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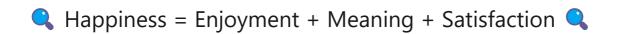


Yogesh Haribhau Kulkarni • You Al Coach (Machine Learning, Natural Language Processin... now • 🔊

Finding the Equation of True Happiness Finding the Equation of True Happiness Findings based on the talks by Arthur Brooks, especially the latest one with Tim Ferriss.

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In these days, the pursuit of happiness can sometimes feel like chasing a mirage. Here is the proposed equation of Happiness



Enjoyment: It's more than just materialistic pleasures. True enjoyment comes from sharing experiences with people, elevating simple pleasures with deeper connections.

Meaning: This is coherence, purpose, and significance. Life happens for a reason, and our purpose is what we're willing to live and even sacrifice for. Our lives matter, and there's a sacredness in suffering.

Satisfaction: It's the balance between what we have and what we desire. True satisfaction isn't about accumulating more; it's about minimizing wants. It's ephemeral, arising when we accomplish a goal, but it evaporates as we return to equilibrium.

Beware the "Strivers Curse," where the pursuit of high achievement can become a heavy burden.

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Now, imagine your life as a block of marble. By chipping away the unwanted stuff, you reveal your true beauty.

- Create a reverse bucket list, cherishing things close to your heart. Goals and intentions are fine, but remember to detach from them and savor the journey, not just the destination.
- To small, embrace the seemingly insignificant moments. In doing so, choose happiness over chasing the special.

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- Will post an expanded version published at Medium, having references, in the comments.
- #happiness #coach
 #HappinessEquation #equation #meaning #enjoyment
 #satisfaction

