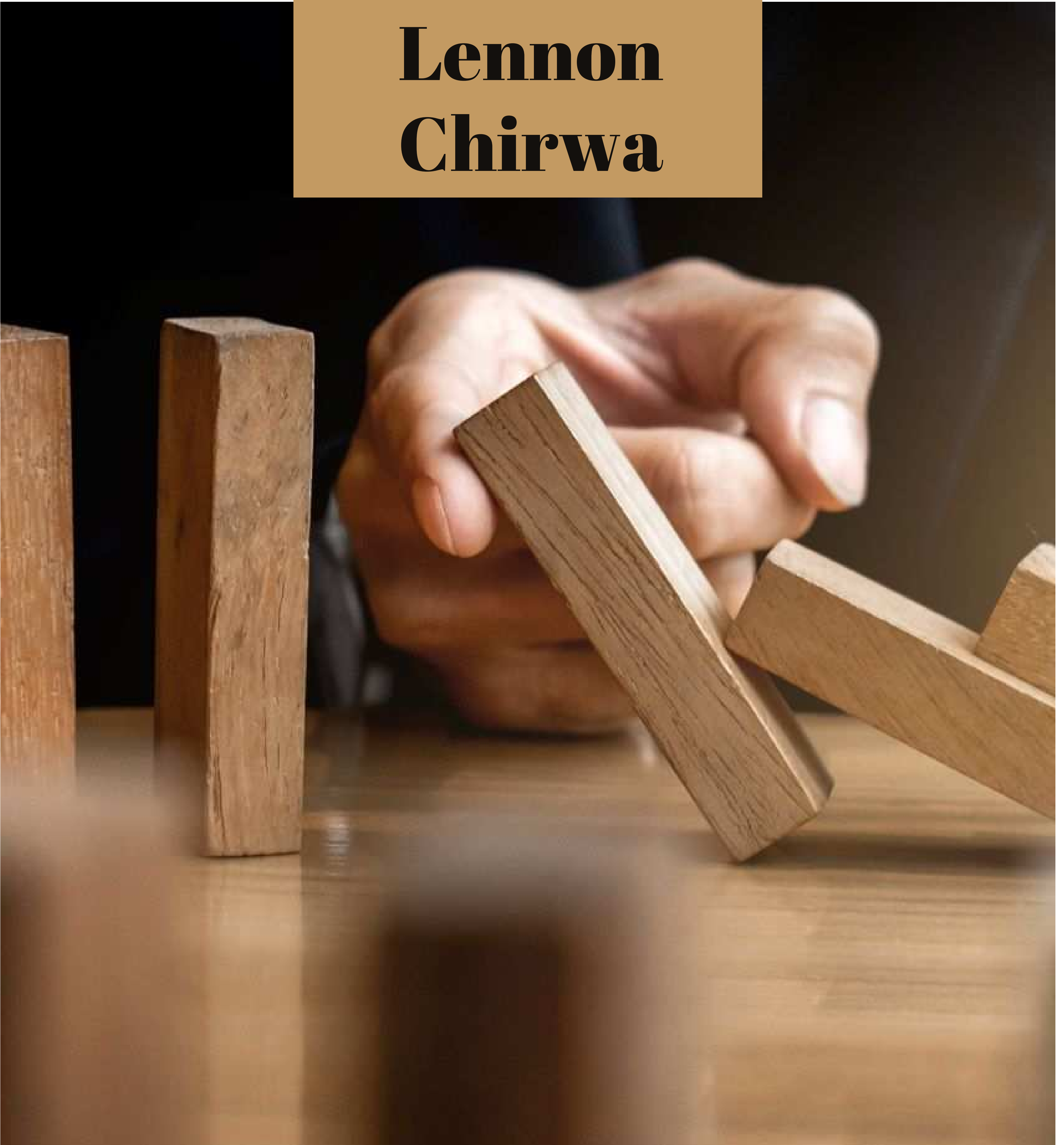


# **Lennon Chirwa**



**Get out of the rat race**

**A  
different way of  
looking at life**



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## Chapter I

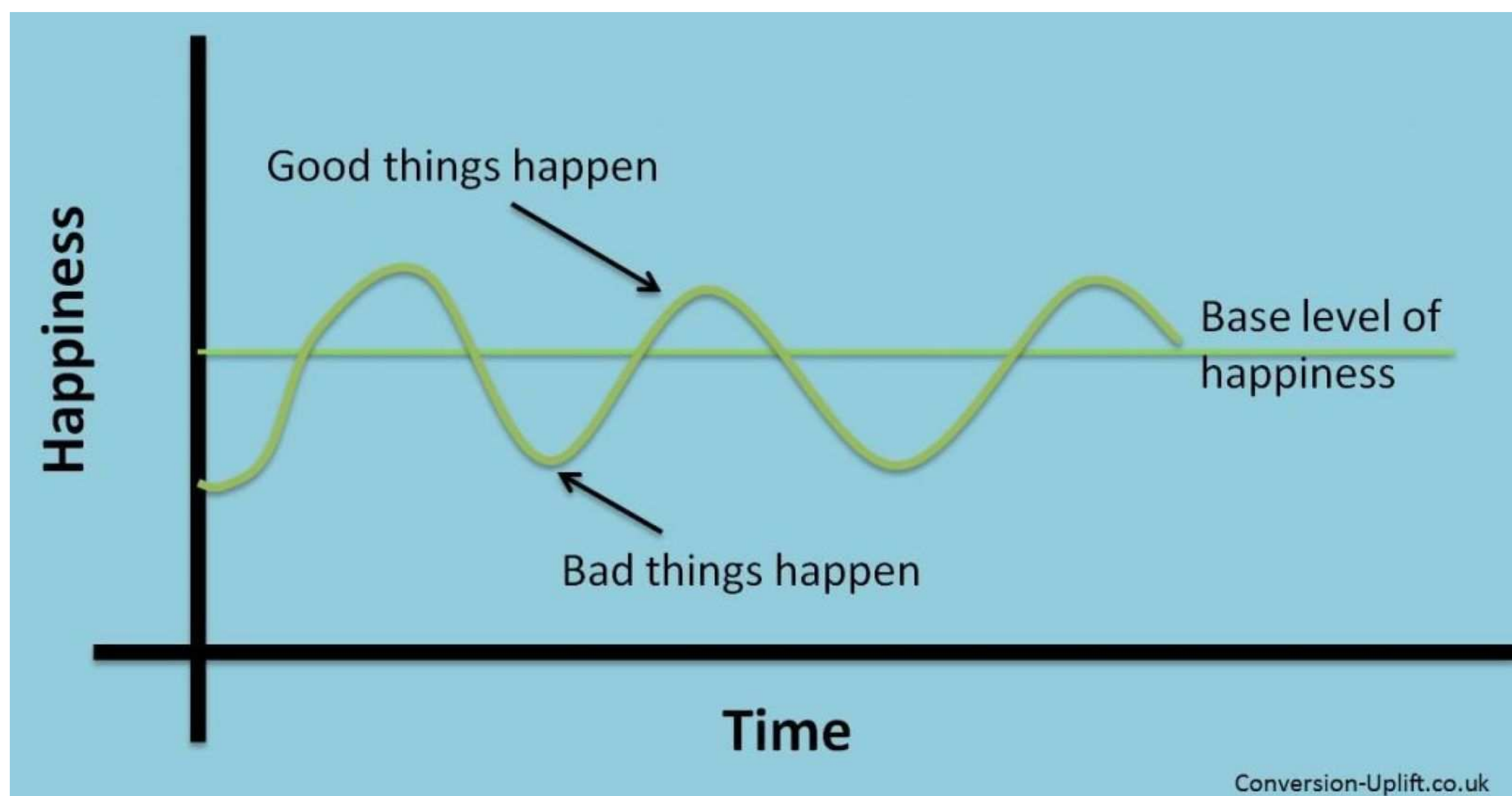
### How you see life

*"The trouble with the rat race is that even if you win, you still a rat." - Tim Tomlin*

Like most people, I'm suspecting your life revolves around working a 9 to 5 and acquiring things you did not have at the end of the month. Okay, hold on, before you chop my head off there's nothing wrong with having a 9 to 5 and buying yourself nice things at the end of the month.

You spend most of your time at work wishing to be at home and yes thinking of all the nice things money can buy. You get paid at the end of the month and you cant wait to purchase that new shoe or saving up for the new iphone. In a nut shell you exchange your hours for money so you can spend on your bills and use the extra left for all the things that you do not have.





## Chapter II

### The hedonic setpoint / treadmill

*"We are smart enough to realise that we are stupid, and stupid enough to make the problem of becoming smarter hard."- Anders Sendberg*

In psychology, a hedonic set point is the general baseline level of happiness a person experiences over their lifetime, despite any temporary changes in the level of positive or negative life events.

A hedonic treadmill is the tendency of a person to remain at a relatively stable level of happiness despite a change in fortune or the achievement of major goals

With that said I hate to be the bad guy but, according to scientists the same way you felt before getting that new car you needed or that bigger laptop or those nice designer shoes you've always wanted, is the same way, you will feel (depending on your psyche) after you get used to whatever you acquired.

You might end up feeling worse afterwards if getting what you wanted causes you to work extra shifts or dents your budget.





## Chapter III

### How you could see life

*Your high points and your low points. High points dont last that long. It's a high and it happens. It's great at the moment but you really can't live on it."- Rick Ocasek*

Knowing that pleasures are fleeting in their effects may make them seem less worth the effort than other activities like gratifications that can bring more lasting results.

Hedonic adaptation—that old hedonic treadmill that we're all on—is part of us (and it keeps us grounded) but we can still increase our happiness set point by working pleasures, gratifications, and meaningful activities into our lives by engaging in the right activities at the right time.

If you're someone who is naturally happy, this focus on the positive can help you to feel happier than you would. If you're someone who's naturally less happy or who faces a lot of challenges, this extra attention to minimizing hedonic adaptation can help you to live a more fulfilling life.





## Chapter IV

### Conclusion

*"Minimalism is a tool to eliminate life's excess, focus on the essentials, and find happiness, fulfillment and freedom."- Joshua Fields Millburn*

You might be wondering what really matters. Well, there's a couple of things that can be worth your while if you would simplify your life and focus on doing one thing at a time, totally avoiding multitasking. Always find meaning in your life and focus on goals you want to achieve not what you feel obliged to do by society or people in your life.

Spend time with your loved ones. Focus on the positives and be cheerful and grateful. Take time each day to write down 5 things that you are grateful for. Increase your effort into the relationships in your life, engage in more meaningful conversations with your significant other and your kids. Research has shown that they decrease to levels of depression when you engage in exercise on a regular basis.

Be mindful of what you think while reacting to situations in your daily life. There are many ways you could adjust your life to a setting that will not produce unnecessary highs and lows to your happiness setpoints.

"Don't live to acquire more, less is more, be happy, love."-Len