

# The Future of Career

## 5 questions to be considered

- Will I be replaced by a machine?
- Where and how will I find work in the future?
- What will I do with my time?
- Will I outlive my money?
- How will work make me happier?

# The HOW of Happiness

## Happiness-increasing strategies

Expressing Gratitude	Cultivating Optimism	Avoid overthinking and Social comparison	Practicing Acts of Kindness
Nurturing Social Relationships	Developing Strategies for Coping	Learning for Forgiveness	Increasing Flow Experiences
Savoring Life's Joys	Committing to Your Goals	Practicing Religion and Spirituality	Taking care your body