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DIVING DEEPER: WHAT RESEARCH TELL US ABOUT ACHIEVEMENT AND HAPPINESS

Lecture 1 – The Science of Success

Professor Richard Shell

Diving Deeper: What Research Tell Us About Achievement and Happiness

The science of success



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Lecture 2 – The Traps: If You Base Your Success on Achievements

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The Traps: If you base your success on achievements

- If success = achievements
- Pie Story

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Lecture 3 – Four Reasons to Worry About Achievement Based
Success

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Four reasons to worry about achievement based success

- The theory of relativity
- Wrong pond
- Hungary ghosts
- Other people's goals



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Lecture 4 – Does Success Equal Happiness?

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Does success equal happiness?

- Achievements that are sustainable
 - Wealth - Financial security
 - Fame - Respect
 - Status - Worthy roles in the lives of others
 - Shallow relationships - Friends of virtue

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Does success equal happiness?

- Let's not define success as achievements, let's anchor on happiness
- But is success = happiness, what kind of happiness are we talking about?

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Momentary Happiness – Total positive mood states BUT:

- Good days / bad days tend to average out over time
- Genetic “set points” dominate
- Do moods really define “Success”?

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Overall Happiness— Global, retrospect summations of your emotional experience BUT:

- Baseline problem: Evaluations are always relative to expectations
- You “overweigh” peaks and ends
- Your current mood triggers selective memory

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Deep Happiness– Joy / Eudemonia / Simcha / Flow BUT:

- Can you seek these or are they “gifts of grace”

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What we think we know about happiness

- What matters most: spending time with people you love who love you
- More happiness comes from experiences (especially shared ones) than from material things
- Greater happiness comes from achieving goals requiring “unhappiness” i.e. sacrifice / risk / uncertainty / effort

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Where we are and where we are going



Wharton
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