

To be, or not to be happy 🤔



Hello upswingers,

Crazy, right?

Today we're learning about happiness 🤔.

What is happiness, why it matters, how can we cultivate it, how to observe the things around us that makes us happy, happiness isn't always what we think and isn't always everything.

The workshop

For today workshop we'll gather at 9AM, have a coffee/tea and start at 9:15 in breakout rooms of 4.

For the rest of the workshop each room will have to make their own setup and schedule. Just make sure you plan breaks and debriefings.

There's no need for group debriefing at the end. When you're done, check your emergencies 🚨 and go get some ☀️ (or ☁️).

Happy habits

Lessons and on happiness from the man who wrote 1000awesomethings.com, The book of awesome, The happiness equation and is the director for **The Institute for Global Happiness** 😊.



<https://fs.blog/knowledge-project/neil-pasricha/>

Good design makes you happy



Happiness can come from unexpected places. When was the last time you were happy about a pot of tea?

https://www.ted.com/talks/don_norman_3_ways_good_design_makes_you_happy

The surprising science of happiness



On the other hand, Dan Gilbert, author of "Stumbling on Happiness" argues that, in fact, we do a shitty job at predicting what makes us happy.

https://www.ted.com/talks/dan_gilbert_the_surprising_science_of_happiness

There's more to life than being happy



And maybe happiness is overrated. What if there's more to life than being happy?

https://www.ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy

The Homework

A lesson learned is a change in our behaviour, a shift in our paradigms, a new set of lenses we see the world through. So the hardest part is not **receiving the information** from these workshops. The hardest part is to **internalise it, think a lot about it and make a change** in how we do things after.

Let's all try Neil Pasricha two minutes morning routine for a few days and see if it's working.