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The Pursuit of Happiness



As a Young Historian, I will be able to...

Components of Happiness

1. Pleasure- How much one enjoys life experiences

2. Engagement- How fully absorbed is someone with their every day life

3. Purpose- What is your life meaning or what are your goals?

Does money buy happiness?



Predictors of Happiness

There are several factors that lead to greater happiness & small behaviors can increase it as well

**Physical Health is one of the most important.
Exercise & sleep are vital!**

Personality- Traits largely driven by our genetic makeup. Explains 50% of our happiness

Can you shape your own personality?



Predictors of Happiness

Age also plays a role. Happiness is high for people aged 18-21, then bottoms out at 50.

But then it rises again for those in their late 50s to their 80s. Why?



People's relationships change dramatically across their lifespan

Young people have big social networks, but older people spend times with more “quality” people

Finding Happiness

Happiness involves effort; we have to decide we want to be happy, decide that we deserve to be happy & then spend time on it.

Does social media drain our happiness?

There are steps to fight for happiness....

1. One fight for happiness is to spend money wisely.

Are experiences or things more important?



Finding Happiness

2. Fighting for happiness means avoiding comparisons

Why do we compare ourselves to others?

3. Happiness is giving to other people.

Should everyone volunteer in their community?



Finding Happiness

4. Happiness is dependent on gratitude.

Why do people focus on the negatives of their lives?

5. Relationships- The best way is to build & maintain close relationships for happiness

Type

