Inspired by theory in well-being science, I examined the influence of lifestyle factors and living conditions on well-being in a representative sample of 12,871 participants in Nova Scotia who answered a 230-question survey on quality of life in 2019. First, I explored age-related patterns in individual and community-level well-being across six domains: social isolation, sense of community, feelings of trust, experiences of discrimination, poverty, and health. Then, using robust multiple regression and measures of relative importance with the lmg method, I identified which variables are most important to predicting life satisfaction (10-point scale measuring overall satisfaction with life) and life worth (10-point scale measuring feelings of life being worthwhile). Twenty-two predictors accounted for 54% of the variance in life satisfaction; the top six predictors accounted for 43% of the variance: self-rated mental health (12%), time adequacy (8%), satisfaction with community’s (?) natural environment (8%), sense of community (6%), financial insecurity (5%), and self-rated physical health (4%). These variables were also the top predictors of life worthwhileness, although all 22 predictors ($R^2 = .42$) and these six predictors ($R^2 = .34$) accounted for less variance than for life satisfaction. These results show that community-level (i.e., environment quality of neighbourhood, sense of community) and individual-level (i.e., mental health, time adequacy, financial insecurity, and physical health) variables are substantial predictors of well-being. The effect sizes differ between the hedonistic and eudaimonic dimensions of well-being, suggesting there may be important predictors of eudaimonic well-being not accounted for. Further, while the same top six predictors of well-being exist for different age groups, the order of relative importance differs. This research can be used to inform community-level programming and policy that seeks to promote well-being at any life stage.