

WHAT IS HAPPINESS, AND HOW SHOULD WE GET MORE OF IT?





Happiness does
not come on its
own,
no matter how
successful you
are.

**So what should
you do to be happier?**



LEARNING ALGORITHM



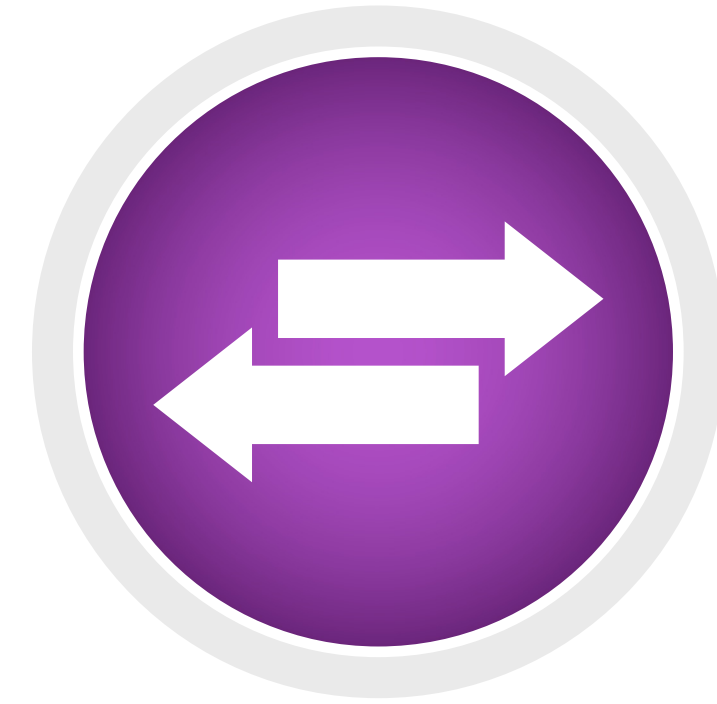
UNDERSTAND

The most effective leaders do not leave happiness up to chance.



APPLY

They manage their own levels of affect and life satisfaction for higher levels of effectiveness and career endurance.



SHARE

They manage to the well-being of those they lead for both ethical and practical reasons. And this cements their own happiness.

IS HAPPINESS A FEELING?

“

Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us on a wild-goose chase, and is never attained.

Nathaniel Hawthorne



IF HAPPINESS ISN'T A FEELING, WHAT IS IT?

Happiness =
Enjoyment + Satisfaction + Purpose

ENJOYMENT: GOOD FEELINGS + HIGHER CONSCIOUSNESS

PLEASURE



ENJOYMENT

SATISFACTION:
THE JOY OF ACCOMPLISHING A GOAL WITH EFFORT



HOMEOSTASIS



THE HEDONIC
TREADMILL



Satisfaction

≠

Haves



Satisfaction

=

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

THE MEANINGS OF MEANING

COHERENCE

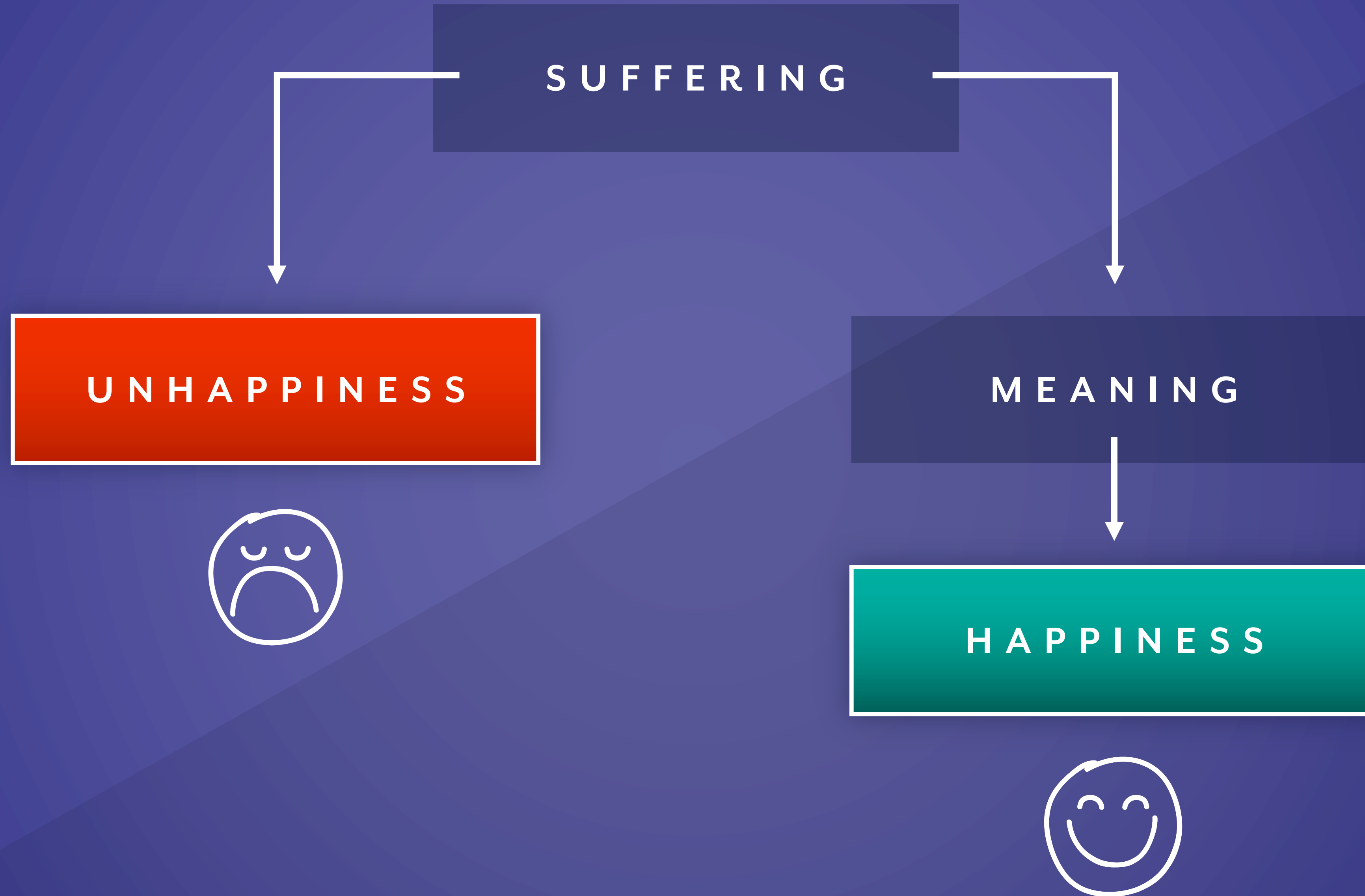
Things happen for a reason.

PURPOSE

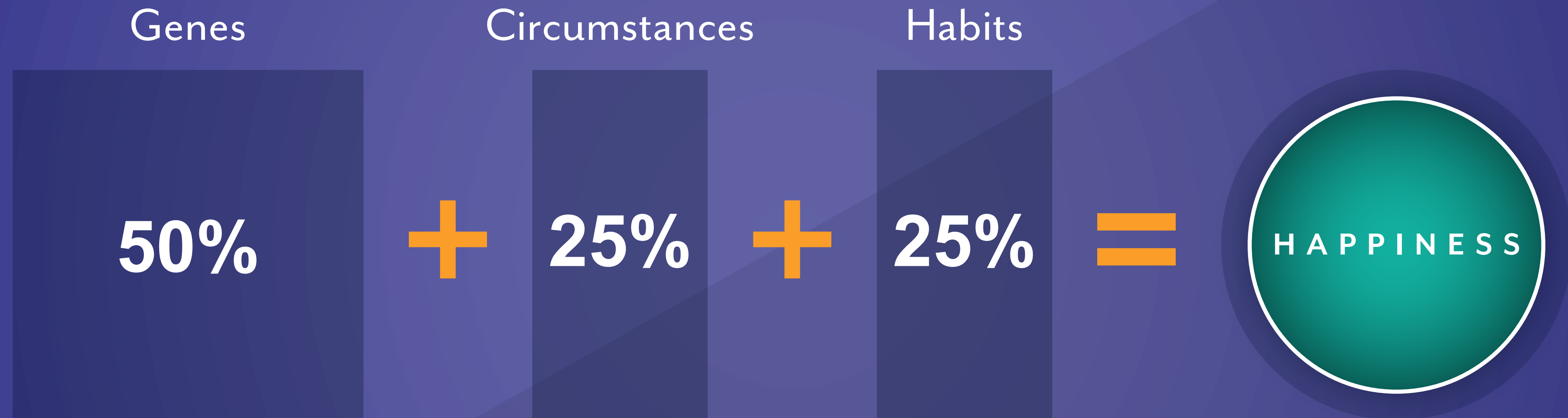
I am alive in order to do something.

SIGNIFICANCE

My life matters.



WHY ARE SOME PEOPLE HAPPIER THAN OTHERS?



THE PORTFOLIO OF HABITS FOR A MEANINGFUL LIFE



FAITH/PHILOSOPHY



FAMILY



FRIENDS



MEANINGFUL WORK

The two aspects of
meaningful work
that bring happiness...
to you and your
employees:

1

EARNED SUCCESS

Accomplishment and
hard work rewarded.

2

SERVICE TO OTHERS

My job makes life better
for others in a tangible way.

LESSON 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.