



MANAGING YOUR HAPPINESS

The Science and How To Use It

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HAPPINESS ISN'T A FEELING

WHAT IS IT?

Happiness =
Enjoyment + Satisfaction + Meaning

ENJOYMENT: PLEASURE + PEOPLE + MEMORY

PLEASURE



ENJOYMENT

SATISFACTION:
THE JOY OF ACCOMPLISHING A GOAL WITH EFFORT



HOMEOSTASIS



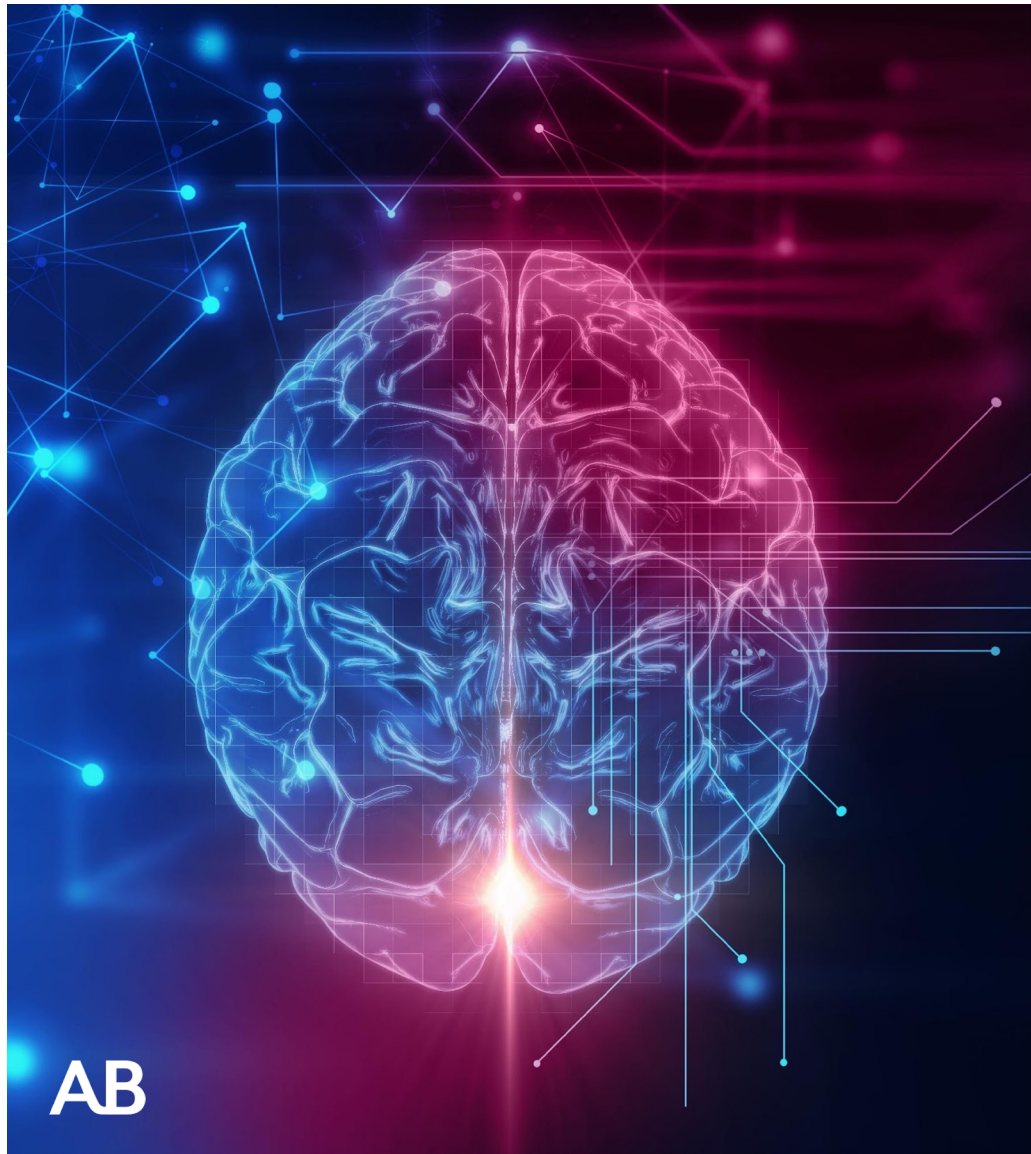
**THE HEDONIC
TREADMILL**



Satisfaction
 \neq
Haves



Satisfaction
 $=$
 $\frac{\text{Haves}}{\text{Wants}}$



THE MEANINGS OF MEANING

COHERENCE

Things happen for a reason.

PURPOSE

I am alive in order to do something.

SIGNIFICANCE

My life matters.

THE PORTFOLIO OF HABITS FOR A MEANINGFUL LIFE



FAITH/PHILOSOPHY



FAMILY



FRIENDS



MEANINGFUL WORK

KEY TAKEAWAYS



You can be happier, but you have to decide to, and do the work.



Pay attention to enjoyment, satisfaction, and purpose.



Manage your worldly wants, not just your haves.



Look for opportunity in your suffering.



Walk the transcendental path.



Real friends vs. deal friends



Earn your success and serve others.



Teach others the secrets, starting with your family and friends.

MANAGING YOUR EMOTIONS

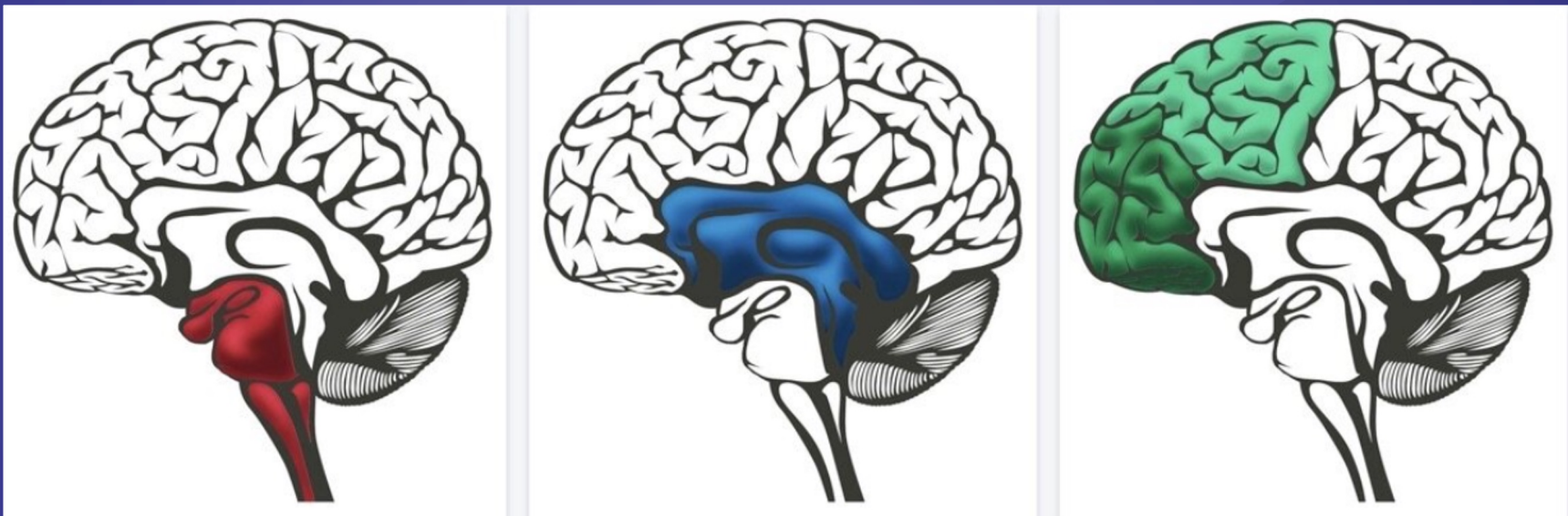
EMOTIONAL SELF-MANAGEMENT

Understand the science

Know yourself

Manage your emotions

TRIUNE BRAIN



DETECTION



EMOTION



DECISION

Lesson 1. Your emotions are just information

They are not good or bad

Don't fight information

We all have the same emotions, but in different intensities

Lesson 2. You have a unique emotional profile

You are not defective

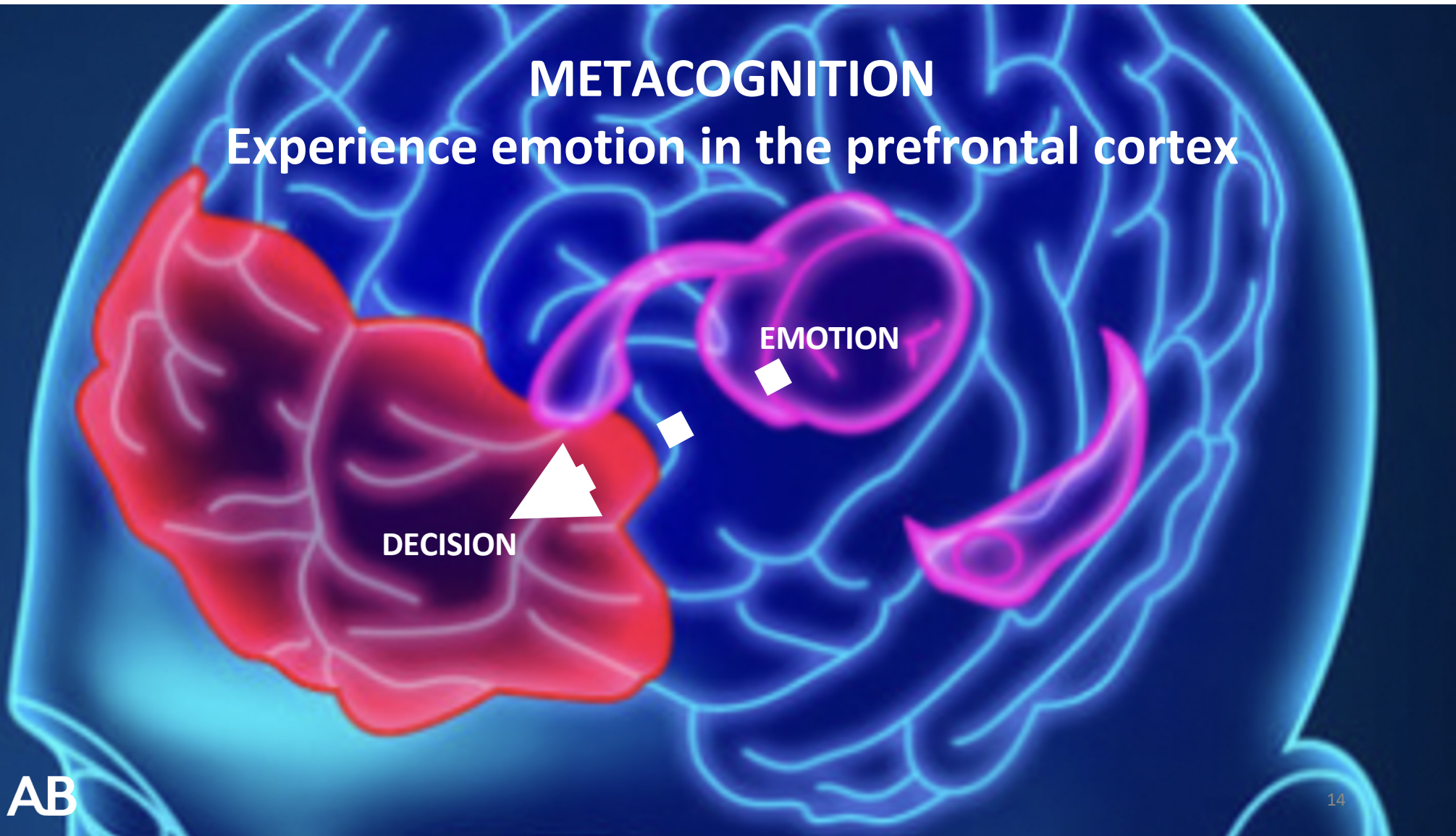
Know and appreciate yourself

Manage to your strengths (see arthurbrooks.com/build#PANAS)

Remediate your weaknesses

METACOGNITION

Experience emotion in the prefrontal cortex



Lesson 3. Metacognition gives you choices

Choose your reaction to an emotion

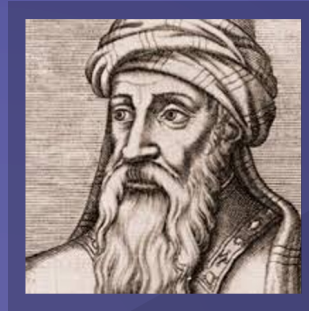
Act the way you want to feel

Disregard your feelings

MANAGING YOUR SUCCESS

FOUR IDOLS, COURTESY OF THE MEDIEVAL GREATS

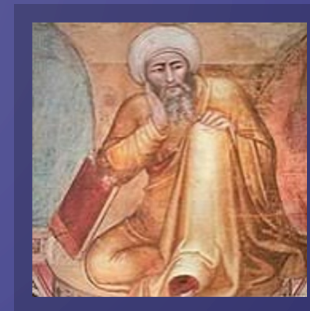
- Four attractive idols
 - Money
 - Power
 - Pleasure
 - Honor (Fame)
- All have “divine characteristics”
 - But none will ever satisfy
- Exercise: Rank your idols; guess your friends’



Maimonides, 1138-1204



Aquinas, 1224-1274



Ibn Rushd (Averroes), 1126-1198

A THEORY ABOUT MONEY AND (UN)HAPPINESS

- Money doesn't raise happiness, it just alleviates unhappiness
- We interpret this as increasing happiness
- So we chase it fruitlessly for the rest of our lives
- Effect is depleted at \$75k, or \$100k, or \$250k income

SUCCESS: THE *UNDERLYING* ADDICTION

- Success addicts tend to self-objectify
- Objectification dehumanizes people

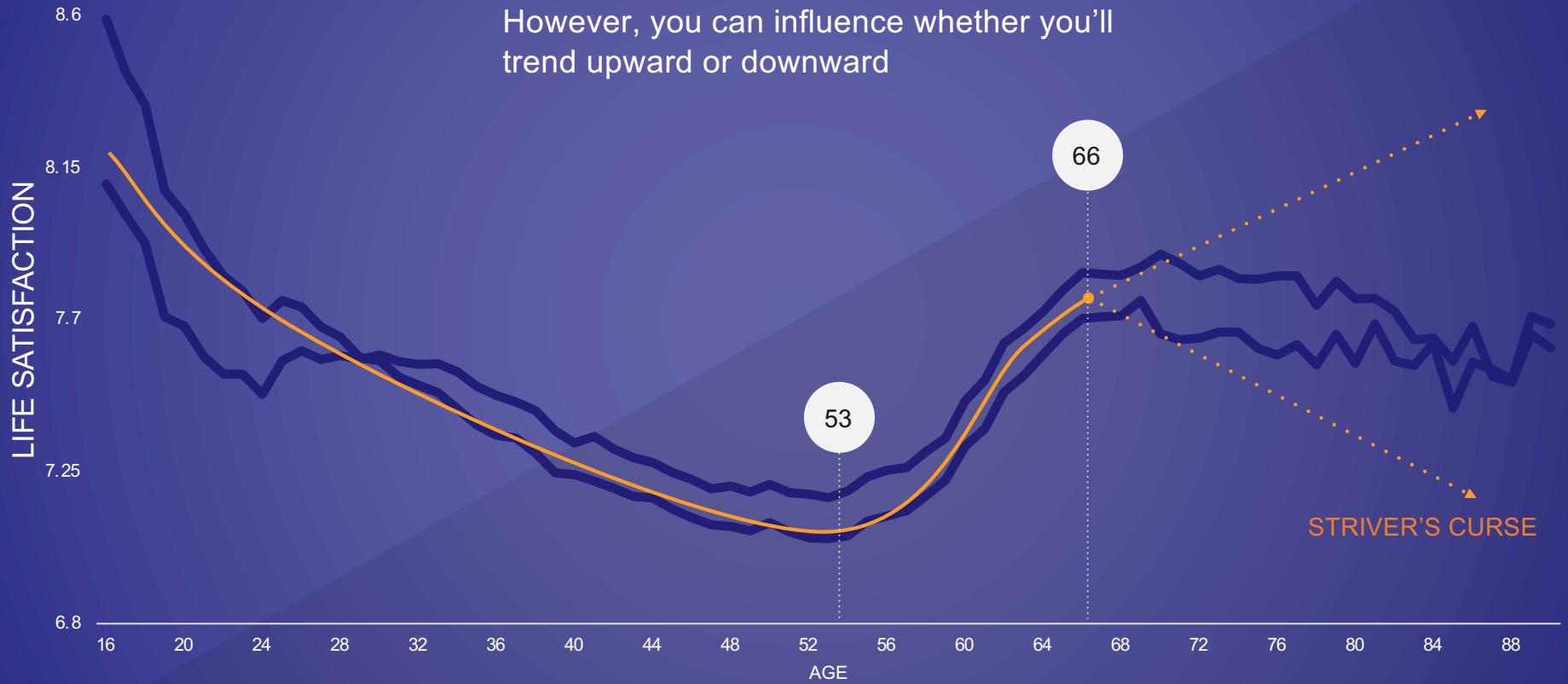
“Unhappy is he who depends on success to be happy. For such a person, the end of a successful career is the end of the line. His destiny is to die of bitterness or to search for more success in other careers and to go on living from success to success until he falls dead. In this case, there will not be life after success.”

— Alex Dias Ribeiro, Formula 1 driver

MANAGING YOUR FUTURE

HAPPINESS AS WE AGE

Happiness appears to remain static
However, you can influence whether you'll
trend upward or downward



THE HAPPINESS 401k

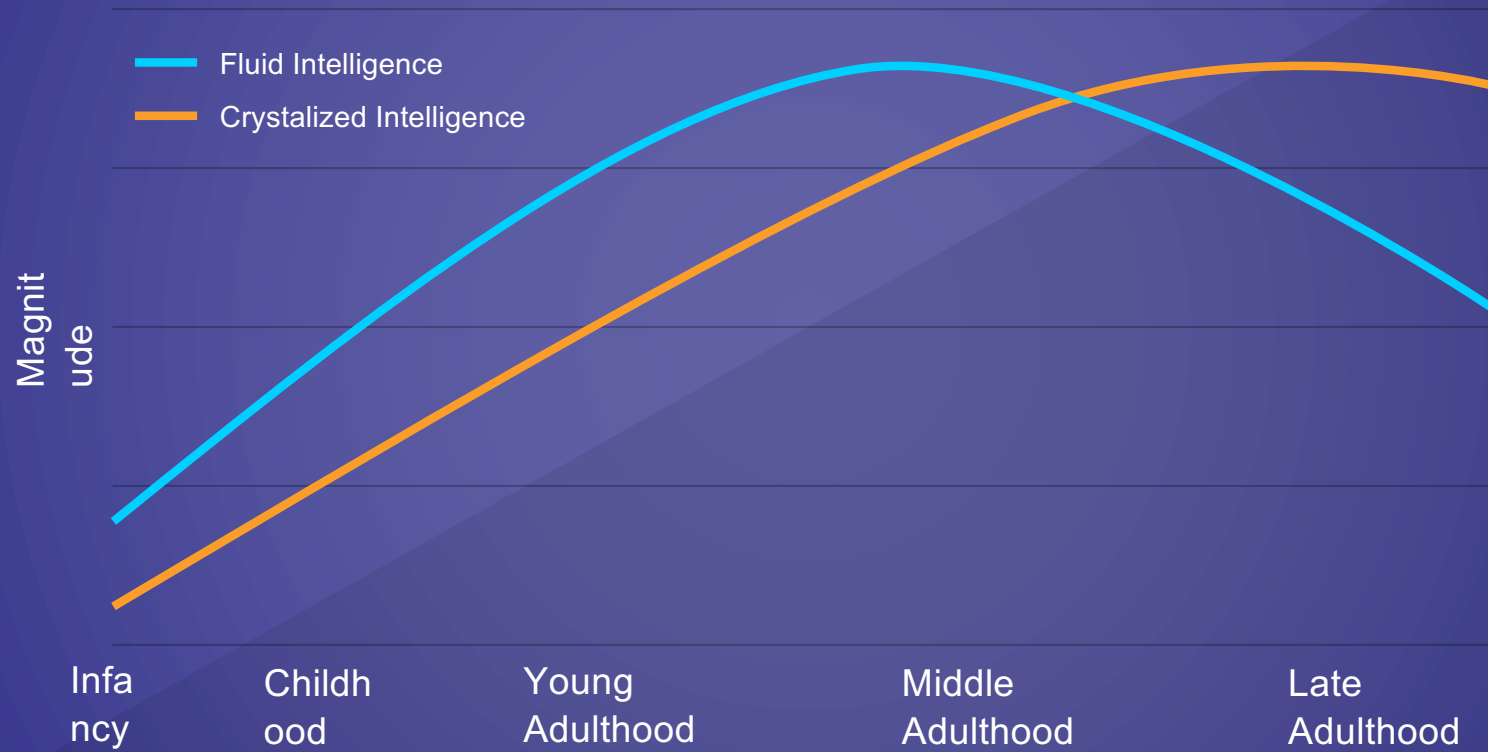
VIA THE HARVARD STUDY OF ADULT DEVELOPMENT

1. No smoking (or quit early)
2. No problem drinking:
Quit if in doubt
3. Healthy bodyweight: no
crazy yo-yo or restrictive
diets
4. Daily exercise: Walking
5. Adaptive coping style:
Metacognition, not
rumination
6. Continuing education:
Read, read, read
7. **Love: Stable, long-term
romantic partnership or
very close friendships**

THE BIG QUESTION

How do I avoid the striver's curse?

FLUID VS. CRYSTALLIZED INTELLIGENCE



FOUR KEY LESSONS FOR STRIVERS

1

Get on your
second curve

2

Manage your
wants

3

Tend to
your roots

4

Happy
>
Special

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