women are found to be more exposed to depression than men and have lower scores of hedonic well-being (Senik, 2017). To detect gender differences in the way if and how individuals perceive the state of flourishing with UBI could provide insight in how to empower all individuals to achieve self-actualization and to utilize their full potential.

Figure 1, Mental Health Spectrum.

Adapted from Huppert, Well-being Institute, University of Cambridge, 2011.



Increased chance of flourishing through UBI especially for women

Fulfillment of basic needs. Research has been done in order to understand what inhibits people from sliding from the languishing or modal health category towards the flourishing individuals. Maslow (1954), followed by De Charms (1968), Csikszentmihalyi (1988), Ryff & Keyes (1995) and Ryan & Deci (2000), proposed that there are universal human needs and that fulfilment of them is likely to enhance a person's feelings of well-being. In a study of Tay & Diener (2011) these needs were further examined: *Basic needs for food and shelter, safety and security, social support and love, feeling respected and pride in activities, mastery, self-direction and autonomy*. It was found that a substantial part of the variance between these basic needs and flourishing is attributable to income: higher income is associated with flourishing through the fulfilment of basic needs (Diener et al., 2010). This means, income is a major factor in fulfilling one's basic needs and thus enabling an improvement in well-being. Nevertheless, money seems only to affect well-being significantly until the point of basic need fulfilment could be met. Within studies of Tay & Diener (2011), income had no positive direct influence on the well-being state. This finding is in line with various studies of Easterlin (1974; 1995; 2001), who found that while richer individuals in a country are happier than their poorer fellows, income increase does not necessarily lead to an increase in well-being. Li et al. (2016) conducted a study examining around 1500 participants categorized in different income groups towards their subjective well-being. Here, well-being increases until it stagnates at a specific income amount (approx. 140,000 RMB a year), confirming the assumption that there exists an indirect correlation until the point of basic need fulfilment is reached. Only if this foundation is attained (enough money for food, education, insurance etc.) one is able to reach a feeling of safety, security, respect, mastery, self-direction and autonomy (see previously mentioned basic needs) and is able to flourish (Tay & Diener, 2011).

Thus, implementing the earlier discussed concept of a UBI into society, the monthly fixed income amount could potentially give unemployed and lower income classes the possibility of reaching that state of flourishing. However, it is important to mention that an income which enables the fulfilment of basic needs is not a sufficient condition to flourish; research merely reveals that it increases the chance to flourish.

Giving the whole population the possibility to fulfil one's basic needs could also have major consequences with respect to traditional gender roles. In this regard, a possible impact of the UBI that could open the gates to a more flourishing population is the potential of

improving women's wellbeing - by improving the autonomy to aspire towards their personal goals (McKay, 2007).

Attainment of personal goals. According to Brandtstädter & Rothermund (2002), the individual subjective well-being depends on the extent to which people are able to reach goals and ambitions. Individual action resources, like education and income, as well as opportunities, like labour market participation, are necessary for the successful pursuit of these goals. People with fewer action resources and opportunities are thus, on average, less successful in reaching personal goals—and are therefore unhappier and less satisfied than people with more action resources and opportunities. This assumption is in line with the previously mentioned basic needs (especially the needs for mastery, self-direction and autonomy) that are positively associated with flourishing.

What has previously been found in the outcomes of UBI pilot experiments was an increase in educational attendance due to an unconditional basic income (Munnell, 1987; Forget, 2011; Standing, 2013). Within the pilot study in India, the positive influence on work satisfaction for women was found to be larger than for men; leading to the assumption that especially amongst women the opportunity for work choice could increase (Standing, 2013). A study of Tesch-Römer et al. (2008) demonstrated a positive link between unequal treatment of women in a society and gender differences in subjective well-being.

In sum - The concept of UBI could provide all citizens the same opportunities in aspiring towards personal goals and might therefore improve especially the women's ability to reach a state of flourishing. Within available literature contradicting arguments are presented as to how the UBI concept could influence gender roles.

Gender equality debate: rethinking of traditional gender roles through UBI?

As discussed earlier, the study by Jaspers (2016) showed the biggest hopes of the respondents regarding UBI were to have more equality of opportunity and less financial anxiety. According to Jordan (1988, 1992), Parker (1993) and Walter (1989), the basic income strategy could meet these aspirations by providing income security outside the traditional labour market and therefore secure financial independence within families. This independence provides the basis for a more equal sharing of domestic responsibilities between men and women. Standing (1992) agrees with these assumptions that provision of a basic income could encourage men to take part-time work, thus allowing them to contribute more in domestic tasks. As a major consequence, basic income could have large effects for women in

determining their life choices. Therefore, it could provide the foundations for a rethinking of the relationships between men and women in families (Mckay, 2001).

Despite the fact that some literature provides statements and assumptions in favour of an increase in gender equality due to the implementation of a UBI, their predictions should be seen critically. Nelson (1993) argues that many of these predictions are just based on generalized assumptions about patterns of men's behaviour rather than the reality. It is questionable if basic income that leads to more financial security would actually lead to a greater share in domestic work. Instead, the opposite result could also happen: financial security leads to the opportunity for women to focus solely on family life without having to deal with the working domain; which would manifest the traditional gender roles. Also, as argued by Becker (1981), females have a comparative advantage in their ability to combine child-bearing and child-rearing. Therefore, it might be optimal for couples to specialize in different forms of production and the resulting inequality in time use and labour force participation might be the result of this optimal decision. Tinker (1990) even claims that women equate their well-being with the well-being of their family; thus accept lower freedom of choice for themselves. These presented contradicting arguments raise the question if a reallocation of gender roles due to UBI actually would be desirable from the psychological perspective or not.

Regarding the topic of gender equality within the UBI concept, critics also argue that policies aiming to achieve gender equality need to take account of gender-based social structures of constraint and explicitly recognize the positive welfare contribution of "non-work" activities. Thus, a renewed definition of work would need to be thought of (Nelson, 1993). This means, for an increase in gender equality, instead of giving women more equality in the traditional labour market, one should give domestic and caring work a much higher value within society.

After giving an overview about existing controversial opinions about the link between a UBI and a possible change with respect to traditional roles, it becomes apparent that current literature is of rather speculative nature. Therefore, the focus in this research is laid on the differences and commonalities between men and women's individual perceptions of their future self in the future scenario of a basic income. The method of imagining a future self in a future imaginary task is still in its infancy and therefore not yet widely studied. Nevertheless, it has been shown to give additional insights into the psychological perspective of human flourishing within a possible future (Levitas, 2013).

Exploring imaginations of the UBI through future narratives

Narrative futuring is a future-oriented imagination task (Sools & Triliva, n.d.). This approach gives individuals the chance to have a very subjective perspective of their possible future self within an alternative future. Following Levitas (2013), future imagination requires the individual to think about his conception of human needs and human flourishing in those possible futures. Through a future scenario given to an individual, the person can experience what it would be like if this future would become reality. Goal of the current research is to make use of future imagination by providing a future scenario in which unconditional basic income is permanently implemented into society. The future-oriented approach is used as a research tool for investigating gender differences in the perception of receiving a UBI on a psychological basis. This information might provide an insight of how UBI could improve both genders to flourish. From existing literature it is expected that especially females might profit from the security of a basic income which could improve their sensation of flourishing. The financial security might improve their autonomy to seek for their personal goals, which could potentially lead to a rethinking of traditional gender roles. The alternate configurations of needs, wants and satisfactions in the UBI future scenario will be explored to understand how they might affect the relationship between the genders and the perception of individual flourishing.

The commonalities and differences of the way individuals flourish will be identified with respect to different dimensions of flourishing, e.g. optimal emotional, social and psychological well-being. Aim is to investigate in which aspects of well-being UBI might improve the ability of flourishing and to identify gender-related differences in these aspects. Earlier research shows that women lack especially in emotional well-being in comparison to men. How UBI might improve that situation will be explored by investigating how these aspects of flourishing are perceived in the UBI future scenario.

Producing additional knowledge of the individual potential to flourish with a UBI could lead to new insights into the desirability of that system from a psychological perspective. Also, differences in conditions to be able to flourish within that scenario could arise. Because of the previously presented controversial discussion about the possible impact of UBI especially for women's well-being, this research presents a gender comparison. Topic of research is how genders vary in their way of flourishing in that imagination task. In order to explore the above mentioned ideas and assumptions the research question is formulated as follows: ***What are similarities and differences in how men and women imagine flourishing in a basic income future scenario?***

Methods

In the following section, the methods that were used for gathering the research data will be presented. First, the research team and the subjects will be described. Then, the chosen narrative futuring method, the letter from the future, will be presented. Afterwards, the procedure of participant recruitment, setting preparation and data collection will be described.

Research team. The team of researchers involved in this study consisted of six female psychology students who developed that research in the context of their bachelor thesis. The researchers formulated within the study six different research questions focussing on varying topics of interest. Therefore, in the procedure section the whole design will be described. Nevertheless, for this research only a particular amount of data is object of analysis. Anneke Sools, an assistant professor of the department of Psychology, Health and Technology and one supervisor of this research guided the two workshops that were part of the data collection process. She already had experiences in giving future imagination workshops and is especially proficient in instructing the task of writing a letter from the future.

Participants. 14 participants took part in the study, which were divided into two groups of each seven. The first group members (5 male, 2 female) had a HBO education, were currently working or retired and their age ranked from 28-64 years (\bar{x} =49 y.). Individuals within that group earned on average 3300€ net per month (SD=2451). In the second group, students (2 male, 5 female) attained that had a VWO education and an age from 21-28 years (\bar{x} =22 y.). These participants had on average 540 € per month available (SD=380). For a detailed overview of the general characteristics per participant, see Appendix A.

Materials

Letter from the future. This qualitative research used as objects of analysis 13 letters from the future that were collected during two workshops. The *letter from the future* is a method of narrative futuring that stems from narrative psychology (Sools et al., 2013). Participants are asked to write a letter that contained their positive wishes, changes that happened over time and dreams (that came true). This instruction is adapted to the specific aim of exploring the way of flourishing with UBI by providing a future imagination where the self anticipates an optimal future. Further, the task is to imagine oneself in the future and write from that future back to the present; either to oneself or to somebody else. The narrative future method is therefore further adapted by instructing to think from the future back to the present and by referring to oneself/someone. The point in time in the future from where they want to write could be chosen freely as well as the addressee.

Procedure

Participant recruitment. Participants were gathered through using personal contacts of the researchers. This might include that the respondents did not attend to the study out of pure interest but rather to do the researchers a favour. A purposive sample was collected to compare perceptions of students with the working population; getting an age-related- as well as an education-related variation. Also, especially in the interest of this study, the same amount of male and female participants was asked to participate for a gender comparison. Because of the close relationship some students had to the researchers, they were partly more aware of the study design and aim than the rest. Also, because of the majority of psychology students in the second group, there might have existed particular interest in the research topic. All participants in the working group were of Dutch origin, whereas most of the students had a German background, but could write and understand the Dutch language fluently.

Setting. Data relevant for this research was collected within two workshops that were held at the 03/04/17 and the 07/04/17 in the building 'Cubicus' at the University of Twente. The group of employees participated in the first workshop, the group of students in the second. Besides the participants, two researchers were attendant as well as the bachelor supervisor, Anneke Sools, who guided the workshops. For the preparation of the workshops, after a convenient room was booked for the two dates, cameras and audio recorders were tested to guarantee reliable data collection. Three researchers per workshop prepared snacks and drinks and provided enough carbonless and blank paper and pencils for the letter of the future writing task. Two of them further were responsible for operating the recording equipment and distributing two questionnaires at the end of both sessions.

Data collection. To ensure an ethical responsible research practice, the research proposal was primarily sent to and confirmed by the ethical commission at the faculty of BMS (Behavioural, management and social sciences) with the reference number 17103. As a first step of the data collection, participant received a packet face-to-face or via Post containing two forms and one questionnaire that had to be filled out: an informed consent, a form about demographic data and the MHC-SF; a well-being questionnaire. Further, the packet included a detailed instruction of writing a letter from the future (without the imagination of getting UBI). The data gathered through the packets enabled other members of the research group for a comparison with the data resulted out of the workshops. Sending the packets was organized a few days in advance before the workshop dates, to give the participants enough time for preparation. A DIN A4 for writing the future letter was provided in the packet, fixed together with a carbonless and a blank paper. Through this, participants could keep a copy version of

their letter. The rest of the packet had to be handed in to the researchers during the workshops. Through the packets, every participant got a randomly selected ID number; employees from 11 to 17, students from 21 to 27.

One workshop had a total duration of about two hours. It was dealt in three parts: The first was an individual part, where everyone had to write a letter from the future with the imagination of getting an unconditional UBI of 1000€ per month. Besides the allocation of UBI, the instructions of that letter were equal to the 'neutral' letter from the packet. The section was shortly introduced by a meditation task to get the participants focussed towards the alternate future. The writing part took around 20 minutes. Then, the letters were read out loudly. The third part consisted of a focus group discussion, where the participants reflected on their experience of writing and had the opportunity to share their perceptions towards the UBI concept, taking approx. 30 minutes. At last, for the data development of other researchers of this study, the MHC-SF questionnaire was filled out again, this time with the imagination of a basic income future scenario, and a time perspective questionnaire had to be completed.

Analysis

Steps of analysis.

The following steps were taken for the qualitative analysis:

1. As a first step to get an overview of the letters, general characteristics of the narratives (age, education, work, salary per month (net), time, addressee, reference) were estimated in order to enable the interpretation of the results to be contextual and as appropriate as possible (see Appendix A).
2. With regard to the eighteen codes that were previously defined, all utterances that fit to these definitions were selected and coded. Therefore, the computer program Atlas.ti was used. The coding process was executed together with another researcher. Using the principle of consensus, reliability of the coding scheme was improved. Because of the contextual overlap of the codes, utterances were often labelled with up to five codes. The length of the utterances varied between a few words until up to seven sentences.
3. As a next step, all quotes were ordered per participant, arranged in the eighteen codes. Here, two tables were created where the first represents the female and the second the male participants (see Appendix B). Also, Table 2 was built to illustrate the numbers of codes per in gender groups. Here, two mean columns were calculated for a proper comparison of code numbers between the genders.

Coding scheme development.

In this study, the future narratives derived from the workshops were thematically and qualitatively analysed using a combination of a deductive and an inductive approach. The deductive part was based on the items of the MHC-SF questionnaire (a measure for well-being and flourishing) reflecting three components of flourishing (emotional, psychological, social well-being). To measure the gender differences in the way of expressing flourishing, the three aspects of flourishing were decided to be adopted from Keyes (2009). For the exploration of the experienced gender roles, it was decided to add to the deductively derived codes additional codes to include all topics that arised in the narratives. The inductive part of the coding scheme was developed bottom-up on the basis of the content of the letters. A comparative analysis was conducted in order to explore how genders conform or differ in how they imagine and express flourishing in a UBI future scenario. The codes were applied to the thirteen letters from the future with the imagination of a UBI. One participant did not follow the right instructions; therefore the fourteenth letter (ID 11) was excluded from the data.

Deductive coding process: MHC-SF. The Mental Health Continuum short form is measuring how much participants are flourishing. It is derived from the long form (MHC-LF), which consists of items measuring emotional well-being, psychological well-being and social well-being. The MHC-SF comprises 14 items that were chosen as the most prototypical items representing the construct definition for each facet of well-being. To explore the variance in aspects of flourishing, these items were adopted as codes for current analysis. Three codes (*Happiness, Interested in life, Satisfied with life*) represent the coding group of *Emotional well-being*, six codes (*Self-acceptance, Personal growth, Purpose in life, Environmental mastery, Autonomy, Positive relations with others*) represent the coding group of *Psychological well-being*, and five codes (*Social integration, Social acceptance, Social actualization, Social Contribution, Social Coherence*) represent the coding group of *Social well-being* (Keyes, 2009). Definitions for these deductively derived codes are adoped from a paper written by Keyes and colleagues (2012). All definitions are presented with an example quote per code in Table 1.

Inductive coding process. Next to the fourteen codes derived from the items of the MHC-SF, five codes were created inductively. These codes were added in retrospect because some aspects of the letter content were not specifically included in the deductively derived codes. A code that was added in retrospect to the coding group *Emotional well-being* is *Gratitude*, which refers to the appreciation of life and different compotents of it. To the coding group *Psychological well-being*, *Relaxation* and *Encouragement* were added

inductively. *Relaxtion* is defined as the expression of rest and calmness, enjoying the self and/or others and feeling comfortable. *Encouragement* refers to being stimulated positively and confidently and believing in oneself and/or others. Finally, de code *Autonomy of others* was added in retrospect to the group *Social well-being*, referring to having a sense for other humans not only as part of society but as independent, self-directed individuals.

Results

The coding scheme is illustrated in Table 1. Definitions for the deductively derived codes (marked with *) in the left column are adopted from a paper written by Keyes and colleagues (2012). Mentioned quotes in the right column of the table are labelled with the ID number of the respective participant and serve as illustrations of the code application.

Table 1 Coding scheme with description and sample quote per code ordered in coding groups

Code	Description	Sample Quote
<i>Emotional well-being</i>		
Happiness*	Being cheerful, in good spirits and full of life	‘Het gaat me goed nu, ben in een situatie beland waar ik me erg goed voel.’ ¹³
Interest in life*	Wanting to know or learn about something or someone	‘Ik zit met twee vrienden in een vliegtuig en we zijn benieuwd omdat nog niemand van ons in Marokko is geweest.’ ²³
Satisfied with life*	Being calm, peaceful and satisfied	‘Ik ben gelukkig en kerngezond.’ ¹⁵
Optimism	Holding positive attitudes (in challenging situations) and being hopeful about the future	‘Maak je geen zorgen over je toekomst geniet van het leven.’ ²²
Gratitude	Appreciating the life one has and different components of it	‘Desondanks denk ik graag aan deze tijd terug omdat ik mijn extra tijd op deze manier meer kan waarderen’ ²³
<i>Psychological well-being</i>		
Self-acceptance*	Holding positive attitudes towards oneself and past life and conceding and accepting varied aspects of the self	‘All in all is het leuk om nu de mogelijkheid te hebben je passies achteraan te gaan. Dit is altijd een fundamenteel belang van je geweest – verlies dit perspectief niet.’ ²⁷
Personal growth*	Showing insight into own potential, sense of development, and being open to new and challenging experiences	‘De reis hierheen heeft me veel gebracht, moeilijke tijden alleen op zee waar ik mezelf tegen kwam’ ¹³
Purpose in life*	Holding goals and beliefs (or realizing goals) that affirm sense of direction in life and feels that life has a purpose and meaning	‘Eindelijk kon je stil staan en bekijken wat echt waarde heeft, en gek genoeg zijn dat juist de dingen die ja al die tijd onvrijwillig moest verwaarlozen puur omdat je die vrijheid toen niet had.’ ¹⁶
Environmental mastery*	Exhibiting the capability to manage complex environment and to be able to choose or manage environments to suit	‘De dingen die voorheen moest laten liggen vanwege gebrek aan tijd en budget zijn nu in een keer opgelost.’ ¹⁶

	needs	
Autonomy*	Exhibiting self-direction that is often guided by own, socially accepted and conventional internal standards, and resist unsavoury social pressures	,Door de zekerheid dat het basisinkomen gaf kon je ook afstand nemen van het onregelmatige leventje wat ja voorheen leidde.' ¹⁶
Positive relations with others*	Having warm, satisfying, trusting personal relationships, and being capable of empathy and intimacy	,De relatie met Manon, Tom en de kinderen is uitstekend. Altijd veel en eerlijk contact.' ¹⁵
Relaxation	Expressing rest and calmness, enjoying the self and/or others and feeling comfortable	,Ik ben hierdoor ook een veel relaxedere persoon geworden en dit was wel anders voordat ik een basisinkomen had en op de plek was waar ik nu ben' ²⁴
Encouragement	Stimulate others and oneself positively and confidently and believing in oneself and/or others	,Dus zie het niet als een luxe blijf het zien als een kans!' ¹⁶

Social well-being

Social integration*	Having a sense of belonging to a community and deriving comfort and support from community	,Het aflossen van de schulden is een stuk makkelijker en ik kann vaker wat leuks gaan doen met mijn familie en vrienden.' ²⁶
Social acceptance*	Having positive attitude of the self toward others while acknowledging and accepting people's differences and complexity	'Waarden als respect, luisteren naar meningen van anderen staan hoog op de agenda.' ¹⁴
Social actualization*	Believing that people, social groups, and society have potential and can evolve or grow positively	,...veel meer rust in de maatschappij en op de arbeidsmarkt.' ¹²
Social contribution*	feeling that one's life is useful to society and that the output of own activities is valued by or valuable to others	,Daarnaast kan ik eventueel wat geld sparen om dit vervolgens te kunnen investeren in het bouwen van een school in Baghdad en weeskinderen daar te helpen een toekomst te kunnen bouwen.' ²⁶
Autonomy of others	Having a sense for other humans not only as part of society but as independent, self-directed individuals	'Ik denk dat het basis inkomen voor veel mensen een reden is geweest om te doen wat ze het liefst wilden.' ¹⁵

*derived from the MHC-SF

The research question that is answered within this paper is: *What are similarities and differences in how men and women imagine flourishing in a basic income future scenario?* To present all relevant data for exploring that question, general characteristics of the narratives are presented first. Then, a gender comparison of the coded data is given.

General characteristics of the narratives

Five students and two employees were females, whereas two students and four employees were males. The point in time in the future was either specifically defined (from 1 month to 9 years), broadly indicated (e.g. '*een paar Jaren later*'²⁷) or not indicated at all. Of the analysed thirteen letters, seven addressed the letter to themselves, whereas five addressed the letters to family members. Participant 14 was not referring to a specific person, but rather to the

external world, where he presented a critical view towards a future society with UBI. It is striking that six letters addressed to the writers themselves were written by students, whereas the working participants rather addressed the letter to another person. The point in time in the future was either specifically defined (from 1 month to 9 years), broadly indicated (e.g. ‘*een paar Jaren later*’²⁷) or not indicated at all. Throughout the letters, different manners of reference style emerged: Some of them were mainly composed on the community level, combining the self and the external world (e.g. ‘*We zijn blij...*’¹²), others were directed at the external world, without a deep reference to the own role in that world (e.g. ‘*Er is vertrouwen in de samenleving*’¹⁴). Some reflected the internal world to a large proportion, only related to the person (e.g. ‘*je hebt eindelijk de kans gehad...*’¹⁶). For an overview of the general characteristics per participant, see Appendix A.

Gender comparison of the way of flourishing with UBI

To be able to estimate the gender differences with regards to flourishing in more detail, the gathered material of analysis will be presented separately per gender in the following paragraphs. First, coded utterances of female participants will be demonstrated per coding group. Afterwards, results of the qualitative analysis from the male narratives will be illustrated per coding group. In the end of this section, similarities and differences between the genders will be summed up. As material of analysis, Table 4 is used for comparing average occurrences of the codes. Hereby, striking differences in the means will be especially emphasized.

Table 2: number of codes per letter and means per gender

		Females							Males							
		12	13	22	23	24	25	26	\bar{x}	14	15	16	17	21	27	\bar{x}
Emotional	Happiness	2	1	1	3	2	0	0	1,3	0	1	0	0	1	1	1,5
	Interest in Life	0	1	2	1	2	0	1	1	0	2	0	1	1	0	0,7
	Satisfied with life	3	2	4	4	3	1	3	2,9	0	3	3	2	2	4	2,3
	Optimism	0	0	1	0	1	0	0	0,3	0	0	1	0	1	0	0,3
	Gratitude	2	1	1	2	1	0	0	1	0	1	2	2	1	1	1,2
Psychological	Self-acceptance	0	0	1	0	1	0	0	0,3	0	0	0	0	0	1	0,2
	Personal growth	0	3	3	3	3	1	0	1,9	0	0	1	0	0	1	0,3
	Purpose in life	1	2	4	1	2	1	2	1,9	0	2	2	1	1	2	1,3
	Environm. Mastery	1	0	0	0	0	0	0	0,1	0	0	2	0	0	0	0,3
	Autonomy	1	2	1	4	2	1	1	1,7	1	1	4	0	3	3	2
	Positive relations w.o.	1	2	0	1	0	0	0	0,6	0	2	0	2	1	0	0,8
	Relaxation	1	1	0	1	3	0	0	0,9	0	0	1	0	0	2	0,5
	Encouragement	0	1	1	1	0	0	0	0,4	0	0	1	2	1	0	0,7
Social	Social Integration	0	2	0	1	0	0	1	0,6	0	3	0	0	0	0	0,5
	Social Acceptance	0	0	0	0	0	0	0	0	2	1	0	0	0	0	0,5
	Social Actualization	1	0	0	0	0	0	1	0,3	1	1	0	0	0	0	0,3
	Social Contribution	1	0	0	0	1	0	1	0,4	0	1	0	1	0	1	0,5
	Autonomy of others	0	0	0	1	0	0	0	0,1	2	2	0	2	0	0	1

Perceptions of women about the experience of flourishing with UBI

Emotional well-being. Within this code group, but also with respect to all components, the code *Satisfied with life* was perceived most often ($\bar{x}=2,9$), followed by Happiness ($\bar{x}=1,3$), Interest in life and Gratitude ($\bar{x}=1$), and Optimism ($\bar{x}=0,3$).

The feeling of Satisfaction was oftentimes expressed by a decline of financial worries and, based on that a feeling, of more calmness and freedom of choice due to UBI: i.e. *'Ik hoef mij geen zorgen meer te maken of ik de rijs, stage lopen en al die festivals naar die ik ging kan betalen, maar kan gewoon doen wat ik leuk vind'*²²; *'Ik voel me op dit moment heel rustig omdat ik niet meer zo veel over geld moet nadenken'*²³ Due to that freedom, the future narratives could finally make their dreams come true: *'En het goede nieuws is dat we onze grote wens hebben vervuld: we hebben een zwembad aan laten leggen in de tuin'*¹²; *'Wijselijk heb ik dat geld opgespaard waardoor ik een paar jaar geleden naar het buitenland kon verhuizen, iets wat ik altijd al wilde'*²⁵ Also, satisfaction was perceived because of a lessened feeling of pressure to perform better: *'Het probleem van altijd te druk zijn ken ik nu totaal niet meer, want er is geen druk meer om heel veel te presteren'*²⁶ The component *Happiness* is closely related to Satisfaction, but rather is perceived as a momentary feeling of a specific moment: i.e. *'De zon schijnt op mijn gezicht en het leven lacht me toe.'*²⁶ *Interest in life* was expressed by participants through the fulfilments of interests due to the basic income as sailing and living in a commune¹³, flying to Marrokko²³, working in an elephant care center²² or trying out things with friends or family²⁶. Regarding the code *Gratitude*, thankfulness for the financial security was expressed due to the UBI: *'Dankzij het basisinkomen kan ik in de kerstvakantie voor één week in een warm land reizen en het weer genieten.'*²³ Participants showed a state of appreciation towards the gained freedom of choice: *'Desondanks denk ik graag aan deze tijd terug omdat ik mijn extra tijd op deze manier meer kan waarderen.'*²³ At least, regarding the code *Optimism*, especially two participants showed an optimistic attitude towards the future with UBI by giving advices towards the present selves: *'Maak je geen zorgen over je toekomst geniet van het leven.'*²²; *'Hoewel het basisinkomen fijn is en je dit nu nog niet hebt, moet je ook nu niet vergeten te genieten van het leven.'*²⁴ Moreover, Optimism was demonstrated within this future imagination of receiving a UBI by looking even further into the future: *'Ik heb er nog twee manden over en ik heb ook alweer zin om te studeren.'*²²

Psychological well-being. In the second coding group, the components Personal growth and Purpose in life were expressed most often within the female narratives of receiving a UBI ($\bar{x}=1,9$), followed by Autonomy ($\bar{x}=1,6$), Relaxation ($\bar{x}=0,9$), Positive

relations with others ($\bar{x}=0,7$), Encouragement ($\bar{x}=0,4$) and Self-acceptance ($\bar{x}=0,3$).

Environmental mastery was expressed only once by one participant ($\bar{x}=0,1$), *Personal growth* was shown in the narratives by reflecting on their own growing process within a UBI future imagination: *,ik leerde mijn vaste bestaan waar ik erg aan hechtte los te laten.*'¹³ Especially the advises to the present selves expressed personal growth, where participant reflected on the personal development they went through in their imagination: *,Waar je nu bent ervaar je nog veel druk en voel je je nog niet vrij om te doen wat je écht leuk lijkt. Hoewel het basisinkomen fijn is en je dit nu nog niet hebt, moet je ook nu niet vergeten te genieten van het leven.*'²⁴ The code *Purpose in life* was labelled to utterances that included the fulfilment of life dreams through the financial support: *,Door het basisinkomen kon ik de droom van een wereldreis waarmaken en ben ik nu al overal geweest.*'²⁴ Purpose was often related to voluntary work: *,Daarnaast kan ik eventueel wat geld sparen om dit vervolgens te kunnen investeren in het bouwen van een school in Bagdad en weeskinderen daar te helpen een toekomst te kunnen bouwen.*'²⁶ Female participants expressed *Autonomy* with their own freedom of choice due to financial independence: being able to invest in a dream of going abroad^{13,22,23}, building up a school in Bagdad²⁶, or giving financial support to own children¹². The financial security gave the female participants a feeling of relaxation: *'Ik voel me op dit moment heel rustig omdat ik niet meer zo veel over geld moet nadenken'*²³; *'Ik kan overal aandacht voor hebben en ik hoef mij totaal geen zorgen te maken over de toekomst.'*²⁴ Success in personal development in the UBI scenario of one participant led to a feeling of rest: *'Ik leerde mijn vaste bestaan waar ik erg aan hechtte los te laten.'*¹³ The category *Positive relations with others* was presented in the narratives with the wish of providing support to the children¹² or living together with others in a commune¹³ with help of the UBI. The category *Encouragement* was expressed in the advices that were given to one's own present selves, e.g. *'Mijn boodschap voor je in het heden is eigenlijk dat je je een klein voorbeeld aan mijn rustigheid neemt en oplet dat je altijd genoeg tijd heeft voor mooie zaken daarmee de plezier en de rustigheid niet te kort komt.'*²³ Here, acceptance and understanding of the present situation was perceived. Utterances from that code were closely related to the category of *Self-acceptance*, which included quotes about proudness towards own decisions and a sense of understanding of the present self: *,Ik ben echt zo blij dat je de beslissingen ging maken om eerst op rij's te gaan en later met jouw Master te beginnen.'*²²

Social well-being. In general, all categories from this coding group were applied rarely in the coding application. Social Integration was expressed in the UBI future imaginations the most ($\bar{x}=0,6$), followed by Social Contribution ($\bar{x}=0,4$), Social Actualization

($\bar{x}=0,3$), and Autonomy of others ($\bar{x}=0,1$). Social Acceptance was never expressed.

Social integration, located in three narratives, was perceived through living in a commune₁₃, getting nice friends₁₃, flying together with friends to Marokko₂₃ and having the chance of trying out new things together with family and friends₂₆. Utterances about *Social Actualisation*, expressed by two participants, referred to a positive development of the society through the provision of UBI: *„Er is veel meer rust in de maatschappij en op de arbeidsmarkt”*₁₂; *„Nu ik het toch over Irak heb wie had dat gedacht dat het nu eindelijk een veilig land is wat bezig is alles weer op te bouwen”*₂₆. The category *Social Contribution* was shown in two narratives by the desire to contribute to society through doing volunteer work in Afrika₂₄, investing in school building project in Irak₂₆ and supporting the own children financially₁₂. The code *Autonomy of others* was applied to one quote that dealt with the perception of independence of significant others due to UBI₂₃.

Perceptions of men about the experience of flourishing with UBI

Emotional well-being. In accordance with the female participants, the code Satisfied with life was expressed most clearly in every UBI imagination ($\bar{x}=2$). Happiness could be labelled to on average 1,5 utterances per participant, Interest in life to 1,3, Gratitude to 1,2 and Optimism to 0,3.

As could be found in the analysis of the female narratives, the males also expressed the category *Satisfied with life* because of the financial independency they gained through the provision of a UBI. More freedom of choice and general calmness was experienced: *„De dingen die voorheen moest laten liggen vanwege gebrek aan tijd en budget zijn nu in een keer opgelost. Wat enige zekerheid over je inkomen geeft, meer rust en minder stress waardoor je vervolgens je tijd nuttiger besteed.”*₁₆ Satisfaction was further perceived through warm relationships with others (*„De relatie met Manon, Tom en de kinderen is uitstekend. Altijd veel en eerlijk contact”*₁₅) and with one’s self (*„Super trots op je!”*₁₇). *Happiness* was experienced in the UBI scenario as being lucky and healthy₁₅, and as being thankful and having the aim to give something back₂₇. The category *Interest in Life* was expressed in the narratives as the opportunity of spending money in leisure time activities together with the family₁₄, doing sports and travelling₁₅, doing the prioritized master in an expensive city₂₁, and being able to follow one’s own passions₂₇ due to the financial support. Participants experienced *Gratitude* in their narratives towards their improved situations due to UBI (*„Wat een luxe dat we dat kunnen doen.”*₁₇) as well as towards their own personal development₁₇. Further, Utterances from the category *Optimism* included the provision of an optimistic future perspective to the

present self: *'Ondanks je twijfels heeft het toch goed uitgepakt.'*¹⁶ ; *'Dit is nu geen probleem meer voor jou.'*²¹

Psychological well-being. The most used category in this coding group is Autonomy ($\bar{x}=2$). In contrast to the previously compared female participants, purpose in life was used fewer ($\bar{x}=1,3$) and personal growth was only rarely utilized as a code ($\bar{x}=0,3$). Positive relations with others ($\bar{x}=0,8$), Encouragement ($\bar{x}=0,7$) and Environmental mastery ($\bar{x}=0,3$) were expressed slightly clearer than in the female UBI future imaginations. Relaxation ($\bar{x}=0,5$) was experienced less within the male group in comparison to the females.

Autonomy was expressed within the male narratives as perceiving less external pressure due to the financial security of the UBI: *„Het feit dat je geen prestatie heeft te leveren voor een basisinkomen...’’*¹⁴ The release of financial worries led to more freedom of choice: *„Ik voel me nu veel vrijer in mijn beslissingen en mogelijkheden. Er is nu een vast basisinkomen voor iedereen’’*²⁷ The individual could make, through that gained freedom of receiving UBI, autonomous decisions and could invest in dreams: *„Je hebt eindelijk de kans gehad om te investeren in de toekomst waar je vier jaar lang voor hebt gestudeerd maar ook gefantaseerd...’’*¹⁶ Through the financial independence, autonomy was further perceived as the pursuit of self-fulfilment: *„All in all is het leuk om nu de mogelijkheid te hebben je passies achteraan te gaan.’’*²⁷ Previous quotes also express the category *Purpose in Life*, where the male future narratives imagined themselves realising personal goals. One participant whose attitude seemed to be to strive for more sustainability imagined a world that gives this topic higher value because of the existence of a UBI: *„Goed dat hij de transitie naar biologisch boeren heeft gemaakt. Wij eten er ook goed van en vooral gezond’’*¹⁵ ; *„Nu is 80% van de melkveehouders biologisch’’*¹⁵ Utterances labelled with the code *Positive relations with others* especially deal with the relationship with the family in a UBI scenario: *„De relatie met Manon, Tom en de kinderen is uitstekend. Altijd veel en eerlijk contact.’’*¹⁵; *„De andere helft is voor jou Jim. We hebben het al die tijd gespaart voor je.’’*¹⁷ Further, doing activities together with the family appeared to be important in the UBI imagination: *„...en de helft opgemaakt aan leuke dingen, alle vakanties samen, onze hobby's samen, het racen met onze motoren.’’*¹⁷ *Encouragement* is, similar to the female narratives, expressed in providing advices to the present self in a caring and loving way (*„Je hoeft je dus geen zorgen meer te maken over de financiële aspecten van je toekomstige leven’’*²¹) or in a more cautionary way (*„Dus zie het niet als een luxe blijf het zien als een kans!’’*¹⁶) This time, one participant addressed the advices to his son instead of to himself: *„Ga er verstandig mee om.’’*¹⁷ *Personal growth* was, as already mentioned, much less perceived in the male narratives. What attracts attention is

that the two utterances that were labelled with that code both deal with personal development of a more structured and autonomous life in the UBI imagination: *„Door de zekerheid dat het basisinkomen gaf kon je ook afstand nemen van het onregelmatige leventje wat ja voorheen leidde’₁₆ ; „De moeite, die ik af en toe had met kiezen tussen werk en plezier is nu stukken makkelijker.’₂₇* Utterances from the category *Relaxation* were expressed as a feeling of rest based on financial security: *‘Wat enige zekerheid over je inkomen geeft, meer rust, waardoor minder stress waardoor je vervolgens je tijd nuttiger besteed’₁₆ ; ‘Ik voel me, alsof ik vrijer ben van lange verplichtingen, zoals je ze eerder had ivm. Zekerheid voor je baan.’₂₇* Finally, the last category of the code group, *Environmental Mastery*, appeared in one narrative as the ability to act autonomous independent of environmental factors due to receiving UBI: *„Eindelijk kon je stil staan en bekijken wat echt waarde heeft, en gek genoeg zijn dat juist de dingen die ja al die tijd onvrijwillig moest verwaarlozen puur omdat je die vrijheid toen niet had.’₁₆*

Social well-being. Similar to the female narratives, participants in the male group did not express much social well-being in their future selves of receiving UBI. Still, Autonomy of others, was experienced more often in comparison to female narratives ($\bar{x}=1$). Social Integration, Social Acceptance and Social Contribution was on average labelled to 0,5 utterances per participant. Social Actualization appeared only 0,3 times per letter.

Utterances labelled with the code *Autonomy of others* direct attention. Here, the focus partly switched from the own individual towards the positive influence of UBI on the larger society: *‘Het basisinkomen kan leiden tot meer individualiteit. Mensen verbinden is een belangrijk thema voor de toekomstige samenleving.’₁₄ ; „Ik denk dat het basis inkomen voor veel mensen een reden is geweest om te doen wat ze het liefst wilden.’₁₅* Besides, *Autonomy of others* was expressed in the perception of significant others to also live autonomous in a UBI scenario: *‘Altijd samen maar ook onze eigen hobby’s en eigen vrienden.’₁₅* *Social integration* was clearly perceived in one narrative that imagines himself having a close, warm relationship with his family and kind people in his life₁₅. Participant 14 that did not address the letter to a specific person but rather generalized to the external world, expressed *Social Acceptance* by imagining respect, trust, tolerance and solidarity in the future society where UBI is implemented, i.e. *„Waarde als respect, luisteren naar meningen van anderen staan hoog op de agenda.’₁₄* *Social contribution* was experienced in the desire of doing voluntary work as a way to express thankfulness because of the financial support (i.e. *„Nietdestemin heb ik ook het gevoel dat ik iets terug will geven voor wat ik krijg, dus probeer ik ook regelmatig door vrijwilligerswerk of andere bijdragen de goede intenties door te geven.’₂₇₎*, or in the desire of

providing children financial support¹⁷. At last, imagining a future society with UBI that developed values as trust and respect¹⁴ is a form of *Social Actualization*. That code further was expressed in the belief of a collective pursuit of fulfilment due to UBI: *„Ik denk dat het basis inkomen voor veel mensen een reden is geweest om te doen wat ze het liefst wilden.* ‘¹⁵

Summary of gender similarities and differences in the way of flourishing with UBI

In sum, similarities as well as differences in the way of flourishing between the genders could be found in a UBI scenario. In the following, the main findings will be pointed out.

Similarities. First, huge overlap occurred in the contents of the narratives. Topics that were addressed in the letters included the fulfilment of life dreams, travelling and nature, doing voluntary work and following the own interests. Flourishing was especially perceived through the two domains of emotional and psychological well-being, expressed particularly in a feeling of Satisfaction and Autonomy. That autonomous feeling, grounded on the financial independence due to UBI, was aligned with a feeling of freedom of choice and calmness due to the loss of external pressure. Through the perception of freedom, the participants sought for self-realization. Another striking similarity is the warm and caring relationship that the participants expressed towards themselves or towards another addressee in the UBI imagination. Further, both male and female participants partly referred in their narrative not only to themselves and their direct surrounding but experienced a positive effect of the UBI towards the whole society. Satisfaction was therefore not only perceived on a personal but also on a communal level. The wish to contribute to society because of the financial support occurred in the majority of the narratives.

Differences. One striking difference between the male and female narratives was a divergence in addressing: Male participants addressed the letters rather to a family member than to themselves. Also, they referred much more to the effects of the society as a whole instead of experiencing the future imagination only on a personal level. In accordance to that finding, the code autonomy of others, social acceptance and social actualization was found to be clearer expressed in the male group than in the female narratives. In contrast, personal growth and purpose in life, which is a very subjective and individual perception, was found to be experienced much more intensely in the female narratives of receiving UBI. In the male group, personal growth was expressed as getting a more structured and autonomous life due to UBI. As stated above, warm and caring relationships were experienced by both genders in a UBI scenario. Still, men especially expressed the desire to spend leisure time with the family and invest in activities together.

Discussion

The aim of current research was to gain deeper understanding of the way individuals imagine flourishing in a future where they receive UBI. Hereby, it was especially investigated in the three different domains of well-being coined by Keyes (2009): emotional, psychological and social well-being. Existing literature in the field revealed a controversial debate regarding potential effects that UBI could have on the well-being of women and of a possible reallocation of traditional gender roles (e.g. Standing, 1992 ; Mckay, 2001). These claims are of speculative nature and based on expected behavior rather than of representative studies. Therefore, it was decided to investigate within this study in the way the different genders flourish in a UBI scenario, to get further insight into their anticipated selves in that imagination. The research question answered in this study is “*What are similarities and differences in how men and women imagine flourishing in a basic income future scenario?*” For a complete picture of the way participants flourished in the imagination task, the three dimensions of well-being were separately presented and compared per gender in the results section. In the following, these results will be interpreted, explained and put in context of the existing literature.

Since men and women in this study largely converged in their imaginations of a flourishing future with UBI, the most striking communalities will first be interpreted. Afterwards, attention will be given to how the imagination of flourishing with UBI affected the genders differently and how these findings may be linked to literature about the controversy of a rethinking of traditional gender roles.

Interpretation of gender communalities in the way of flourishing with UBI

Expression of emotional and psychological well-being. The most noticeable finding regarding the three dimensions of well-being is that both genders perceived flourishing of their anticipated future selves with UBI especially on an emotional and psychological level which stands in contrast to findings of the study of Senik (2017) where women showed a lower state of emotional well-being compared to men. That finding gives evidence to the potential of UBI to increase the chance to reach a state of flourishing especially for women. Social well-being, in contrast, was only rarely perceived by all narrators, leading to the idea that this form of well-being stands less central in the personal perception of a flourishing future self with UBI. Regarding the domain of emotional well-being, Satisfaction was expressed to a large extend. Here, financial independence was perceived as a release due to the provision of UBI: a decline of financial worries, a feeling of calmness and freedom of

choice. That finding is in line with results from Jaspers study (2016) that investigated in the biggest hope towards UBI of the European population: less financial anxiety and more equality of opportunity in the working environment. During the development of this paper, an updated version of Jasper's study was published, representing the change in European support for UBI from April 2016 to March 2017. Since 2016, the rate of people that hope for a reduction of financial anxiety is 12% increased, and the hope for equality of opportunity is 11% increased. These findings demonstrate a growing need of financial security and personal autonomy for increasing well-being (Jaspers, 2017).

Expression of Autonomy. In the Introduction section it was proposed that through the financial support, UBI might lead to the achievement of the basic need of e.g. Autonomy (Tay & Diener, 2011). Results of this research revealed that due to the financial independency, participants felt free to realise their dreams and personal strives, seeking self-realization. Vohs et. al (2006) investigated in a study measuring the effect of money on people's perception of self-sufficiency. Results from that study reveal that participants in the high money condition show a higher feeling of autonomy and independency than people in the low money condition. Therefore, money might enable people to achieve goals without help from others. On the other hand, research by Price and colleagues (2002) indicate that physical and mental illness after financial strain due to job loss is statistically mediated by reduced feelings of personal control.

On the psychological domain, Autonomy was largely expressed as the ability to autonomously being able to choose independent of financial aspects. Perception of less external pressure led to a pursuit of self-fulfillment. Participants imagined themselves going abroad, investing in personal interests, providing financial support to significant others or doing voluntary work. What is striking is that none of the participants imaged their future selfs to invest in luxury material goods. These findings are in line with results that arised in pilot studies of implementing the UBI mentioned in the introduction section: During the pilot in the US, participants did not invest their money in drugs or luxury goods but rather in education (Munnell, 1981). In India, people started to build up more self-employed farming and business activities (Standing, 2013) as result of the increased autonomy.

The results clearly demonstrate that the achievement of the basic needs conducted by Tay and Diener (2011), e.g. autonomy, lead to a higher feeling in all dimensions of well-being in an imagination of UBI. Striking is that participants with comparatively high income still strived for the basic need of autonomy despite the fact that UBI would not have a significant

financial influence on them, indicating that UBI might provoke besides financial security other factors that facilitate

Feeling of community. Besides on an individual level, narratives perceived satisfaction on a communal level. Especially the working group referred to the external world and others as being autonomous and relaxed, leading to a feeling of solidarity. Here, the wish to contribute to society got visible amongst all age groups and both genders. A warm and understanding relationship to one's self was often expressed in the narratives, providing advices and kind words to the present self. Striking is that the majority used a combination of manners: referring on a personal and communal level as well as as referring to the external world and important others. This showed the importance of warm relationships with others and a feeling of community/belonging for the test subjects.

Interpretation of gender differences: free choice of personal priorities due to UBI

The most striking difference that could be assumed on the basis of the analysis was a higher feeling of purpose and personal growth expressed by women, and a higher expression of autonomy of others, social acceptance and social actualization within the male narratives. One could also say that women experienced the imagination in a more personal and individual level. Males, in contrast, wrote in a more objective style, referring comparably more to the external world and relationships with others.

One idea within the gender debate was that UBI could lead to a more equal sharing of domestic work due to increased financial independence (Mckay, 2001). The perceived shared feeling of autonomy based on that security in both genders indicates a perception of personal freedom of choice. This does not necessarily mean that a change in gender roles needs to take place, but that females can choose their lifestyle less dependent of external factors. Because of their perceived high perception of personal growth, self-actualization and a great variance in expressed passions, they could possibly both focus more on domestic work or on family life; dependent on their preferences.

In both genders the basic need of a warm and caring relationships with important others was expressed, indicating the satisfaction these individuals gain through having warm relationships with other and feeling a sense of integration. Besides, in both genders, satisfaction was expressed through the ability to provide the own children financial security. An interview study executed by Chilman (1980) states that more satisfaction is perceived in parents that have the feeling of being able to financially support their children. That finding is in accordance with Tinker (1990) who argues that well-being of the family highly contributes

to women's personal well-being; independent of personal disadvantages due to the investments one needs to put into.

Besides the wish to support the children, men also experienced a desire to spend time with their families and invest in activities together. This might express their desire to be able to spend time for promoting a richer family life. Furthermore, males perceived in a UBI scenario a development of a more structured life. Financial stability leads to more relaxation and might therefore lead to a release of work-related stress because of a lessened pressure to gain money for the family. A multivariate analysis conducted by Wang et al. (2008) estimated the gender-specific associations between work stress and psychological variables. Results from that study reveal that male workers especially suffer from depression and anxiety disorders due to work stress. Imbalance between work and family life is stated to be the strongest factor associated with having mental disorders, regardless of gender. Therefore, UBI might improve that balance dependent on personal preferences and thereby enhance well-being.

Due to the freedom to choose based on personal preferences instead of based on external factors, both genders equally have the possibility to seek for their goals. The financial security enables women to invest more time and money in their work preferences. On the other hand, men who often experience too much work related stress because of the pressure to gain money for the family can reduce working hours and find a healthier balance between working and family life. Especially men are found to express a strong desire of social contacts whereas women are more self-centered in the UBI imagination. This conflicts with the stereotypical view of women that are more focussed on others and men that are more autonomous. The imagination of an optimal future might therefore express desires that currently cannot be realized. UBI might therefore also promote gender equality regarding a neutralization of stereotypical gender characteristics.

Approach justification

Narrative futuring is shown within current study as a very suitable method to create a subjective, individual perspective on a specific scenario. The future citizens' concept of UBI is, within current debates, mostly presented and analysed with a critical perspective to societal effects. The narrative method reveals, in contrast, the personal and individual ambitions of that concept, enabling the participant to think about themselves realizing personal goals within that imagination. These anticipations allow an analysis of the way the individuals express a flourishing self within that UBI future scenario. Next to the content of the letters,

writing style, levels of reference and the chosen addressee could be analysed. This information reveals an overview e.g. about the distance with which one perceives that scenario, broadening the image of the way how people express flourishing. From this additional information one could differentiate the perception of subjectivity, revealing important indications for gender-related differences in ways of flourishing.

The coding schema was executed together with another researcher. In shared consensus, the codes were defined, composed and applied together to maximise the reliability of the coding process. Because of a different research question the other researcher focussed on, some of the codes were slightly changed for this study, to compose a coding scheme as applicable as possible for focus of analysis of this study. For the codes to be as contextual and appropriate as possible, a mixture of both inductive and deductive approach was used for the code conduction. The concepts of the MHC-SF were decided to be adopted as codes for the analysis because Keyes' differentiation between emotional, psychological and social well-being was grounded in the literature review to be a very appropriate way to measure flourishing. Further codes were added inductively to improve the completeness of all perceptions that were expressed in the narratives.

Study limitations

As a first point it has to be critically taken into account that findings regarding gender differences might be biased by the differences in general characteristics. Four of the six males were from the working group, whereas five from the seven females belonged to the student group. The inequality between the genders is based on the size of the research group, where it was investigated in various research questions. The study design needed to fit to all research topics. One question investigated in the difference in age- and educational status, leading to different characteristics of the gender groups. The differences regarding age, salary, education and current life situation could explain the differences in perceived subjectivity. Studying participants could be currently engaged more with their personal development, whereas working participants might especially focus on their families and express a more critical view towards the society as a whole. Further, a rather objective writing style could be explainable to the fact that UBI might have a less significant effect to the working participants that earn enough money to have a financial secure life. Still, some results reveal nevertheless expressions of the UBI that are shared in both groups. These might not be grounded purely on the perceived money but rather on the feeling of less external pressure and autonomy, which is age- and salary unrelated. Nevertheless, these general characteristics could have possibly

biased the identified differences in the way genders flourish. Therefore, findings should be viewed as indications that should be further explored in additional studies where similar age and income groups should be formed. Further, due to the smallness of the sample and the explorative nature of the study, results cannot be generalized.

Aside from that, results that arised from the letters might not necessarily indicate an effect of the UBI, but could be also based on the general ambitionl imagination task. For a clearer picture of the role that UBI has in that anticipated future scenario, a comparison between the neutral letters that were used from another researcher and the UBI imagination letters could have brought more reliable data.

Furthermore, the coding scheme was executed in a shared consensus, but some codes were used slightly different because of different focusses of analysis. This could have resulted in less reliable outcomes than if there would have been a 100% shared consensus. During the results presentation, average means were compared by looking at striking gender differences rather than using a systematical measurement to calculate the discrepancy. Results therefore could be less accurate.

Conclusion

Results revealed that all participants shared a high perception of emotional and psychological well-being in the UBI scenario. Here, especially satisfaction and autonomy were experienced. Females expressed development and pursuit of life goals on a very personal level, what could be interpreted as the striving for a more automous life and to be able to set priorities to either work or family life independent of financial aspects. Both genders perceived a strong need of warm relationships and the wish to support their family, revealing the importance of tight relationships within the family. Especially men also showed the ambition towards spending time with the family and engaging in activities together. From that ambition that is realized in the UBI scenario, one could interpret that these individuals currently experience a lack of time they can invest in family life, possibly due to work circumstances. Besides, UBI is experienced to facilitate a more structured life by men, giving them more autonomy to choose their priorities and becoming more relaxed. Therefore, the security of getting UBI could enable both genders to decide more autonomously what they want to prioritize in their life. This freedom of choice could promote gender equality by providing the same precondition of financial security to enable the aspiration of goal realization. Furthermore, the perception of having tight relationships and the ambition to spend much leisure time with the family might also indicate that UBI could facilitate social relationships.

From the purely psychological perspective, UBI may have a highly positive effect on well-being and may increase the change of reaching a state of flourishing in both genders. The qualitative analysis from a personal perspective on UBI and its potential on increasing the change of flourishing therefore gave additional insight into the possible individual effect of the UBI concept. Still, what it would mean for the economy if both genders would actually choose to prioritize on family life and reduce their working hours because of the financial support should be further explored in additional studies.

Further research

Because of the unequal distribution of participants with different general characteristics to the two gender groups, results might have been affected. For more reliable data, the indications that were found regarding gender differences in the way of flourishing should be further explored in additional studies. Here, equal participant groups should be formed. During the analysis process, it was found that very interesting differences between the student and the working group arised in how they imagined the UBI scenario. Therefore, further research might invest in the commonalities and differences between these two groups. Current results revealed various insights about commonalities in the way of flourishing between all participants. Especially it was found, regarding the three flourishing dimensions, that emotional and psychological flourishing was expressed. Still, further research could be executed, working with the same codes in a group of researchers and a larger sample to maximise reliability of these results. This could improve interrater-reliability and support the gathered findings. Furthermore, if the way of flourishing really expresses the effect of UBI on the individual is questionable, because no comparison to the neutral letters was performed. To further explore the gathered indications, additional research could compare both the neutral and the UBI scenario letter from the future. At least, research might focus on possible economical and social consequences of the discovered findings on a more global level to further estimate the realizability of the UBI concept.

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APPENDIX

Appendix A: Letter instruction

De volgende aanwijzingen zijn tips om je een idee te geven wat de bedoeling is van de brief en waar je aan kunt denken. Voel u vrij om vanuit deze aanwijzingen de brief op je eigen wijze te schrijven. Gebruik volop je verbeeldingskracht: Bedenk dat het gaat om iets wat nog niet gebeurd is en dat het een kans is om je voor te stellen wat zou kunnen gebeuren en mogelijk is.

Waar en wanneer

Stel je voor dat je in een tijdmachine stapt. Stel je voor waar en wanneer je je bevindt als je in de toekomst bent aangekomen. **Wanneer:** Het tijdstip in de toekomst bepaal je zelf, dit kan 1 uur, dag, een week, of jaren later zijn.

Waar: Voorbeelden van de plaats, plek of ruimte in de toekomst waar u aan kunt denken zijn Nederland, een ander land, de ruimte; in je eigen huis of tuin, buitenshuis, in de natuur, in de stad, op het water, in de lucht; een plek met veel andere mensen of juist een lege ruimte; een kleurrijke ruimte? Een lawaaierige ruimte of stille? etc.

Wat?

Stel je voor dat een aantal positieve wensen, veranderingen en dromen in je leven zijn uitgekomen. Vertel jouw verhaal van een concrete dag, een specifiek moment, of een concrete gebeurtenis waarin duidelijk wordt hoe je een bepaald probleem hebt opgelost of een goede manier heeft gevonden om ermee om te gaan. Probeer details te geven zodat de gebeurtenis, wie je bent en wat je doet in de toekomst zo levendig mogelijk naar voren komt. Vertel wat achteraf het meest heeft geholpen en hoe je (dan) op het leven van nu terugkijkt.

Aan wie?

Bedenk aan wie je de brief wil schrijven.

- aan je huidige ik (je geeft dan een wijze, vrolijke, of andere positieve boodschap aan jezelf) - aan iemand anders (bijvoorbeeld je kind of kleinkind, leeftijdgenoten, of de volgende generatie, etc.)

Hou als richtlijn voor de lengte van de brief niet langer dan 400 woorden aan (ongeveer 1 A4)

Appendix B: Questionnaire demographic data

Vragenlijst demografische gegevens, voor studenten/MBOers:

Wat is je leeftijd? _____

Wat is je geslacht? _____

Wat is je hoogste afgeronde opleiding? _____

Welke opleiding volg je op dit moment? _____

Vragenlijst demografische gegevens, voor werknemers:

Wat is uw leeftijd? _____

Wat is uw geslacht? _____

Wat is uw hoogste afgeronde opleiding? _____

Als u op dit moment werkzaam bent: Wat voor werk doet u op dit moment? _____

Als u op dit moment niet (meer) werkzaam bent: Wat voor werk deed u als laatste? _____

Appendix C: Informed Consent

Hierbij verklaar ik dat op een manier die voor mij duidelijk is geïnformeerd ben over de methode en “natuur” van dit onderzoek. Mijn vragen zijn naar tevredenheid beantwoord. Ik stem toe tot deelname aan dit onderzoek uit vrije wil. Ik behoud het recht om op ieder moment gedurende dit onderzoek deze toestemming kan terugtrekken zonder hiervoor een reden te moeten opgeven en ik ben mij er van bewust dat ik op ieder moment mag stoppen met de workshop. Als resultaten verkregen vanuit dit onderzoek op enige manier publiek worden gemaakt zullen deze compleet anoniem worden gemaakt. Mijn persoonlijke data zal niet bekend gemaakt worden aan derden zonder mijn toestemming. Ik begrijp dat film- en toonmateriaal of bewerking daarvan uitsluitend voor analyse en/of wetenschappelijke presentaties zal worden gebruikt. Als ik meer informatie opvraag over het onderzoek, nu of in de toekomst, kan ik dat doen door contact op te nemen met (...). Mocht u klachten hebben over dit onderzoek dan kunt u contact opnemen met de begeleider van deze onderzoek. A.M. Sools, Universiteit Twente, BMS (Cubicus), 7500 AE Enschede, telefoon: +31 53 489 6314, e-mail: a.m.sools@utwente.nl

Getekend in tweevoud:

.....
 Naam deelnemer Handtekening

.....
 Naam onderzoeker Handtekening

Appendix D: General characteristics of participants per gender

Females:

	ID 12	ID 13	ID 22	ID 23	ID 24	ID 25	ID 26
Age	55	58	21	28	21	unknown	unknown
Work	Employee	Employee	Student	Student	Student	Student	Student
Salary per month (net)	1500-1999€	2000-2499 €	0-499€	500-999€	500-999€	Unknown	Unknown
Time	Few years later	Years later	1 year later	8 months later	Few months later	Years later	8 years later
Addressee	Children	Sister	Self	Self	Self	Nephew	Self
Reference	Individual, community, external world, important other	Community, external world, important other	Individual	Community, external world	Individual, community, external world	Important other	Individual, external world

Males:

	ID 14	ID 15	ID 16	ID 17	ID 21	ID 27
Age	55	64	28	36	22	21
Work	Employee	Employee	Employee	Employee	Student	Student
Salary per month (net)	2000-2499€	3500-3999€	1000-1499€	7000-9999€	500-999€	1000-1499€
Time	No specific time	5 years later	1 year later	9 years later	2 years later	Few years later
Addressee	External world	Wife	Self	Son	Self	Self
Reference	External world	Individual, Community, external world, important other	Individual	Community, important other	Individual, community	Individual

Appendix E: Quotes per participant

Females:

	12	13	22	23	24	25	26
Happiness	<p>we hebben het financieel beter dan ooit!</p> <p>zijn blij dat we jullie nu financieel meer kunnen ondersteunen in je levensfase met opgroeiende kinderen!</p>	<p>Het gaat me goed nu, ben in een situatie beland waar ik me erg goed voel</p>	<p>Vandaag gingen wij naar een oliefanten opvang. Dit is een echte dream come true geweest!</p>	<p>ik geniet van meer vrije tijd omdat ik minder naast mijn studie meot werken</p> <p>Dankzij het basisinkomen kan ik in de kerstvakantie voor één week in een warm land reizen en het weer genieten.</p> <p>Als ik denk dat ik in het laatste jaar niet genoeg tijd en geld had om veel te riezen ben ik echt blij</p>	<p>Het voelt goed om hier te zijn. Ik kann overall aandacht voor hebben en ik hoef mij totaal geen zorgen te maken over de toekomst. De zon schijnt op mijn gezicht en het leven lacht me toe. Het probleem van altijd te druk zijn ken ik nu totaal niet meer, want er is geen druk meer om heel veel te presteren</p> <p>Door dit basisinkomen heb ik ook al heel veel leuke dingen meegemaakt</p>		
Interest in Life		<p>De zeilboot bracht mij op een prachtige plak, ik leef met veel mensen samen in een commune</p>	<p>Vandaag gingen wij naar een oliefanten opvang. Dit is een echte dream come true geweest!</p> <p>Het voelt goed iets heel anders te leren kennen en ook jezelf beter te leren kennen</p>	<p>Ik zit met twee vrienden in een vliegtuig en we zijn benieuwd omdat nog niemand van ons in Marokko is geweest</p>	<p>Zo werk ik nu al een paar weken als vrijwilliger in een olifantenopvang midden in de rimba van Afrika</p> <p>Door het basisinkomen kon ik de droom van een wereldreis waarmaken en ben ik nu al overal geweest.</p>		<p>Het aflossen van de schulden is een stuk makkelijker en ik kann vaker wat leuks gaan doen met mijn familie en vrienden</p>
Satisfied with life	<p>Het is gewoon too much voor ons</p> <p>Ik ben wel heel blij met het basisinkomen, zeker nu er zoveel senioren als</p>	<p>Het gaat me goed nu, ben in een situatie beland waar ik me erg goed voel</p> <p>De zeilboot bracht</p>	<p>Vandaag gingen wij naar een oliefanten opvang. Dit is een echte dream come true geweest!</p> <p>Het voelt goed iets heel</p>	<p>ik geniet van meer vrije tijd omdat ik minder naast mijn studie meot werken</p> <p>Ik voel me op dit</p>	<p>Dit kan ik doen, omdat ik helemaal geen geldzorgen heb. Ik heb namenlijk een basisinkomen!</p> <p>Het voelt goed om hier</p>	<p>Wijselfijk heb ik dat geld opgespaard waardoor ik een paar jaar geleden naar het buitenland kon verhuizen, iets wat ik altijd al wilde</p>	<p>een baan hebt en een goed leven hebt, kijk je terug op je studententijd waarin je veel zorgen hebt gemaakt over je schulden. Deze vallen nu wel mee zeker met</p>

	<p>wij zijn.</p> <p>En het goede nieuws is dat we onze grote wens hebben vervuld: we hebben een zwembad aan laten leggen in de tuin!</p>	<p>mij op een prachtige plak, ik leef met veel mensen samen in een commune</p>	<p>anders te leren kennen en ook jezelf beter te leren kennen</p> <p>Ik hoef mij geen zorgen meer te maken of ik de rijs, stage lopen en al die festivals naar die ik ging kann betalen, maar kan gewoon doen wat ik leuk vind</p> <p>Maak je geen zorgen over je toekomst en geniet van het leven</p>	<p>moment heel rustig omdat ik niet meer zo veel over geld moet nadenken</p> <p>Ook mijn vrienden om me heen zijn meer tevreden omdat ze genoeg geld ter beschikking hebben onafhankelijk van hun omstandigheden</p> <p>Mijn boodschap voor je in het heden is eigenlijk dat je je een klein voorbeeld aan mijn rustigheid neemt en oplet dat je altijd genoeg tijd heeft voor mooie zaken daarmee de plezier en de rustigheid niet te kort komt.</p>	<p>te zijn. Ik kann overall aandacht voor hebben en ik hoef mij totaal geen zorgen te maken over de toekomst. De zon schijnt op mijn gezicht en het leven lacht me toe. Het probleem van altijd te druk zijn ken ik nu totaal niet meer, want er is geen druk meer om heel veel te presteren</p> <p>Ik ben hierdoor ook een veel relaxedere persoon geworden en dit was wel anders voordat ik een basisinkomen had en op de plek was waar ik nu ben.</p>		<p>een basisinkomen bovenop het maandelijks bedrag die je verdient</p> <p>Het aflossen van de schulden is een stuk makkelijker en ik kann vaker wat leuks gaan doen met mijn familie en vrienden</p> <p>Daarnaast kann ik eventueel wat geld sparen om dit vervolgens te kunnen investeren in het bouwen van een school in Baghdad en weeskinderen daar te helpen een toekomst te kunnen bouwen. Nu ik het toch over Irak heb wie had dat gedacht dat het nu eindelijk een veilig land is wat bezig is alles weer op te bouwen.</p>
Optimism			<p>Maak je geen zorgen over je toekomst en geniet van het leven.</p> <p>Ik heb er nog twee manden over en ik heb ook alweer zin om te studeren</p>		<p>Waar je nu bent ervaar je nog veel druk en voel je je nog niet vrij om te doen wat je écht leuk lijkt. Hoewel het basisinkomen fijn is en je dit nu nog niet hebt, mot je ook nu niet vergeten te genieten van het leven. Niet alleen aan de andere kant van de wereld is het mooi!</p>		
Gratitude	<p>lekker vaak in ons huis in Frankrijk</p> <p>Ik ben wel heel blij met het basisinkomen, zeker</p>	<p>De reis hierheen heeft me veel gebracht</p>	<p>Ik ben echt zo blij dat je de beslissingen ging maken om eerst op rijs te gaan en later met jouw Master te</p>	<p>Als ik denk dat ik in het laatste jaar niet genoeg tijd en geld had om veel te reizen ben</p>	<p>De zon schijnt op mijn gezicht en het leven lacht me toe.</p>		

	nu er zoveel senioren als wij zijn.		beginnen	<p>ik echt blij. Desondanks denk ik graag aan deze tijd terug omdat ik mijn extra tijd op deze manier meer kan waarderen</p> <p>ik geniet van meer vrije tijd omdat ik minder naast mijn studie moet werken.</p> <p>Dankzij het basisinkomen kan ik in de kerstvakantie voor één week in een warm land reizen en het weer genieten.</p>			
Self-acceptance			Ik ben echt zo blij dat je de beslissingen ging maken om eerst op rij's te gaan en later met jouw Master te beginnen		Waar je nu bent ervaar je nog veel druk en voel je je nog niet vrij om te doen wat je écht leuk lijkt. Hoewel het basisinkomen fijn is en je dit nu nog niet hebt, mot je ook nu niet vergeten te genieten van het leven. Niet alleen aan de andere kant van de wereld is het mooi!		
Personal growth		<p>kans had om weg te gaan heb ik dat gedaan</p> <p>De reis hierheen heeft me veel gebracht, moeilijke tijden alleen op zee waar ik mezelf tegen kwam en ik leerde mijn</p>	<p>Ik ben echt zo blij dat je de beslissingen ging maken om eerst op rij's te gaan en later met jouw Master te beginnen</p> <p>Het voelt goed iets heel anders te leren kennen en ook jezelf beter te leren kennen</p>	<p>Ik zit met twee vrienden in een vliegtuig en we zijn benieuwd omdat nog niemand van ons in Marokko is geweest</p> <p>Desondanks denk ik graag aan deze tijd terug omdat ik mijn extra tijd op deze</p>	<p>Op dit moment zit ik midden in een wereldreis waar ik een paar maanden mee begonnen ben</p> <p>Ik ben hierdoor ook een veel relaxedere persoon geworden en dit was wel anders voordat ik een basisinkomen had</p>	Een basisinkomen is handig zolang je erg wijs mee omgaat. Dit leerde ik heel snel. Toen ik voor het eerst dit basisinkomen kreeg dacht ik meteen heel veel geld te hebben. Met deze gedachtegang ging het binnen een paar maanden al fout. Gelukkig met	

		vaste bestaan waar ik erg aan hechtte los te laten	Ik wil dat je weet dat de ervaring die je door de stage en de rijs hebt gekregen echt zo veel meer waarde hebben dan een baan die je niet leuk vindt maar wel geld voor krijgt	manier meer kan waarderen. Mijn boodschap voor je in het heden is eigenlijk dat je je een klein voorbeeld aan mijn rustigheid neemt en oplet dat je altijd genoeg tijd heeft voor mooie zaken daarmee de plezier en de rustigheid niet te kort komt.	en op de plek was waar ik nu ben. Waar je nu bent ervaar je nog veel druk en voel je je nog niet vrij om te doen wat je écht leuk lijkt. Hoewel het basisinkomen fijn is en je dit nu nog niet hebt, moet je ook nu niet vergeten te genieten van het leven. Niet alleen aan de andere kant van de wereld is het mooi!	wat hulp kon ik nog net uit de problemen blijven. Dit zorgde ervoor dat er een knop bij mij omsloeg. Ik werd verstandiger in mijn uitgaven en hield iedere maand zelfs geld over	
Purpose in life	En het goede nieuws is dat we onze grote wens hebben vervuld: we hebben een zwembad aan laten leggen in de tuin!	kans had om weg te gaan heb ik dat gedaan De zeilboot bracht mij op een prachtige plak, ik leef met veel mensen samen in een commune	Vandaag gingen wij naar een oliefanten opvang. Dit is een echte dream come true geweest! Ik ben echt zo blij dat je de beslissingen ging maken om eerst op rijs te gaan en later met jouw Master te beginnen Ik hoef mij geen zorgen meer te maken of ik de rijs, stage lopen en al die festivals naar die ik ging kann betalen, maar kan gewoon doen wat ik leuk vind Ik wil dat je weet dat de ervaring die je door de stage en de rijs hebt gekregen echt zo veel meer waarde hebben dan een baan die je niet leuk vindt maar wel	Desondanks denk ik graag aan deze tijd terug omdat ik mijn extra tijd op deze manier meer kan waarderen.	Door het basisinkomen kon ik de droom van een wereldreis waarmaken en ben ik nu al overal geweest. Waar je nu bent ervaar je nog veel druk en voel je je nog niet vrij om te doen wat je écht leuk lijkt. Hoewel het basisinkomen fijn is en je dit nu nog niet hebt, mot je ook nu niet vergeten te genieten van het leven. Niet alleen aan de andere kant van de wereld is het mooi!	Wijselijk heb ik dat geld opgespaard waardoor ik een paar jaar geleden naar het buitenland kon verhuizen, iets wat ik altijd al wilde	Daarnaast kan ik eventueel wat geld sparen om dit vervolgens te kunnen investeren in het bouwen van een school in Baghdad en weeskinderen daar te helpen een toekomst te kunnen bouwen. Nu ik het toch over Irak heb wie had dat gedacht dat het nu eindelijk een veilig land is wat bezig is alles weer op te bouwen. Los van het geld verhaal ben ik nog altijd van mening dat de rijkste mensen de gezonde mensen zijn. Want als je niet gezond bent heb je helemaal niets aan het geld om je heen

			geld voor krijgt				
Environme ntal mastery	zijn blij dat we jullie nu financieel meer kunnen ondersteunen in je levensfase met opgroeiende kinderen!						
Autonomy	zijn blij dat we jullie nu financieel meer kunnen ondersteunen in je levensfase met opgroeiende kinderen!	kans had om weg te gaan heb ik dat gedaan en ik leerde mijn vaste bestaan waar ik erg aan hechtte los te laten	Ik hoef mij geen zorgen meer te maken of ik de rijs, stage lopen en al die festivals naar die ik ging kann betalen, maar kan gewoon doen wat ik leuk vind	ik geniet van meer vrije tijd omdat ik minder naast mijn studie meot werken Dankzij het basisinkomen kan ik in de kerstvakantie voor één week in een warm land reizen en het weer genieten. Ook mijn vrienden om me heen zijn meer tevreden omdat ze genoeg geld ter beschikking hebben onafhankelijk van hun omstandigheden Als ik denk dat ik in het laatste jaar niet genoeg tijd en geld had om veel te riezen ben ik echt blij	Dit kan ik doen, omdat ik helemaal geen geldzorgen heb. Ik heb namenlijk een basisinkomen! Door het basisinkomen kon ik de droom van een wereldreis waarmaken en ben ik nu al overal geweest.		Daarnaast kann ik eventueel wat geld sparen om dit vervolgens te kunnen investeren in het bouwen van een school in Baghdad en weeskinderen daar te helpen een toekomst te kunnen bouwen. Nu ik het toch over Irak heb wie had dat gedacht dat het nu eindelijk een veilig land is wat bezig is alles weer op te bouwen.
Positive relations with others	zijn blij dat we jullie nu financieel meer kunnen ondersteunen in je levensfase met opgroeiende kinderen!	ik leef met veel mensen samen in een commune mooie vriendschappen kreeg		Ook mijn vrienden om me heen zijn meer tevreden omdat ze genoeg geld ter beschikking hebben onafhankelijk van hun omstandigheden			

<p>Relaxation</p>	<p>Er is veel meer rust in de maatschappij en op de arbeidsmarkt</p>	<p>ik leerde mijn vaste bestaan waar ik erg aan hechtte los te laten</p>		<p>Mijn boodschap voor je in het heden is eigenlijk dat je je een klein voorbeeld aan mijn rustigheid neemt en oplet dat je altijd genoeg tijd heeft voor mooie zaken daarmee de plezier en de rustigheid niet te kort komt. Ik voel me op dit moment heel rustig omdat ik niet meer zo veel over geld moet Nadenken</p>	<p>Dit kan ik doen, omdat ik helemaal geen geldzorgen heb. Ik heb namelijk een basisinkomen!</p> <p>Ik kan overal aandacht voor hebben en ik hoef mij totaal geen zorgen te maken over de toekomst.</p> <p>Het probleem van altijd te druk zijn ken ik nu totaal niet meer, want er is geen druk meer om heel veel te presteren. Ik ben hierdoor ook een veel relaxedere persoon geworden en dit was wel anders voordat ik een basisinkomen had en op de plek was waar ik nu ben</p>		
<p>Encouragement</p>		<p>Graag wil ik je het laten zien, klim ook in te teletijdmachine en kom. - Probeer het en laat je leven los</p>	<p>Ik wil dat je weet dat de ervaring die je door de stage en de rijs hebt gekregen echt zo veel meer waarde hebben dan een baan die je niet leuk vindt maar wel geld voor krijgt</p>	<p>Mijn boodschap voor je in het heden is eigenlijk dat je je een klein voorbeeld aan mijn rustigheid neemt en oplet dat je altijd genoeg tijd heeft voor mooie zaken daarmee de plezier en de rustigheid niet te kort komt.</p>			

Social Intergration		ik leef met veel mensen samen in een commune mooie vriendschappen kreeg		Ik zit met twee vrienden in een vliegtuig en we zijn benieuwd omdat nog niemand van ons in Marokko is geweest			Het aflossen van de schulden is een stuk makkelijker en ik kann vaker wat leuks gaan doen met mijn familie en vrienden
Social Actualization	veel meer rust in de maatschappijen op de arbeidsmarkt.						Daarnaast kann ik eventueel wat geld sparen om dit vervolgens te kunnen investeren in het bouwen van een school in Baghdad en weeskinderen daar te helpen een toekomst te kunnen bouwen. Nu ik het toch over Irak heb wie had dat gedacht dat het nu eindelijk een veilig land is wat bezig is alles weer op te bouwen.
Social Contribution	En we zijn blij dat we jullie nu financieel meer kunnen ondersteunen in je levensfase met opgroeiende kinderen!				Zo werk ik nu al een paar weken als vrijwilliger in een olifantenopvang midden in de rimba van Afrika		Daarnaast kann ik eventueel wat geld sparen om dit vervolgens te kunnen investeren in het bouwen van een school in Baghdad en weeskinderen daar te helpen een toekomst te kunnen bouwen. Nu ik het toch over Irak heb wie had dat gedacht dat het nu eindelijk een veilig land is wat bezig is alles weer op te bouwen.
Autonomy of others				Ook mijn vrienden om me heen zijn meer tevreden omdat ze genoeg geld ter beschikking hebben onafhankelijk van hun omstandigheden			

Males:

	14	15	16	17	21	27
Happiness		Gelukkig gezond zeg maar kerngezond				Nietdestemin heb ik ook het gevoel dat ik iets terug will geven voor wat ik krijg, dus probeer ik ook regelmatig door vrijwilligerswerk of andere bijdragen de goede intenties door te geven
Interest in Life	en de helft opgemaakt aan leuke dingen, alle vakanties samen, onze hobby's samen, het racen met onze motoren.	Veel sporten, op de fiets naar het buitenland, onze lange reizen. Nu is 80% van de melkveehouders biologisch. De eerste jaren naar een duurzamere wereld hebben we achter de rug			. Op grond van het basis inkomen moest je je geen zorgen meer maken over de financiële problemen die verbonden zijn met het leven in Amsterdam. Het duurde wel sommige weken een mooie woning te vinden, maar op grond van de 1000 euro die je extra had elke maand was het duidelijk makkelijker dan je had verwacht. Bovendien wordt de beslissing makkelijker voor jou te promoveren.	All in all is het leuk om nu de mogelijkheid te hebben je passies achteraan te gaan. Dit is altijd een fundamenteel belang van je geweest – verlies dit perspectief niet.
Satisfied with life		Gelukkig gezond zeg maar kerngezond De relatie met Manon, Tom en de kinderen is uitstekend. Altijd veel en eerlijk contact Goed dat hij de transitie naar biologisch boeren heeft gemaakt. Wij eten er ook goed van en vooral gezond	De dingen die voorheen moest laten liggen vanwege gebrek aan tijd en budget zijn nu in een keer opgelost. Wat enige zekerheid over je inkomen geeft, meer rust en minder stress waardoor je vervolgens je tijd nuttiger besteed. Je hebt eindelijk de kans gehad om te investeren in de toekomst waar je vier jaar lang voor hebt	Wat een luxe dat we dat kunnen doen Super trots op je	Over het algemeen wordt jouw leven dus duidelijk makkelijker door het basis inkomen. Je hoeft je dus geen zorgen meer te maken over de financiële aspecten van je toekomstige leven.	Ik voel me nu veel vrijer in mijn beslissingen en mogelijkheden. Er is nu een vast basisinkomen voor iedereen Ik voel me, alsof ik vrijer ben van lange verplichtingen, zoals je ze eerder had ivm. Zekerheid voor je baan. De moeite, die ik af en toe had met kiezen tussen werk en plezier is nu stukken makkelijker.

			<p>gestudeerd maar ook gefantaseerd. En uiteindelijk bleek het allemaal minder ver gezocht dan je dacht</p> <p>Eindelijk kon je stil staan en bekijken wat echt waarde heeft, en gek genoeg zijn dat juist de dingen die ja al die tijd onvrijwillig moest verwaarlozen puur omdat je die vrijheid toen niet had</p>			Met veel tevredenheid
Optimism			Ondanks je twijfels heeft het toch goed uitgekapt		Dit is nu geen probleem meer voor jou	
Gratitude		Gelukkig ook met veel lieve mensen om ons heen	<p>Ondanks je twijfels heeft het toch goed uitgekapt</p> <p>Dus zie het niet als een luxe blijf het zien als een kans!</p>	<p>Wat een luxe dat we dat kunnen doen.</p> <p>Super trots op je</p>	Op grond van het basis inkomen moest je je geen zorgen meer maken over de financiële problemen die verbonden zijn met het leven in Amsterdam	All in all is het leuk om nu de mogelijkheid te hebben je passies achteraan te gaan. Dit is altijd een fundamenteel belang van je geweest - verlies dit perspectief niet.
Self-acceptance						All in all is het leuk om nu de mogelijkheid te hebben je passies achteraan te gaan. Dit is altijd een fundamenteel belang van je geweest – verlies dit perspectief niet.
Personal growth			Door de zekerheid dat het basisinkomen gaf kon je ook afstand nemen van het onregelmatige leventje wat ja voorheen leidde			Ik voel me, alsof ik vrijer ben van lange verplichtingen, zoals je ze eerder had ivm. Zekerheid voor je baan. De moeite, die ik af en toe had met kiezen tussen werk en plezier is nu stukken makkelijker.
Purpose in life		<p>Goed dat hij de transitie naar biologisch boeren heeft gemaakt. Wij eten er ook goed van en vooral gezond</p> <p>Nu is 80% van de</p>	Je hebt eindelijk de kans gehad om te investeren in de toekomst waar je vier jaar lang voor hebt gestudeerd maar ook gefantaseerd. En	Als je geniet volgt het mooie leven je op de voet	En ook jou plan, eindelijk in een gezamenlijke woning met jouw vriendin te leven wird realistischer omdat jullie jullie basisinkomen kunnen	Nietdestemin heb ik ook het gevoel dat ik iets terug will geven voor wat ik krijg, dus probeer ik ook regelmatig door vrijwilligerswerk of andere bijdragen de goede

		melkveehouders biologisch. De eerste jaren naar een duurzamere wereld hebben we achter de rug	uiteindelijk bleek het allemaal minder ver gezocht dan je dacht Eindelijk kon je stil staan en bekijken wat echt waarde heeft, en gek genoeg zijn dat juist de dingen die ja al die tijd onvrijwillig moest verwaarlozen puur omdat je die vrijheid toen niet had.		combineren	intenties door te geven All in all is het leuk om nu de mogelijkheid te hebben je passies achteraan te gaan. Dit is altijd een fundamenteel belang van je geweest – verlies dit perspectief niet.
Environme ntal mastery			De dingen die voorheen moest laten liggen vanwege gebrek aan tijd en budget zijn nu in een keer opgelost. Wat enige zekerheid over je inkomen geeft, meer rust, waardoor minder stress waardoor je vervolgens je tijd nuttiger besteed. Eindelijk kon je stil staan en bekijken wat echt waarde heeft, en gek genoeg zijn dat juist de dingen die ja al die tijd onvrijwillig moest verwaarlozen puur omdat je die vrijheid toen niet had.			
Autonomy	Het feit dat je geen prestatie heeft te leveren voor een basisinkomen	Altijd samen maar ook onze eigen hobby's en eigen vrienden.	De dingen die voorheen moest laten liggen vanwege gebrek aan tijd en budget zijn nu in een keer opgelost. Wat enige zekerheid over je inkomen geeft, meer rust, waardoor minder stress waardoor je vervolgens je tijd nuttiger besteed.		Dit is nu geen probleem meer voor jou En ook jou plan, eindelijk in een gezamenlijke woning met jouw vriendin te leven werd realistischer omdat jullie jullie basisinkomen kunnen combineren	Ik voel me nu veel vrijer in mijn beslissingen en mogelijkheden. Er is nu een vast basisinkomen voor iedereen Ik voel me, alsof ik vrijer ben van lange verplichtingen, zoals je ze eerder had ivm. Zekerheid voor je baan. De

			<p>Je hebt eindelijk de kans gehad om te investeren in de toekomst waar je vier jaar lang voor hebt gestudeerd maar ook gefantaseerd. En uiteindelijk bleek het allemaal minder ver gezocht dan je dacht</p> <p>Door de zekerheid dat het basisinkomen gaf kon je ook afstand nemen van het onregelmatige leventje wat ja voorheen leidde</p> <p>Eindelijk kon je stil staan en bekijken wat echt waarde heeft, en gek genoeg zijn dat juist de dingen die ja al die tijd onvrijwillig moest verwaarlozen puur omdat je die vrijheid toen niet had.</p>		<p>Over het algemeen wird jouw leven dus duidelijk makkelijker door het basis inkomen. Je hoeft je dus geen zorgen meer te maken over de financiële aspecten van je toekomstige leven.</p>	<p>moeite, die ik af en toe had met kiezen tussen werk en plezier is nu stukken makkelijker.</p> <p>All in all is het leuk om nu de mogelijkheid te hebben je passies achteraan te gaan. Dit is altijd een fundamenteel belang van je geweest – verliez dit perspectief niet.</p>
Positive relations with others		<p>Gelukkig ook met veel lieve mensen om ons heen</p> <p>De relatie met Manon, Tom en de kinderen is uitstekend. Altijd veel en eerlijk contact</p>		<p>en de helft opgemaakt aan leuke dingen, alle vakanties samen, onze hobby's samen, het racen met onze motoren.</p> <p>De andere helft is voor jou Jim. We hebben het al die tijd gespaart voor je.</p>	<p>En ook jou plan, eindelijk in een gezamenlijke woning met jouw vriendin te leven wird realistischer omdat jullie jullie basisinkomen kunnen combineren</p>	

Relaxation			Wat enige zekerheid over je inkomen geeft, meer rust, waardoor minder stress waardoor je vervolgens je tijd nuttiger besteed			Je voelde altijd een bepaalde druk om dingen te doen, die voor anderen heel erg normaal waren, zoals het voorbereiden op een leuke baan, die je ook zekerheid geeft. Maar deze situatie is veranderd Ik voel me, alsof ik vrijer ben van lange verplichtingen, zoals je ze eerder had ivm. Zekerheid voor je baan. De moeite, die ik af en toe had met kiezen tussen werk en plezier is nu stukken makkelijker
Encouragement			Dus zie het niet als een luxe blijf het zien als een kans!	Ga er verstandig mee om werk hard in je leven, geniet van alle momenten, verdien je eigen geld, en gebruik het basisinkomen om nog meer uit je leven te halen, en daar waar nodig help de mensen om je heen als je het zelf goed hebt en wat missen kan	Over het algemeen werd jouw leven dus duidelijk makkelijker door het basis inkomen. Je hoeft je dus geen zorgen meer te maken over de financiële aspecten van je toekomstige leven.	
Social Integration		Gelukkig ook met veel lieve mensen om ons heen vooral ook samen De relatie met Manon, Tom en de kinderen is uitstekend. Altijd veel en eerlijk contact				
Social Acceptance	vertrouwen in de samenleving. Waarde als respect, luisteren naar meningen van anderen staan hoog op de agenda.	Altijd samen maar ook onze eigen hobby's en eigen vrienden.				

	<p>solidariteit om samen zaken op te pakken, religie, sekse en afkomst komen samen in de samenleving en zijn vanzelfsprekend</p>				
Social Actualization	<p>vertrouwen in de samenleving.</p> <p>Waarde als respect, luisteren naar meningen van anderen staan hoog op de agenda.</p>	<p>Ik denk dat het basis inkomen voor veel mensen een reden is geweest om te doen wat ze het liefst wilden.</p>			
Social Contribution		<p>Heet veel vrijwilligerswerk</p>		<p>De andere helft is voor jou Jim. We hebben het al die tijd gespaart voor je</p>	<p>Nietdestemin heb ik ook het gevoel dat ik iets terug will geven voor wat ik krijg, dus probeer ik ook regelmatig door vrijwilligerswerk of andere bijdragen de goede intenties door te geven</p>
Autonomy of others	<p>Het basisinkomen kan leiden tot meer individualiteit. Mensen verbinden is een belangrijk thema voor de toekomstige samenleving. Robotica in de toekomst maakt dat mensen langer en zelfstandiger kunnen leven, interactie met andere staat dan niet meer voorop</p> <p>Minder control, minder regels – Hoe wordt je solidair met elkaar en hoe verlies je elkaar niet uit het oog.</p>	<p>Altijd samen maar ook onze eigen hobby's en eigen vrienden</p> <p>Ik denk dat het basis inkomen voor veel mensen een reden is geweest om te doen wat ze het liefst wilden.</p>		<p>Denk je ook aan de mensen om je heen!</p> <p>werk hard in je leven, geniet van alle momenten, verdien je eigen geld, en gebruik het basisinkomen om nog meer uit je leven te halen, en daar waar nodig help de mensen om je heen als je het zelf goed hebt en wat missen kan</p>	