

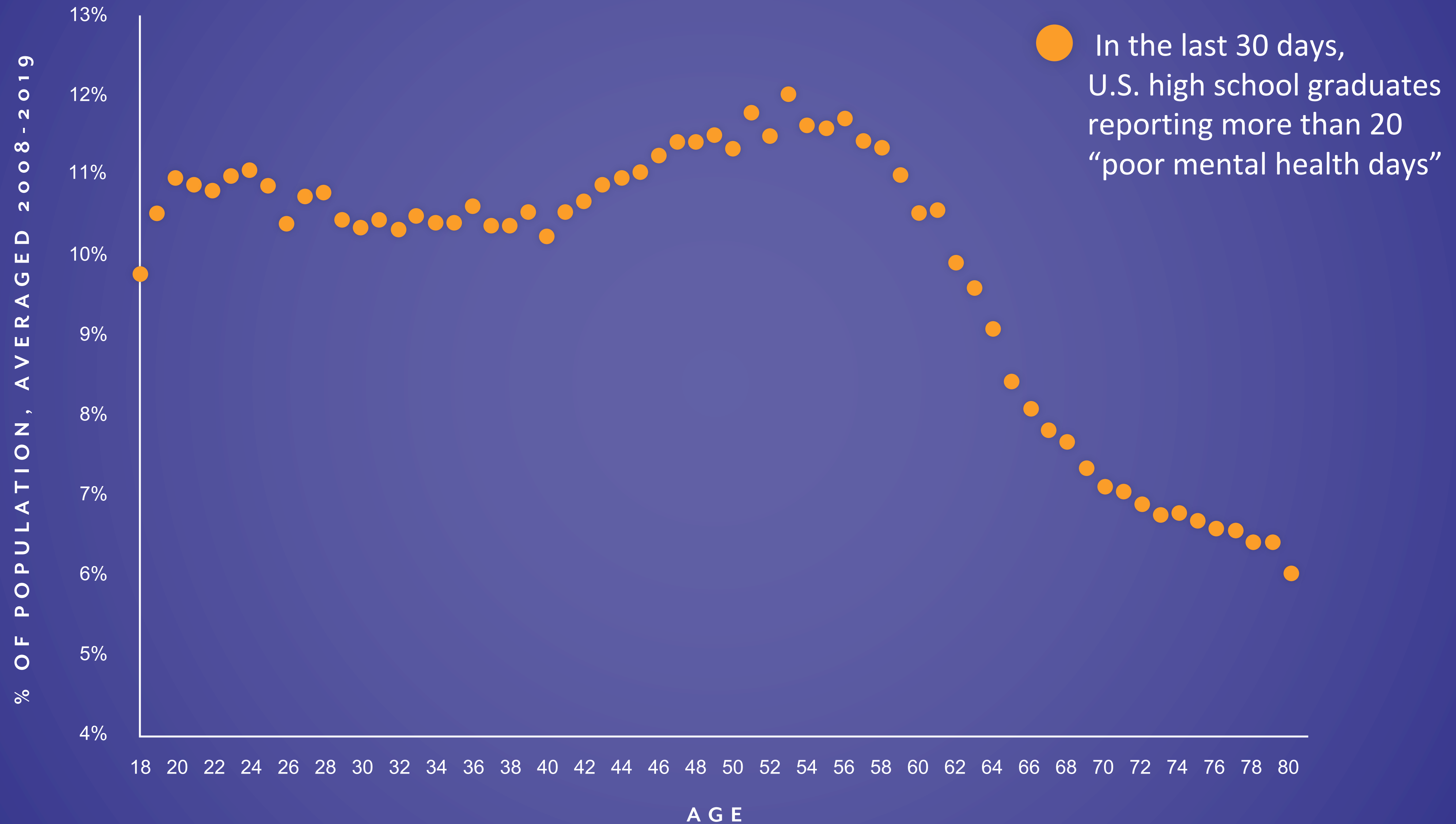
YOUR HAPPINESS 401k PLAN



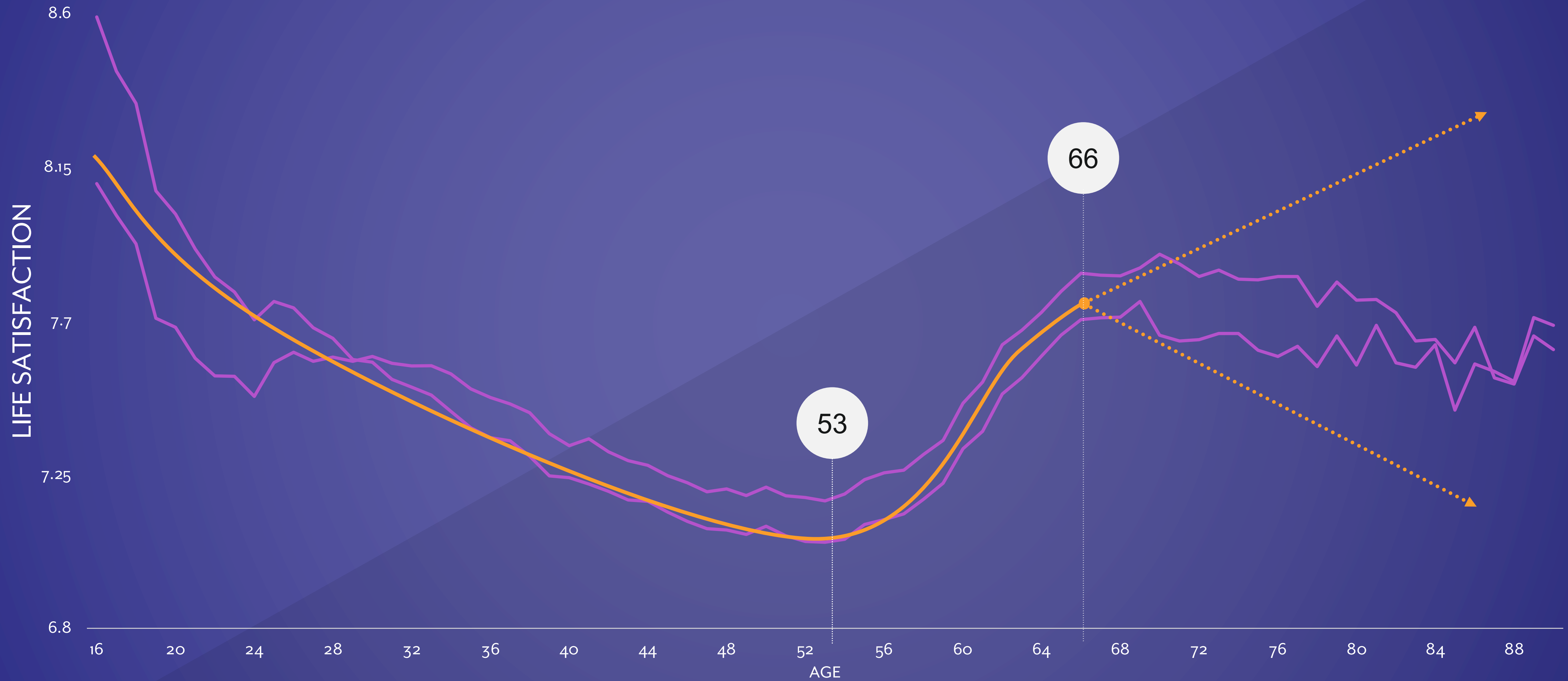
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YOUR UNHAPPINESS WILL PROBABLY FALL



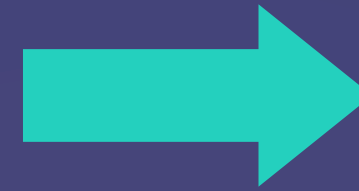
HAPPINESS WILL FALL, RISE, AND THEN...?



INCORRECT HAPPINESS FORMULAS AND OUR SOLUTIONS

Happiness

= Money + power + pleasure + fame



Happiness

= Faith + family + friends + work

Satisfaction

= Continuously getting what you want
(hedonic treadmill)



Satisfaction

= Satisfaction = Haves/Wants,
manage your wants
= Reverse bucket list

Success

= Continuously having more than others
(social comparison)



Success

= Fight the *Thief of Joy*
= Blocking comparisons

Failure

= Having less (fear motivation)



Failure

= Exposure, mindfulness, visualization:
being comfortable with less

THE HAPPINESS 401k,
VIA THE HARVARD STUDY OF ADULT DEVELOPMENT

1. Quit smoking
2. Limit problem-drinking:
Quit if in doubt
3. Maintain healthy body weight
4. Exercise daily: Walking
5. Adopt adaptive coping style: Metacognition, not rumination
6. Practice continuous education: Read, read, read
7. Foster love: Stable, long-term romantic partnership or very close friendships