

MISCONCEPTIONS

ABOUT

HAPPINESS

Would you rather make

\$50,000 a year,

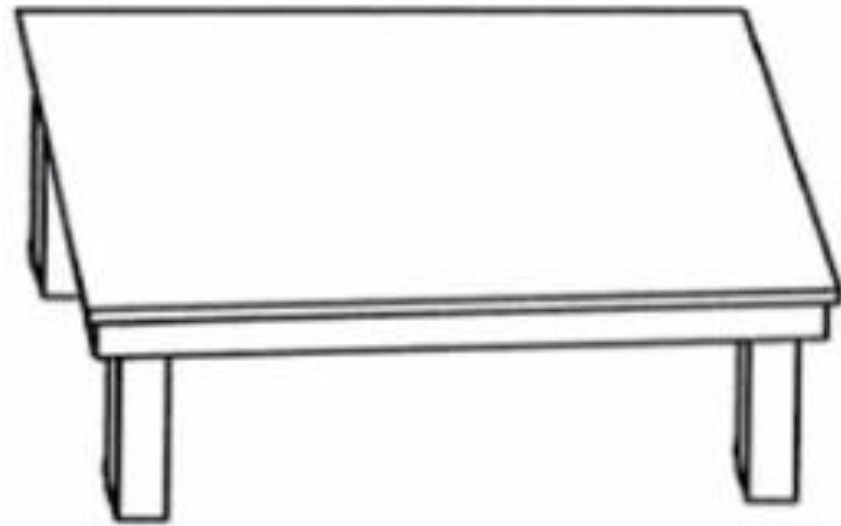
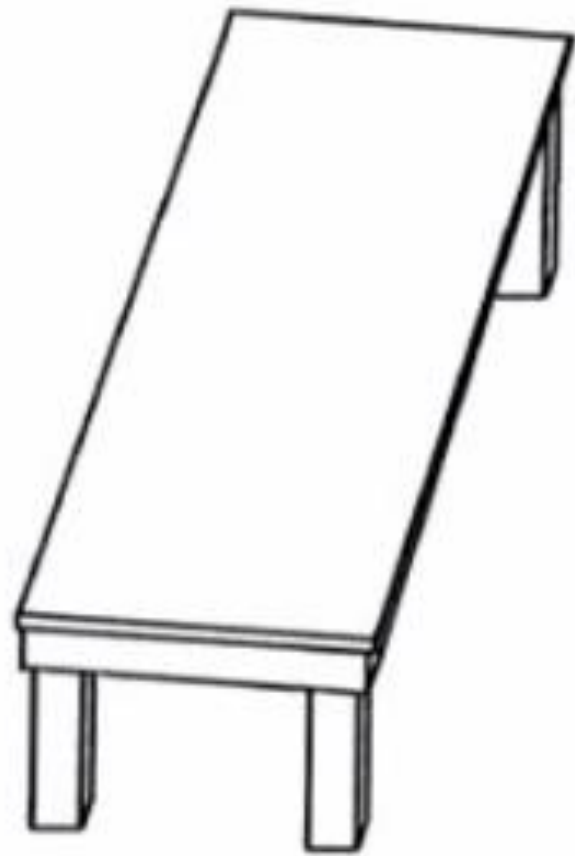
or \$100,000 a year?



GI Joe Fallacy

“Knowing is Half the Battle”





**What do
you think
will make
you happy?**



A yellow rectangular road sign with a black border is mounted on two grey metal posts. The sign is positioned on the right side of a two-lane asphalt road that curves to the right. A metal guardrail runs along the left side of the road. The background features a grassy embankment, trees, and rolling hills under a clear sky. The text on the sign is in bold, black, sans-serif capital letters.

DANGER
YOU ARE CLUELESS
ABOUT WHAT TO DO
TO BECOME HAPPY

Annoying Features of the Mind

*Our mind's strongest
intuitions are often
wrong*

If a baseball and a bat cost \$1.10 together, and the bat costs \$1.00 more than the ball, how much does the ball cost?

ANSWER = 10¢

CORRECT ANSWER = 5¢

MOST OF **THE GOALS**
WE THINK WILL MAKE US HAPPY
DON'T REALLY MAKE US HAPPY



Misconception #1

MONEY

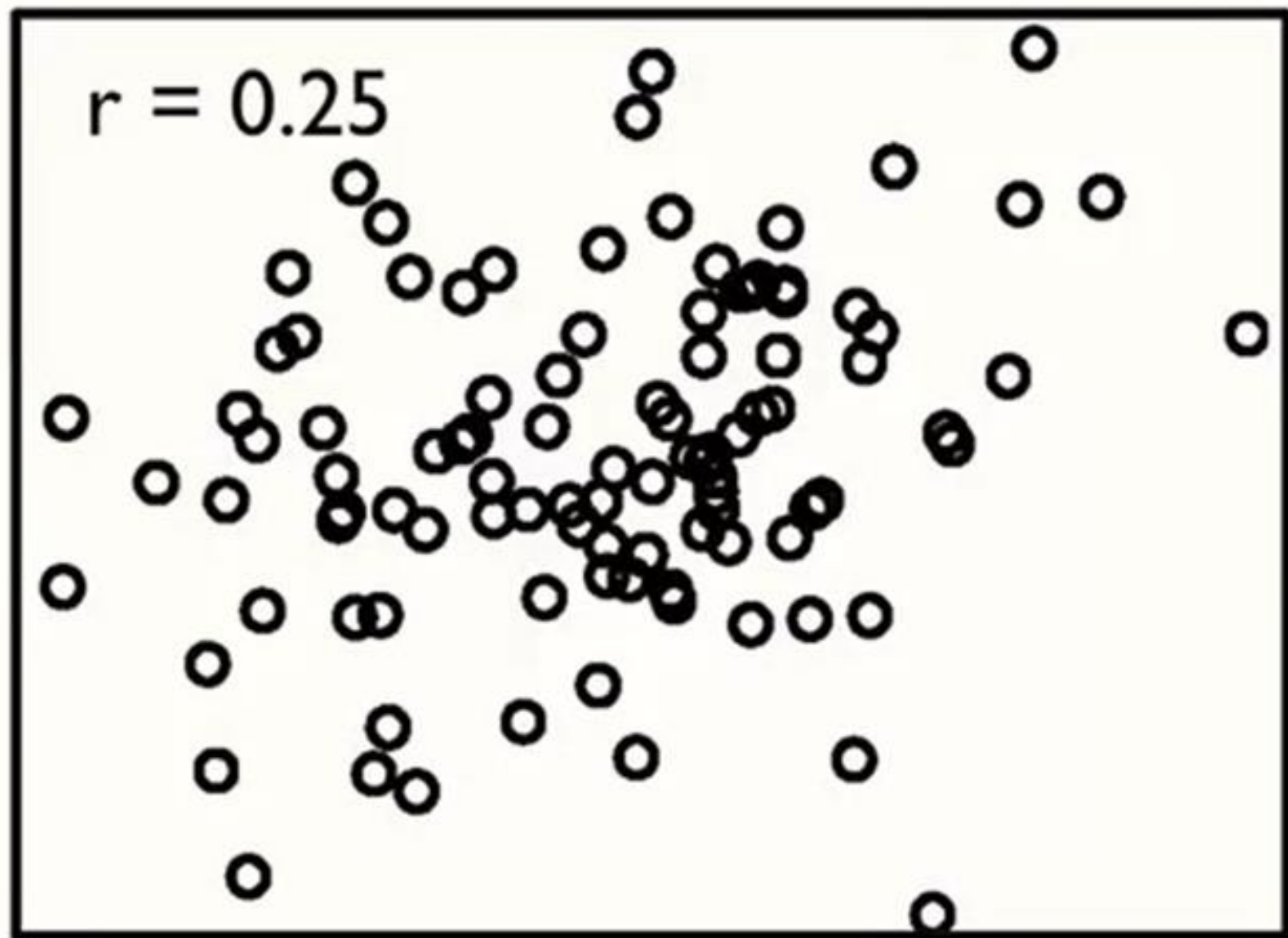
U.S. LOTTERY TICKET SPENDING IN 2015?

\$70.15 BILLION DOLLARS

(THIS IS MORE THAN BOOKS, MUSIC, MOVIE
TICKETS, SPORTS TICKETS & VIDEO GAMES
COMBINED)

<http://money.cnn.com/2015/02/11/news/companies/lottery-spending/>

INCOME



LIFE SATISFACTION

WHAT'S THE CORRELATION BETWEEN "LIFE SATISFACTION" & INCOME?

CORRELATION
BETWEEN
"LIFE SATISFACTION"
& INCOME FROM
TWO WORLDWIDE
SAMPLES

Nation	WVS	College
Austria	0.07	0.05
Brazil	-0.02	0.06
China	0.04	0.18
Denmark	0.21	-0.04
Estonia	0.08	0.24
Finland	-0.02	0.16
Italy	0.07	0.04
India	0.17	0.09
Japan	0.18	-0.01
Nigeria	0.21	0.12
Norway	0.14	0.13
Spain	0.13	0.20
Turkey	0.17	0.22
United States	0.15	0.10
Mean	0.13	0.10

THE AMERICAN FRESHMAN SURVEY NATIONAL NORMS FOR 2005



WHAT'S VERY IMPORTANT IN LIFE?

	<u>2005</u>	<u>1967</u>
"VERY WELL OFF FINANCIALLY"	71%	42%
"DEVELOP A MEANINGFUL PHILOSOPHY ON LIFE"	52%	86%

WHAT'S THE CORRELATION BETWEEN "LIFE SATISFACTION" & INCOME?

1940's Stuff



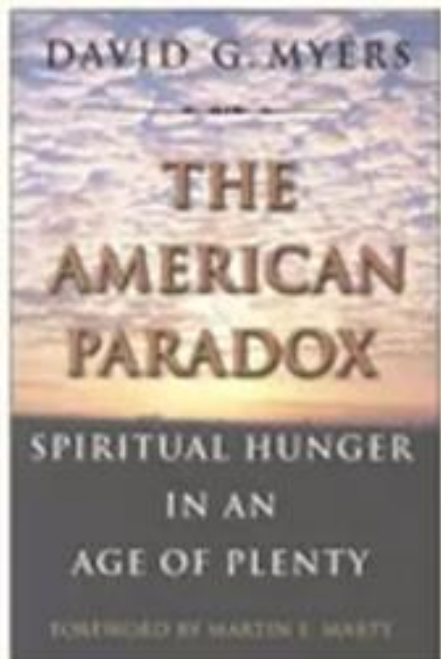
AVERAGE HAPPINESS =
7.5 OUT OF 10

2015 Stuff



AVERAGE HAPPINESS =
7.2 OUT OF 10

WHAT'S THE CORRELATION BETWEEN "LIFE SATISFACTION" & INCOME?



"Compared with their grandparents, today's young adults have grown up with much more affluence, slightly less happiness and much greater risk of depression and assorted social pathology..."

DAVID MYERS

**MONEY HAS TO BUY
SOME HAPPINESS
RIGHT?**

**75 THOUSAND dollars is threshold where more
money will not mean more happiness.**

Misconception #2

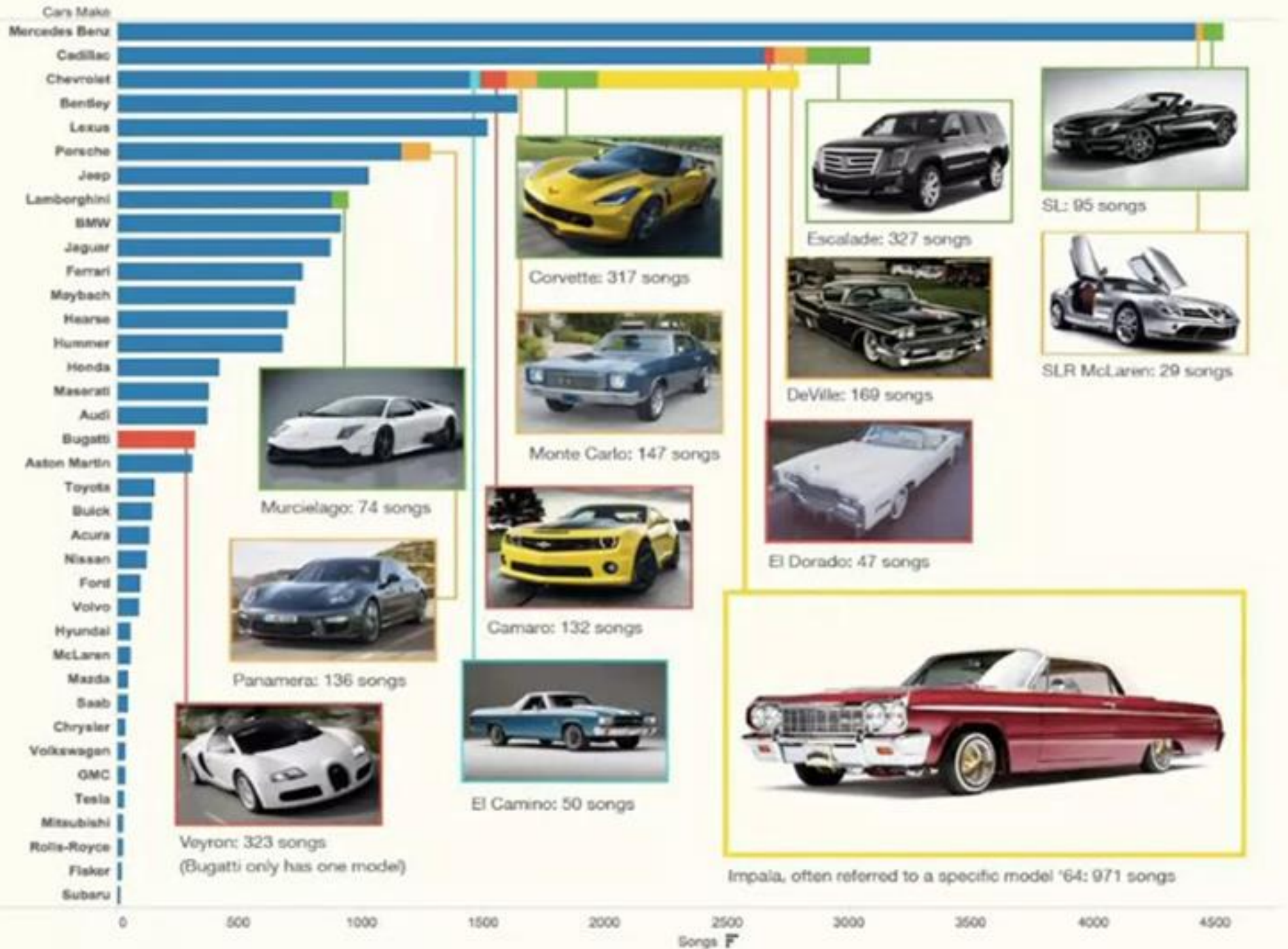
AWESOME

STUFF

If only I had

**I would be
happier.**







Research has found that people who spend money on experiences tend to be happier than those who spend money on material items.

PEOPLE WHO SPEND
MONEY ON EXPERIENCES



PEOPLE WHO SPEND
MONEY ON MATERIAL ITEMS



DEEP VS EASY

happiness



HAPPINESS
THIS WAY →

Misconception #3

“TRUE
LOVE”



**Honeymoon affect is
real for 1-2 years
happiness goes up,
after that married
people = non
married people for
happiness level
increases.**



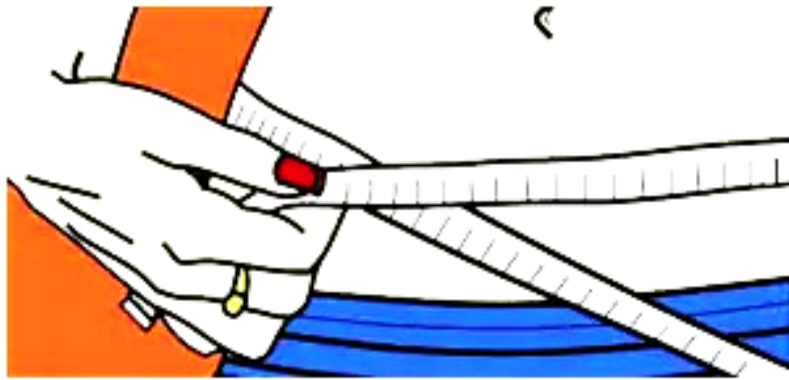


Misconception #4

THE “PERFECT”

BODY

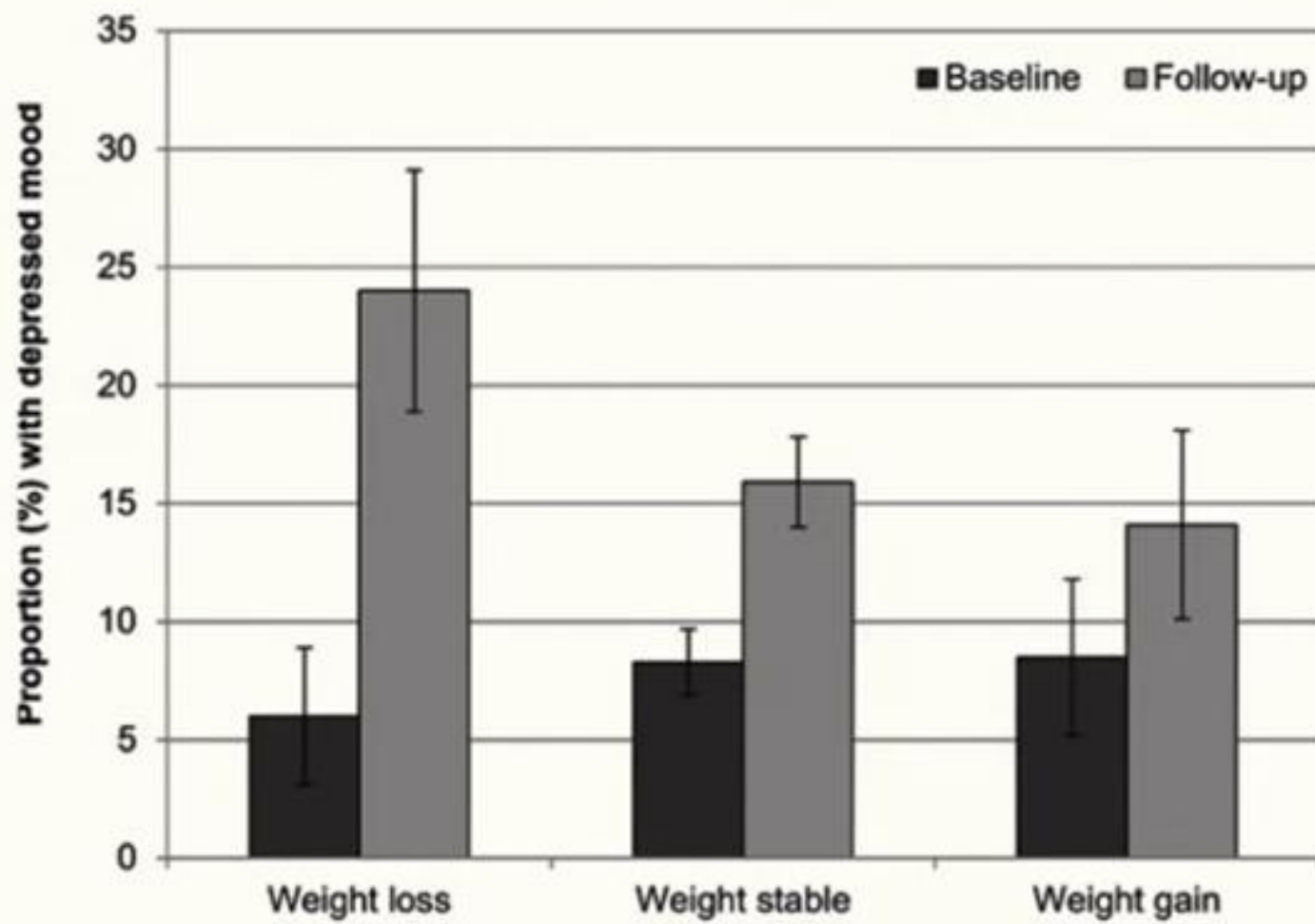
JACKSON ET AL. (2014)



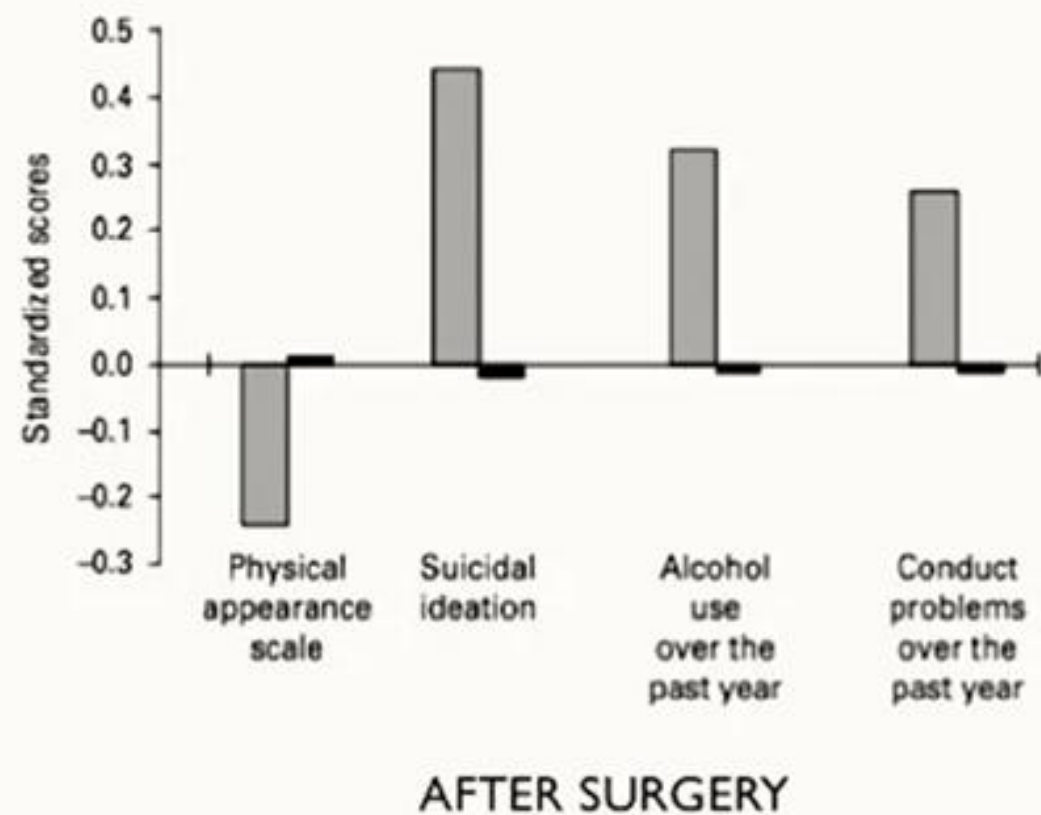
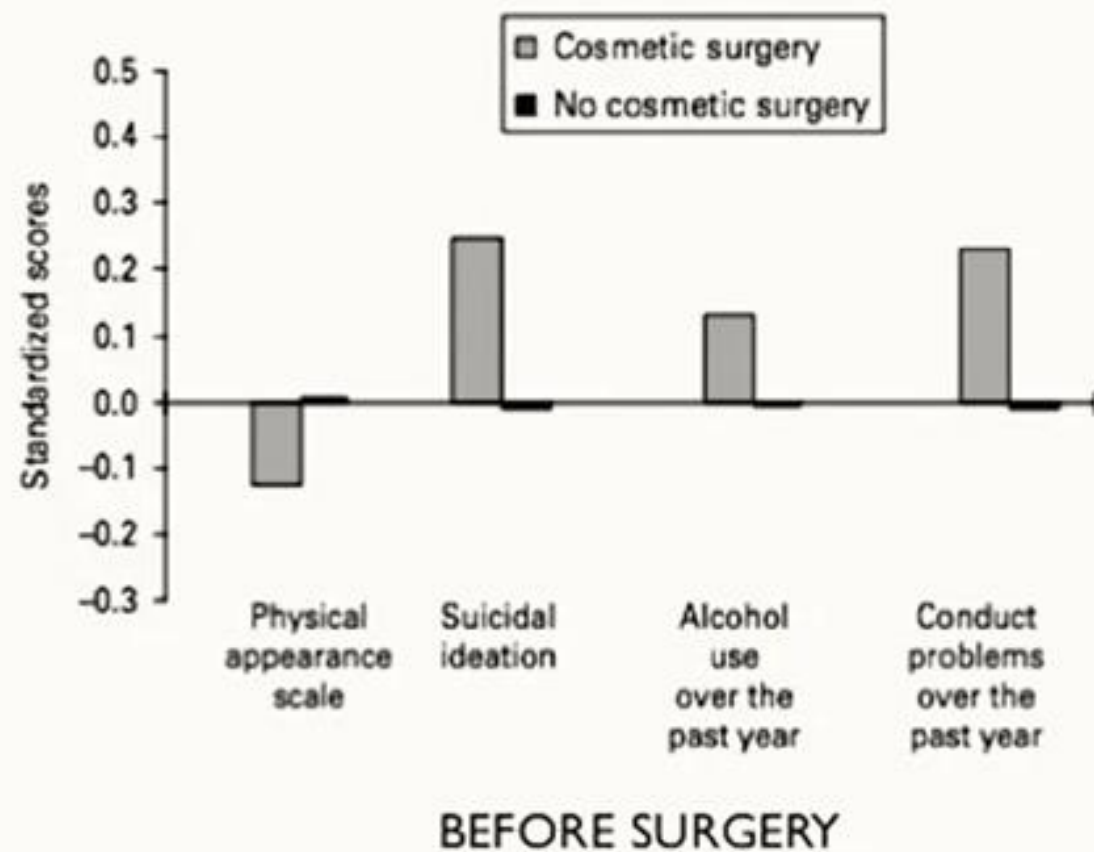
- 1,979 OBESE INDIVIDUALS FOLLOWED FOR 4 YEARS AFTER DIET PROGRAM
- THREE DIFFERENT GROUPS: WEIGHT LOSS, WEIGHT GAIN, WEIGHT SAME



JACKSON ET AL. (2014)



VON SOEST ET AL. (2011)



Changes in beauty make us happy?



**NO - extreme changes actually
reduce wellbeing!**

Misconception #5

GOOD

GRADES

LEVINE ET AL. (2012)

	<u>PREDICTED</u>	<u>ACTUAL</u>
HIGHER THAN EXPECTED	8.27	6.55
EXACTLY AS EXPECTED	7.81	6.45
LOWER THAN EXPECTED	4.42	6.36

"OK, THAT SCIENCE STUFF MIGHT
BE TRUE FOR **EVERYBODY ELSE**

BUT I REALLY WILL BE HAPPY IF I
HAVE THE PERFECT
JOB/SALARY/BODY/GRADES"

**Annoying
features of
the mind are
leading you
astray!**



CORRECTING OUR MIND'S MISTAKES

**How can we re-think
these common
misconceptions?**

Pick ONE to RE-WIRE