



## HAPPINESS

LEVERAGING PEOPLE FOR TOMORROW...

# What comes to mind about.. Happiness



# Important Data to share: 1960=2000

- 2X Divorce Rate
- 3X Teen Suicide
- 4X Reported Violent Crime
- 5X Prison Population
- 6X Babies born to unmarried Parents
- 7X Cohabitation (Predictor of Future divorce)
- 10X Depression (8 millions new cases every year)

Reasons Unknown – Possibly change in Values/Diet ?

So in the light of above, where is happiness today...

# Is this Happiness

Is this  
happiness?



# Dysfunctional Person

A Dysfunctional person is one who has lost the capacity to give & receive love, and to love oneself – mental sickness/illness



# Myths....

- We think we know what makes us happy
- Having material things will make us happy
- Happiness is the Destination
- Happiness decreases with age
- Happiness is a choice
- Happiness comes from external sources
- Wealth increases happiness
- Successful Career is enough to make one's happy
- Happiness is about accepting your circumstances
- Once achieved, happiness doesn't fade



# Let us understand Happiness....



**Happy people are achievement oriented**

# Happiness

Happiness is mental or emotional state including positive or pleasant emotions ranging from contentment to internal joy

Happiness is a sense of well being, joy or contentment when people are successful or safe or lucky, they feel happy

Different people feel happiness for different reasons

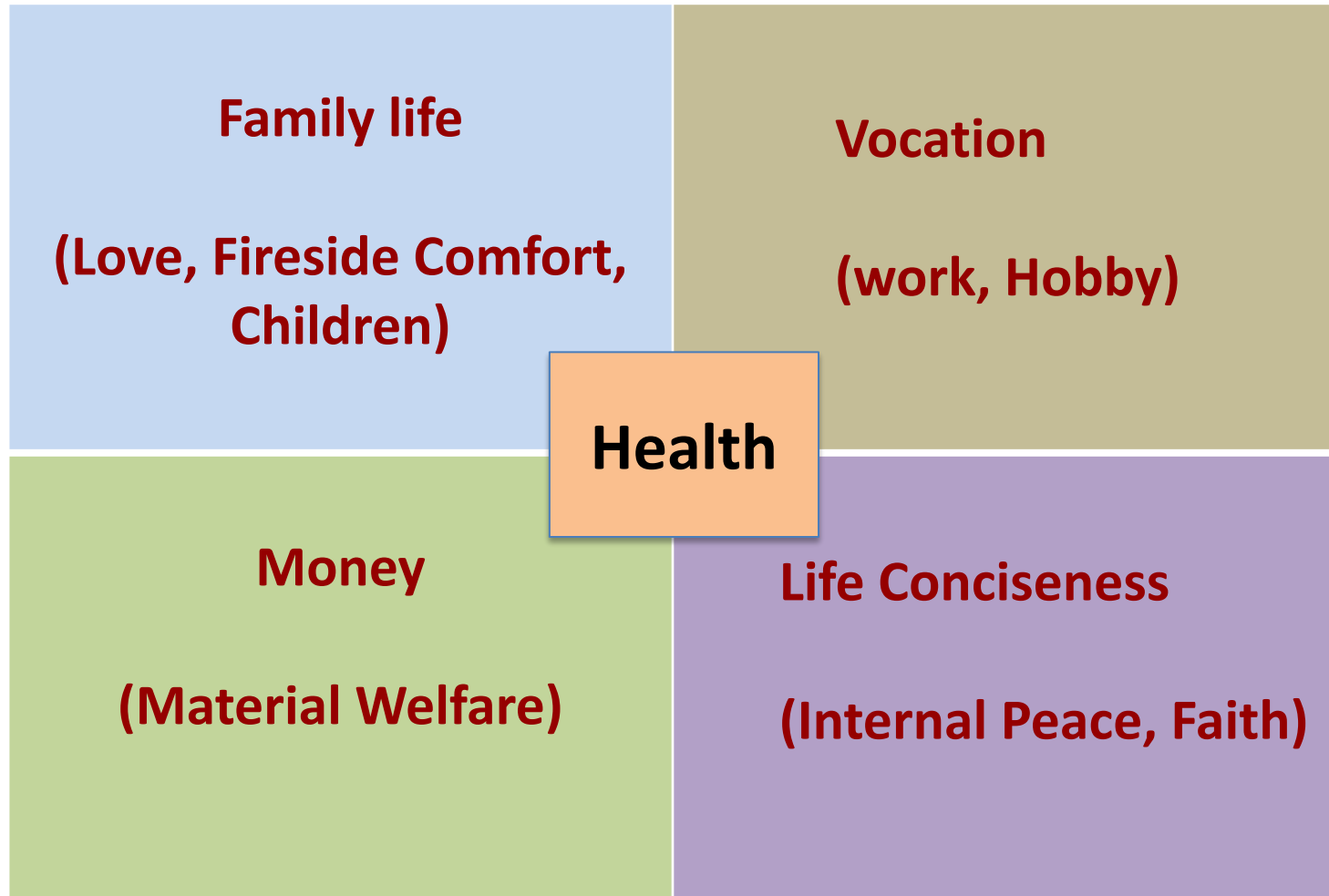


# Important to know....

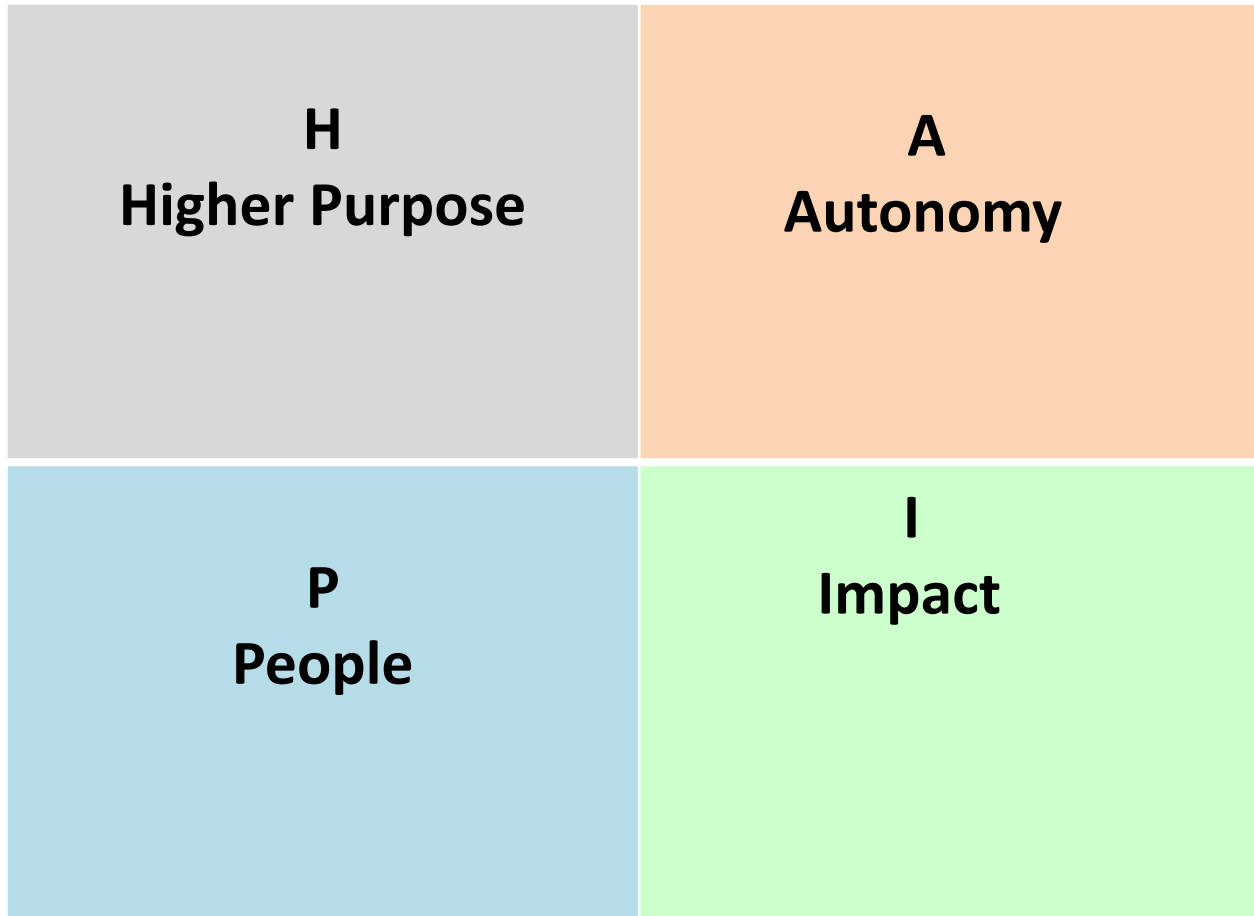
GREAT WORK → BIG SUCCESS ~~→~~ BE HAPPY

BE HAPPY → GREAT WORK → BIG SUCCESS

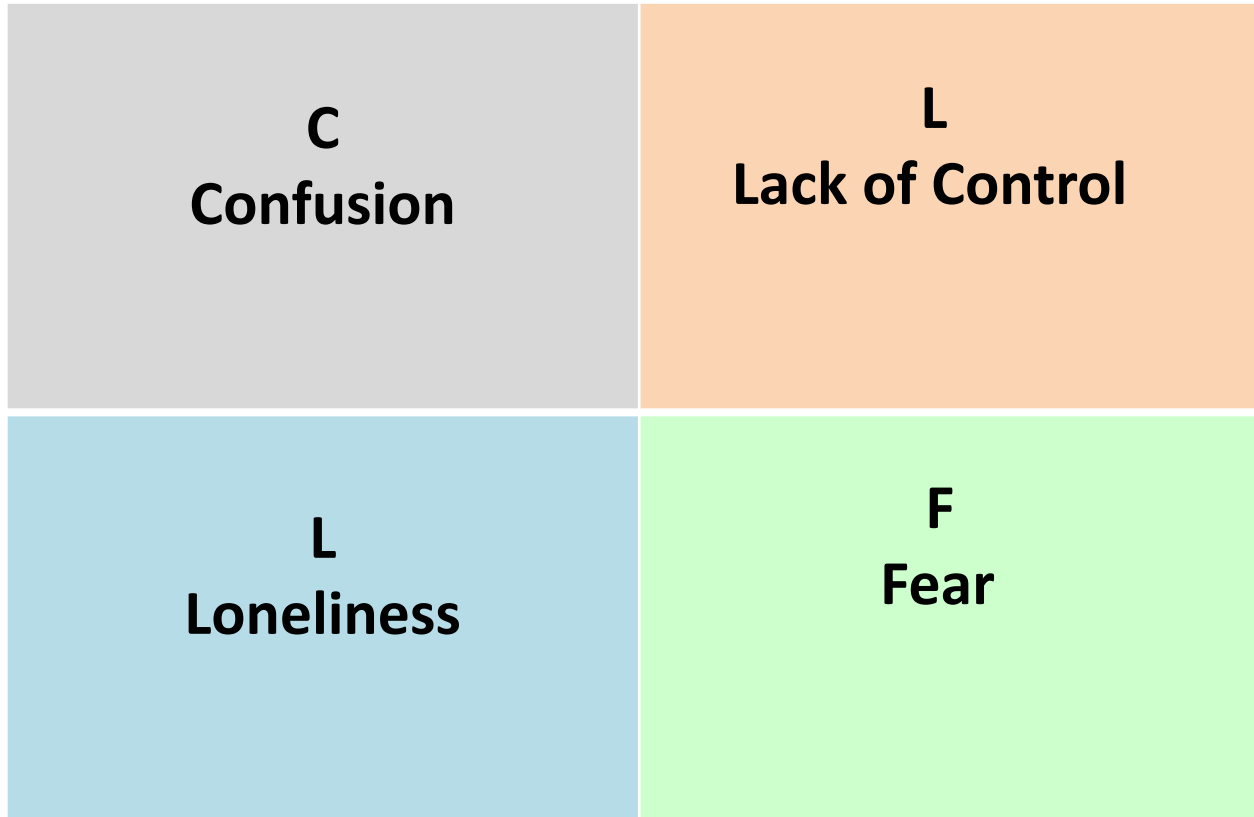
# Happiness Square



# Drivers of Happiness



# Reason for not being Happy



# Happiness & Meaning of Life



Tendency to stay Positive  
Doing Creative Work  
Service for other People  
Involvement in life  
Devotion to cause

**HAPPINESS IS BALANCE OF ...WORK + FAMILY + HEALTH**

# Happiness & Needs (Abraham Maslow Theory)

- Physiological needs
- Need to be safe & protected
- Need of membership
- Need for self respect
- Need of uncovering potential





# Happiness & Existential Needs (ERICH FROMM Theory)

- Need of affiliation
- Need of self overcoming
- Need of rootedness in the world
- Need for self Identity
- Need of Value System



# Happiness as per Aristotle

**Happiness** is a work of soul in Virtue completeness.  
Happiness comes in time due to self – cultivation

**Virtue** is a positive moral quality of a man's character  
defined by his thoughts & actions



# Happiness as per Dalai Lama

The main motivation of our life is aspiration for happiness

**Happiness** is the result of disciplined man's mind and soul which is full of sympathy, kindness & patience



# Happiness Moments

These are some of the moments when our soul rejoices of happiness...

- Sincere Smile
- First day in School/College
- First job Offer
- Birth of a child
- Promotions/Recognitions
- Nature walk



# Does money bring Happiness

Does money bring  
happiness?



**To some extent .... YES**

# Happiness Vs Money

Ask most people what you think would make them happy, and the answer would undoubtedly involve **“earning more money”**



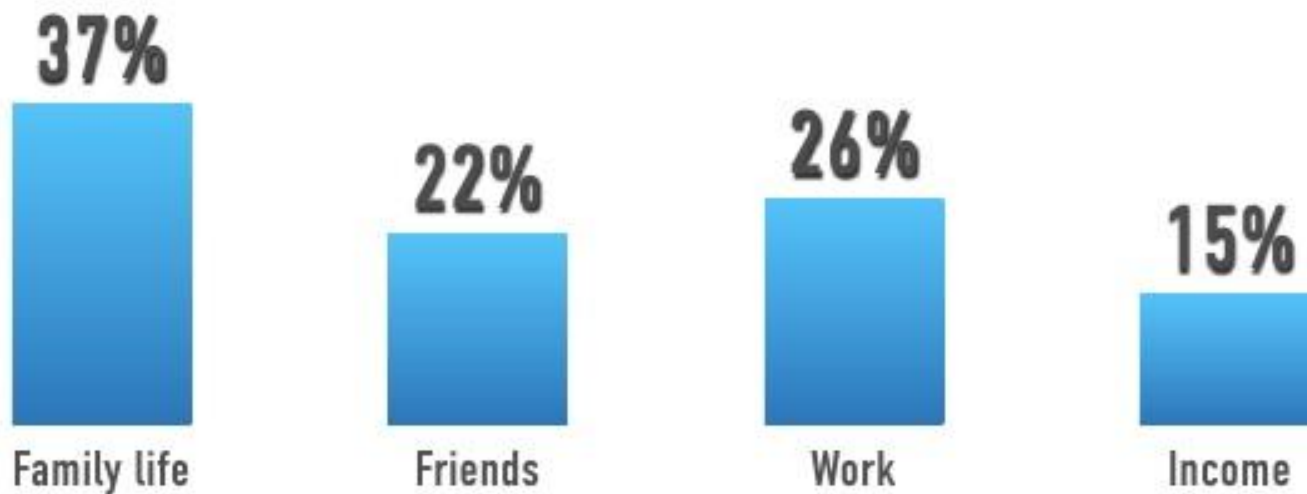
Contrary to popular belief that more the money, happier the persons is negated by research work. It says that the people who had won Big Lottery were happy for only few days

**In Bhutan the average person is much more happier than the people living in wealthiest countries. The GHP in Bhutan is much higher**



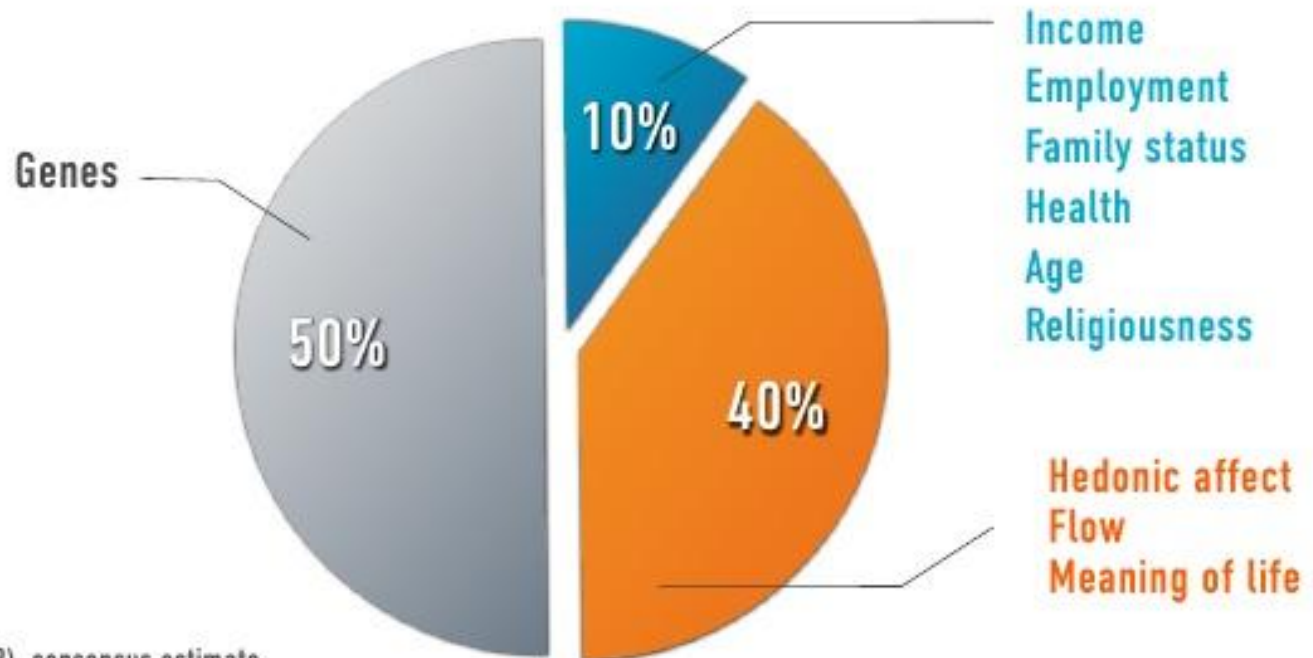
# It's a popular opinion...

What makes you happy?



Source: Loewenstein

# Factors that affect happiness:

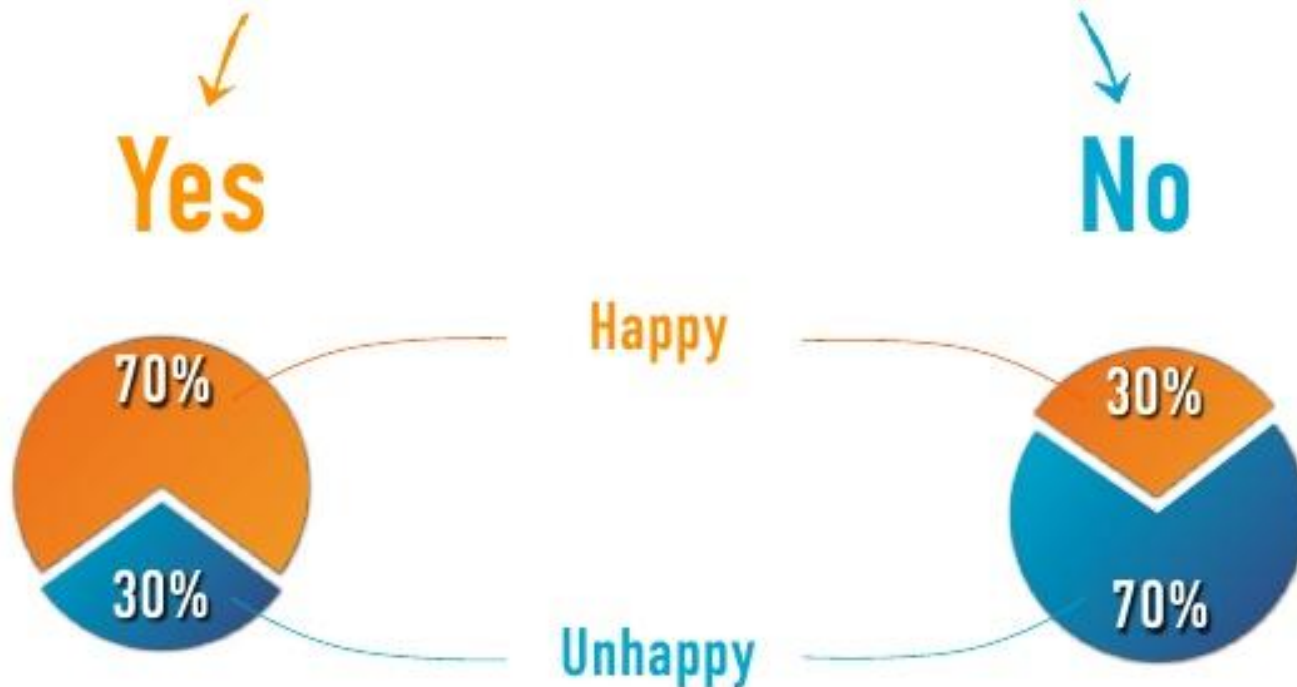


Source: Lyubomirsky (2008), consensus estimate

# Happiness is finding the meaning of life



# Does your life have meaning?



Source: Lepper, 1996

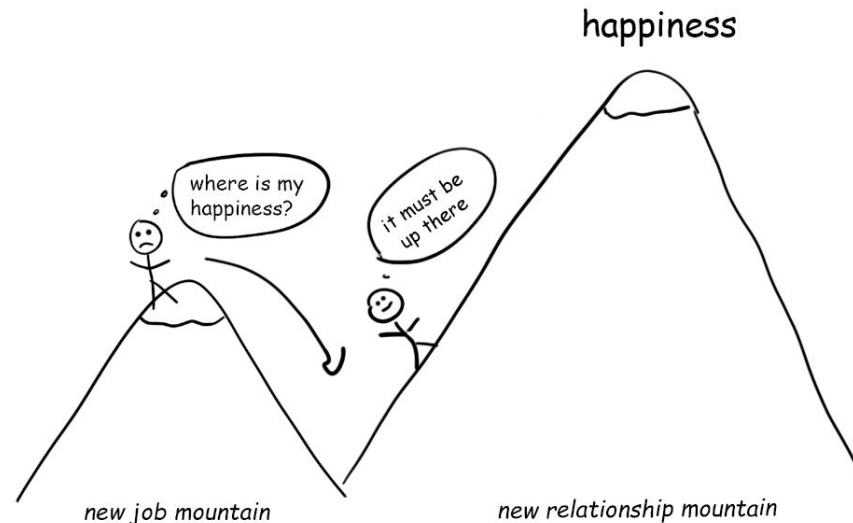
# Emotional Gradient

Positives	Negatives
Joy/Love/Freedom Passion Enthusiasm Optimism Contentment	Burn out Frustration Pessimism Boredom Disappointment Jealousy Anger Blame/Hatred/Rage Revenge Insecurity/Anxiety Guilt/Unworthiness Fear/Grief Depression/Hopelessness

Don't worry Be Happy

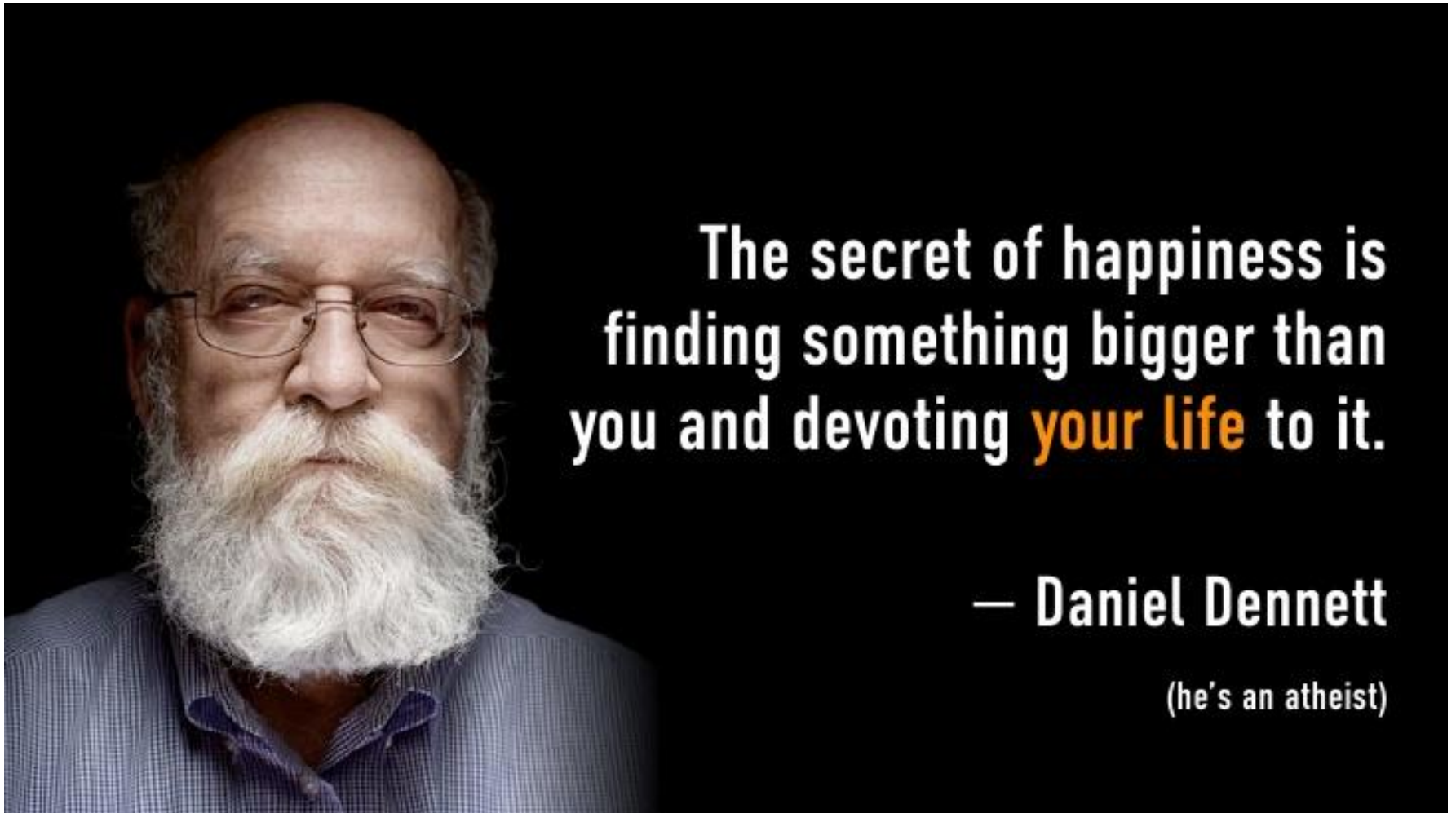
# Important to know....

- Happy people are smarter and more creative
- Happy people have more stable & happy marriage life
- Happy people make more money
- Happy people are healthier & live longer
- Happy people are Generous





# Secret of Happiness



# Ways to find happiness

- Make your mind to be happy
- Make best of your circumstances
- Buy experiences instead of products
- Don't take yourself too seriously
- You can't please everybody, don't fell to criticism
- Be yourself, don't let your neighbor set your goals
- Do the things you enjoy doing
- Never borrow trouble
- Avoid people who make you unhappy
- Have some interests & find new avenues
- Don't hold postmortems
- Give back to society, engage your self with others
- Attitude of Gratitude.. Be thankful
- Have a sense of control on self

# Find your key to Happiness..





# In Conclusion...

A Person become happy as much as he/she decided to be! Happiness is inside you!







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