



When Being Organized is Not Enough

Research provides valuable
insights about what really
contributes to happiness and a
meaningful life

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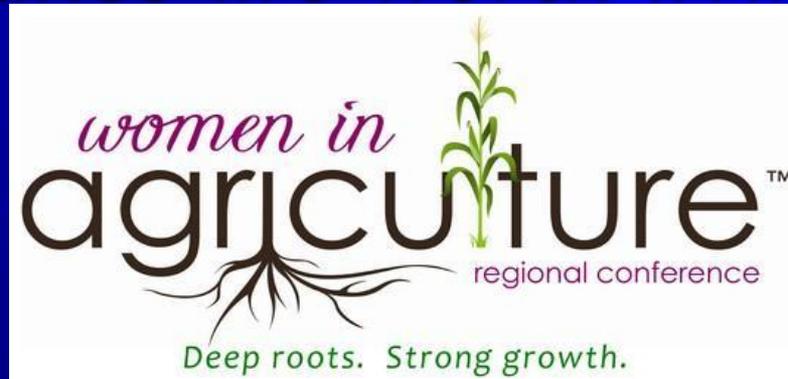
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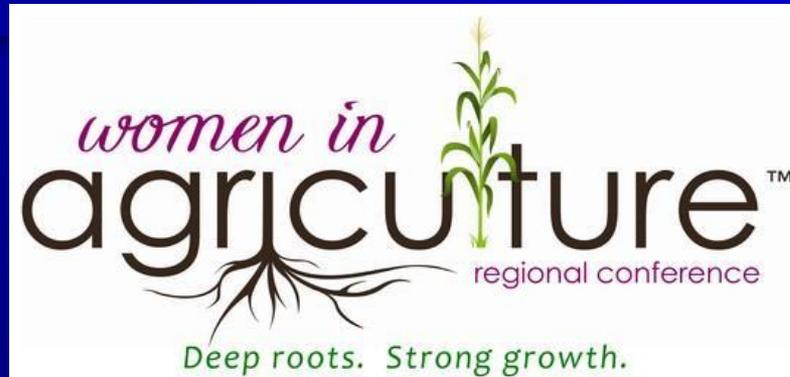
This presentation based on

- ◆ The How of Happiness by Sonja Lyubomirsky
- ◆ A synthesis of research around retiring well
- ◆ Positive psychology – what makes life worth living



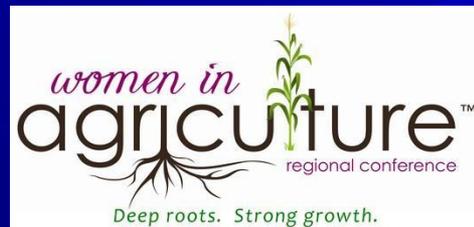
Define happiness

- ◆ Feelings of well being
- ◆ Joy
- ◆ Contentment
- ◆ “Life is good”



Benefits of increased happiness?

- ◆ More sociable
- ◆ More energy
- ◆ More charitable
- ◆ More cooperative
- ◆ Better liked
- ◆ Tend to get and stay married
- ◆ More flexible
- ◆ More productive
- ◆ Better leader
- ◆ Earn more \$
- ◆ Resilient
- ◆ Live longer
- ◆ Live healthier



What determines your happiness?

- ✦ 50% - genetic set points.
Biological parents
- ✦ 10% - circumstances
 - Rich, poor
 - Healthy, unhealthy
 - Marital status
 - Appearance
- ✦ 40% - intentional activities
 - Your behavior
 - Your thoughts



Focus on the 40%

- ◆ How you behave
- ◆ What you think
- ◆ Goals you set
- ◆ Intentional activity



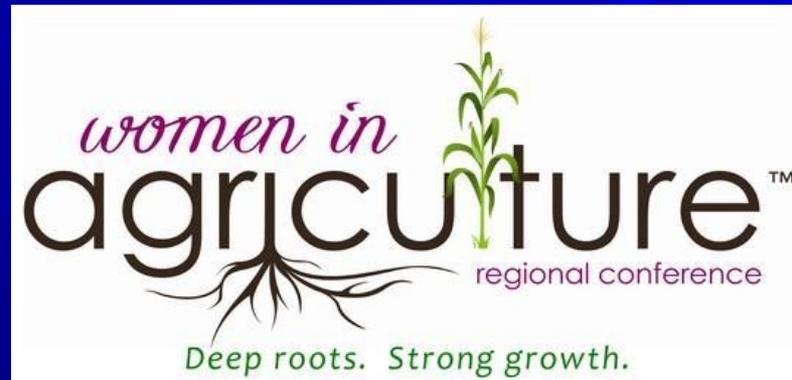
Remember happiness isn't all or none. It's a continuum.



- 
- ◆ Destuckification
 - ◆ Getting out of ruts. Moving some to the right.
- A silhouette of a person in a starting crouch on a track is visible on the left side of the slide, partially overlapping the list items.

Agree or disagree?

✦ “There is no happiness without action.”



1. Commit to your goals



- ✦ People who had goals to accomplish were more likely to report that they enjoyed their lives.
- ✦ Write down what you want to do, be, have and contribute every year



2. A second finding about goals



While virtually all those surveyed had done some goal setting, more than half felt they had not planned enough.

3. Why not be optimistic?



- ✦ Bad things are temporary. "This too shall pass."
- ✦ Good times are permanent and what you have coming.
- ✦ Small goods even in the worst of times.

Thomas Edison's Fire

- ✦ December 1914
- ✦ Edison labs in West Orange NJ
- ✦ \$2 million and records of his life's work
- ✦ 67 years old



Thomas Edison (the Next Day)



✦ “There is great value in disaster. All our mistakes are burned up. Thank God we can start anew.”

4. Embrace choices



- ✦ There are many right answers for retirement.
- ✦ You decide what yours is.
- ✦ You always have choices.

Something I've observed in nearly 30 years doing this work

- ✦ People are way too slow to make changes that are very likely to improve their lives.



5. Manage stress, hardship and trauma



- ◆ Problem focused solutions
- ◆ Emotion focused coping – look for small goods
- ◆ Quit practicing stress management – go for stress avoidance!

6. How do you respond to stress?



1. Survival
2. Recovery
3. Thrive

7. Savor life's joys



- ✦ Take the time to recognize it when you see it.
- ✦ Have a “camera in your hands” perspective.

8. Forgive

- ✦ People with the tendency to forgive experience less stress and are more likely to feel strong social connections



9. Money can't buy happiness



- ◆ Yes and no
- ◆ Research is clear – more money makes people happier up to about \$75,000/yr.
- ◆ Materialism is a strong predictor of unhappiness
- ◆ Think about the happiest day of your life.

10. Act happy



- ✦ Your face can trick the rest of your body
- ✦ Radio work





What Does This Say?



OPPORTUNITY IS NOWHERE

11. Feed and cultivate friendships



- ✦ Close friendships are associated with greater life satisfaction and a greater sense of optimism.



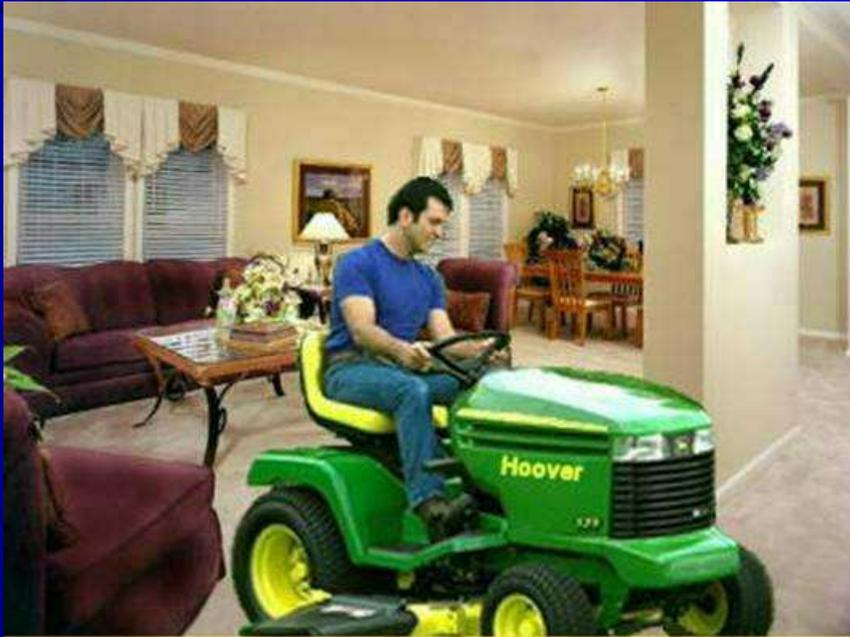
- ✦ It takes time to nurture relationships

12. Regrets hold us back

- ✦ Forgive yourself
- ✦ Focus on today not the past
- ✦ Frequently thinking about mistakes reduces happiness



13. Life gets easier



- ✦ Research of people over 60 finds a tendency for
 - Increased optimism
 - Less stress
 - Increased appreciation of others

14. Who you are is not just what you do

- ✦ Those who base their identities strongly on their work are less likely to maintain life satisfaction through their fifties and into retirement

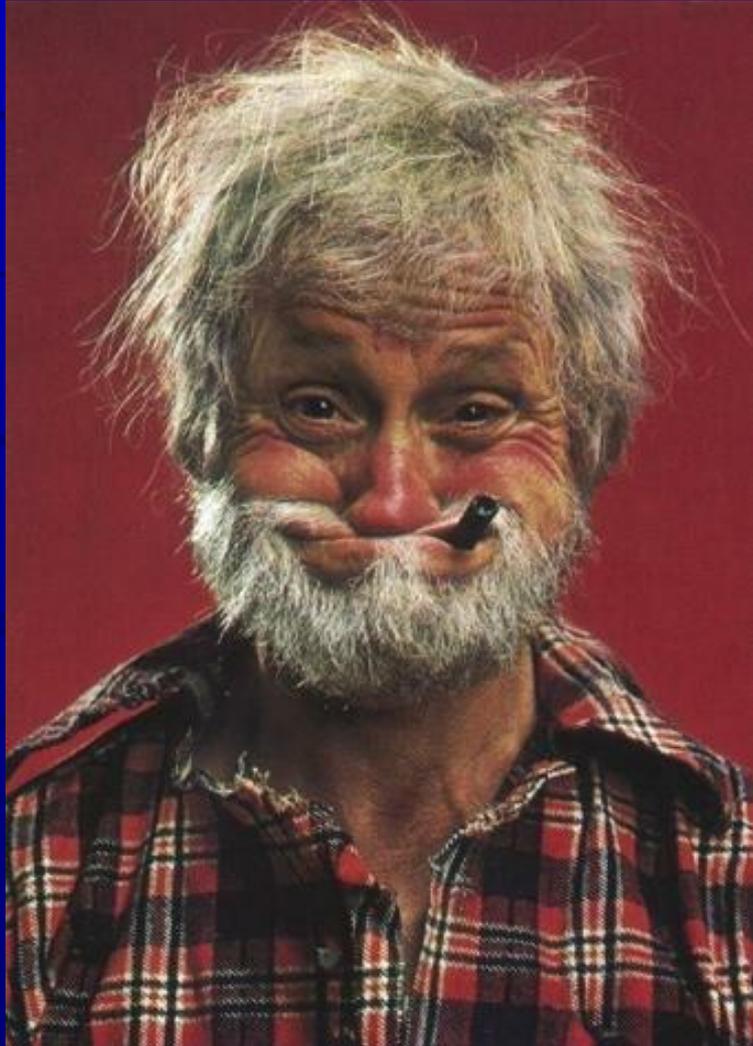


15. Vote



- ✦ People who vote are less likely to report feeling distrustful and dissatisfied with government.
- ✦ Voters are more likely to report feeling satisfied with their lives

16. We're happier older than younger

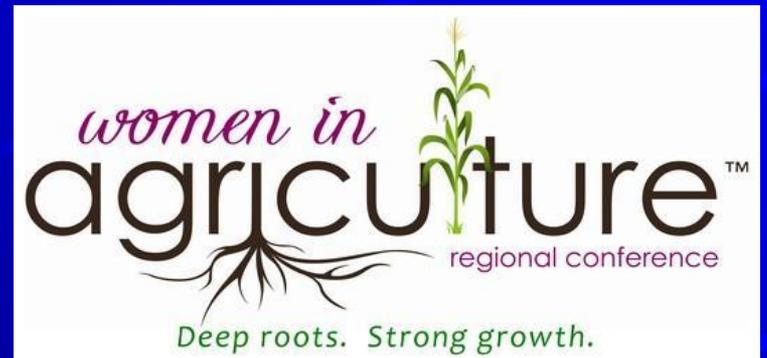


- ◆ Studies comparing people over age 65 with those under age 35 found that those in the older group were more likely to feel happy about their lives.

17. Never stop learning



- ✦ People that continue to learn about topics of interest to them are more likely to feel satisfied with their lives and to feel vital.

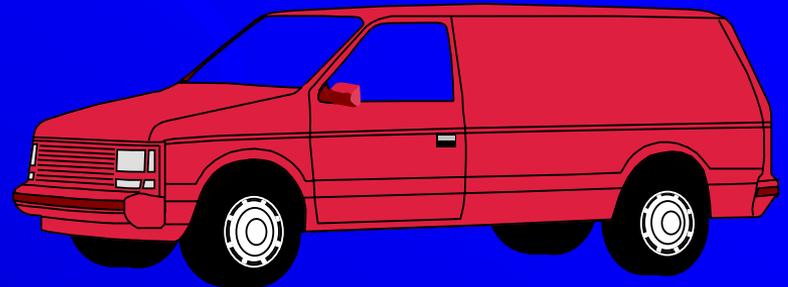


18. Make your mark on the next generation



- ◆ Age, income and health are four times less likely to predict whether a person is happy than whether the person feels he or she is having a positive effect on a younger person.

“Ruby”



- ✦ Maintenance always costs less than repairs
- ✦ Busy shifting both up and down
- ✦ Need to decelerate just as often as accelerate



You Fail...
when you
sacrifice what you
want most
for what you want
now.



**You are not happy unless you
think you are happy.**

