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☀️ Finding the Equation of True Happiness ☀️

Jottings 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



🔍 Happiness = Enjoyment + Meaning + Satisfaction 🔍

🌈 **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.

🎨 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.

🌱 Go 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

