

# YouGov Survey: Best and Worst Years of Life

November 19 - 23, 2025 - 1,131 U.S. adult citizens



## 1. Which age range do you think represented or will represent the best years of your life?

0 to 9 years old	5%
10 to 19 years old	8%
20 to 29 years old	22%
30 to 39 years old	20%
40 to 49 years old	12%
50 to 59 years old	9%
60 to 69 years old	7%
70 to 79 years old	4%
80 to 89 years old	1%
90 to 99 years old	0%
100 or older	0%
Not sure	11%

## 2. Which age range do you think represented or will represent the worst years of your life?

0 to 9 years old	3%
10 to 19 years old	12%
20 to 29 years old	10%
30 to 39 years old	9%
40 to 49 years old	9%
50 to 59 years old	8%
60 to 69 years old	6%
70 to 79 years old	6%
80 to 89 years old	7%
90 to 99 years old	5%
100 or older	2%
Not sure	23%

## 3. For most people, which age range do you think represents the best years of life?

0 to 9 years old	3%
10 to 19 years old	5%
20 to 29 years old	31%
30 to 39 years old	22%
40 to 49 years old	11%
50 to 59 years old	6%
60 to 69 years old	4%
70 to 79 years old	1%
80 to 89 years old	0%
90 to 99 years old	0%
100 or older	0%
Not sure	15%

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<b>Interviewing Dates</b>	November 19 - 23, 2025
<b>Target population</b>	U.S. citizens, aged 18 and over
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.052 to 6.078, with a mean of one and a standard deviation of 0.937.
<b>Number of respondents</b>	1,131
<b>Margin of error</b>	± 4 points (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	88 questions not reported.

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## 1. Best Years of Your Life

Which age range do you think represented or will represent the best years of your life?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
0 to 9 years old	5%	5%	6%	12%	6%	4%	0%	4%	9%	3%	*
10 to 19 years old	8%	9%	7%	16%	6%	7%	3%	7%	9%	12%	*
20 to 29 years old	22%	25%	19%	34%	26%	17%	12%	21%	23%	21%	*
30 to 39 years old	20%	19%	21%	18%	28%	19%	15%	21%	10%	23%	*
40 to 49 years old	12%	12%	13%	5%	12%	14%	17%	13%	12%	13%	*
50 to 59 years old	9%	7%	12%	2%	7%	15%	10%	9%	9%	10%	*
60 to 69 years old	7%	9%	4%	0%	0%	10%	14%	7%	13%	2%	*
70 to 79 years old	4%	4%	4%	0%	0%	1%	15%	5%	2%	0%	*
80 to 89 years old	1%	1%	1%	1%	1%	0%	3%	1%	0%	4%	*
90 to 99 years old	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%	*
100 or older	0%	1%	0%	0%	1%	0%	0%	1%	0%	0%	*
Not sure	11%	9%	14%	13%	11%	12%	10%	11%	13%	11%	*
Totals	99%	101%	101%	101%	99%	99%	99%	100%	100%	100%	*
Unweighted N	(1,131)	(517)	(614)	(272)	(301)	(330)	(228)	(740)	(154)	(161)	(76)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
0 to 9 years old	5%	5%	4%	7%	2%	3%	7%	4%	2%	6%	5%	5%	6%
10 to 19 years old	8%	9%	7%	7%	7%	6%	10%	6%	4%	7%	8%	8%	8%
20 to 29 years old	22%	22%	27%	15%	18%	18%	24%	22%	21%	29%	19%	21%	19%
30 to 39 years old	20%	20%	17%	23%	22%	22%	17%	22%	26%	17%	22%	22%	17%
40 to 49 years old	12%	14%	10%	13%	14%	17%	12%	11%	17%	11%	10%	13%	15%
50 to 59 years old	9%	9%	7%	13%	9%	12%	7%	11%	13%	9%	8%	10%	9%
60 to 69 years old	7%	6%	6%	8%	8%	7%	5%	8%	7%	8%	8%	5%	7%

continued on the next page ...

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continued from previous page													
	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
70 to 79 years old	4%	2%	5%	4%	3%	3%	6%	2%	3%	1%	8%	4%	2%
80 to 89 years old	1%	1%	1%	1%	1%	2%	1%	3%	0%	0%	0%	2%	2%
90 to 99 years old	0%	1%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	1%
100 or older	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%
Not sure	11%	11%	14%	10%	14%	10%	11%	10%	7%	12%	12%	9%	14%
Totals	99%	100%	99%	101%	99%	100%	100%	99%	100%	100%	100%	99%	101%
Unweighted N	(1,131)	(429)	(381)	(321)	(470)	(375)	(447)	(327)	(266)	(209)	(231)	(427)	(264)

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## 2. Worst Years of Your Life

Which age range do you think represented or will represent the worst years of your life?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
0 to 9 years old	3%	3%	3%	2%	4%	2%	4%	3%	3%	2%	*
10 to 19 years old	12%	12%	12%	19%	14%	12%	5%	12%	10%	11%	*
20 to 29 years old	10%	9%	11%	13%	10%	11%	8%	10%	13%	15%	*
30 to 39 years old	9%	9%	9%	1%	16%	9%	8%	9%	9%	10%	*
40 to 49 years old	9%	9%	9%	3%	7%	14%	9%	9%	11%	7%	*
50 to 59 years old	8%	6%	9%	5%	1%	14%	7%	8%	4%	10%	*
60 to 69 years old	6%	4%	7%	2%	5%	4%	11%	6%	4%	5%	*
70 to 79 years old	6%	6%	7%	6%	6%	4%	11%	7%	6%	5%	*
80 to 89 years old	7%	8%	7%	2%	7%	7%	13%	8%	3%	3%	*
90 to 99 years old	5%	6%	4%	4%	4%	4%	7%	5%	1%	9%	*
100 or older	2%	3%	2%	1%	2%	3%	4%	3%	0%	5%	*
Not sure	23%	24%	22%	41%	25%	17%	14%	22%	35%	17%	*
Totals	100%	99%	102%	99%	101%	101%	101%	102%	99%	99%	*
Unweighted N	(1,129)	(516)	(613)	(271)	(301)	(329)	(228)	(739)	(153)	(161)	(76)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
0 to 9 years old	3%	2%	5%	2%	2%	3%	2%	4%	3%	2%	3%	4%	2%
10 to 19 years old	12%	13%	13%	11%	15%	11%	13%	14%	12%	8%	11%	15%	12%
20 to 29 years old	10%	10%	11%	10%	11%	12%	12%	10%	8%	10%	10%	10%	10%
30 to 39 years old	9%	9%	7%	11%	9%	9%	12%	7%	7%	12%	8%	8%	8%
40 to 49 years old	9%	9%	7%	9%	6%	8%	10%	10%	5%	11%	9%	10%	4%
50 to 59 years old	8%	8%	10%	5%	8%	7%	9%	6%	7%	8%	6%	9%	7%
60 to 69 years old	6%	4%	7%	6%	5%	5%	7%	8%	2%	4%	6%	7%	3%

continued on the next page ...

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		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
70 to 79 years old	6%	9%	4%	6%	9%	7%	6%	7%	7%	4%	3%	8%	9%
80 to 89 years old	7%	5%	6%	11%	6%	11%	5%	4%	15%	8%	8%	6%	7%
90 to 99 years old	5%	5%	3%	6%	5%	6%	3%	6%	8%	6%	5%	2%	8%
100 or older	2%	2%	2%	3%	4%	2%	2%	1%	5%	2%	2%	3%	3%
Not sure	23%	25%	26%	18%	21%	19%	19%	22%	23%	23%	28%	18%	26%
Totals	100%	101%	101%	98%	101%	100%	100%	99%	102%	98%	99%	100%	99%
Unweighted N	(1,129)	(428)	(380)	(321)	(469)	(375)	(446)	(327)	(266)	(207)	(231)	(427)	(264)

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## 3. Best Years of Life Overall

For most people, which age range do you think represents the best years of life?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
0 to 9 years old	3%	3%	3%	5%	3%	3%	1%	3%	0%	6%	*
10 to 19 years old	5%	7%	3%	10%	5%	5%	2%	5%	8%	7%	*
20 to 29 years old	31%	35%	28%	40%	34%	29%	23%	31%	27%	30%	*
30 to 39 years old	22%	19%	25%	23%	25%	20%	22%	24%	18%	19%	*
40 to 49 years old	11%	9%	12%	3%	11%	13%	15%	11%	10%	11%	*
50 to 59 years old	6%	5%	8%	2%	4%	8%	10%	7%	6%	4%	*
60 to 69 years old	4%	4%	4%	1%	1%	7%	5%	4%	3%	3%	*
70 to 79 years old	1%	1%	2%	1%	1%	0%	3%	1%	1%	2%	*
80 to 89 years old	0%	0%	1%	1%	0%	0%	0%	0%	0%	1%	*
90 to 99 years old	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	*
100 or older	0%	1%	0%	0%	1%	0%	0%	0%	0%	1%	*
Not sure	15%	16%	15%	13%	14%	15%	18%	13%	25%	16%	*
Totals	98%	100%	101%	100%	99%	100%	99%	99%	98%	100%	*
Unweighted N	(1,130)	(517)	(613)	(272)	(301)	(329)	(228)	(740)	(153)	(161)	(76)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
0 to 9 years old	3%	4%	1%	4%	2%	4%	2%	3%	5%	7%	1%	2%	5%
10 to 19 years old	5%	4%	7%	5%	5%	5%	7%	5%	3%	5%	7%	6%	4%
20 to 29 years old	31%	28%	34%	33%	27%	32%	37%	26%	28%	33%	35%	31%	27%
30 to 39 years old	22%	27%	16%	24%	25%	21%	17%	28%	28%	23%	18%	23%	26%
40 to 49 years old	11%	11%	12%	10%	14%	11%	10%	12%	13%	12%	7%	14%	8%
50 to 59 years old	6%	5%	3%	10%	6%	10%	6%	9%	6%	4%	8%	6%	6%
60 to 69 years old	4%	3%	4%	5%	4%	4%	3%	3%	5%	3%	6%	3%	4%

continued on the next page ...

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		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
70 to 79 years old	1%	0%	1%	2%	0%	2%	1%	0%	2%	0%	2%	2%	0%
80 to 89 years old	0%	1%	0%	0%	1%	0%	0%	1%	1%	0%	0%	0%	1%
90 to 99 years old	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
100 or older	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	2%
Not sure	15%	17%	21%	7%	17%	10%	17%	13%	9%	12%	17%	14%	18%
Totals	98%	100%	100%	100%	101%	99%	100%	100%	100%	99%	101%	101%	101%
Unweighted N	(1,130)	(429)	(380)	(321)	(469)	(375)	(447)	(326)	(266)	(209)	(231)	(426)	(264)



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<b>Interviewing Dates</b>	November 19 - 23, 2025
<b>Target population</b>	U.S. citizens, aged 18 and over
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.052 to 6.078, with a mean of one and a standard deviation of 0.937.
<b>Number of respondents</b>	1,131
<b>Margin of error</b>	± 4 points (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	88 questions not reported.