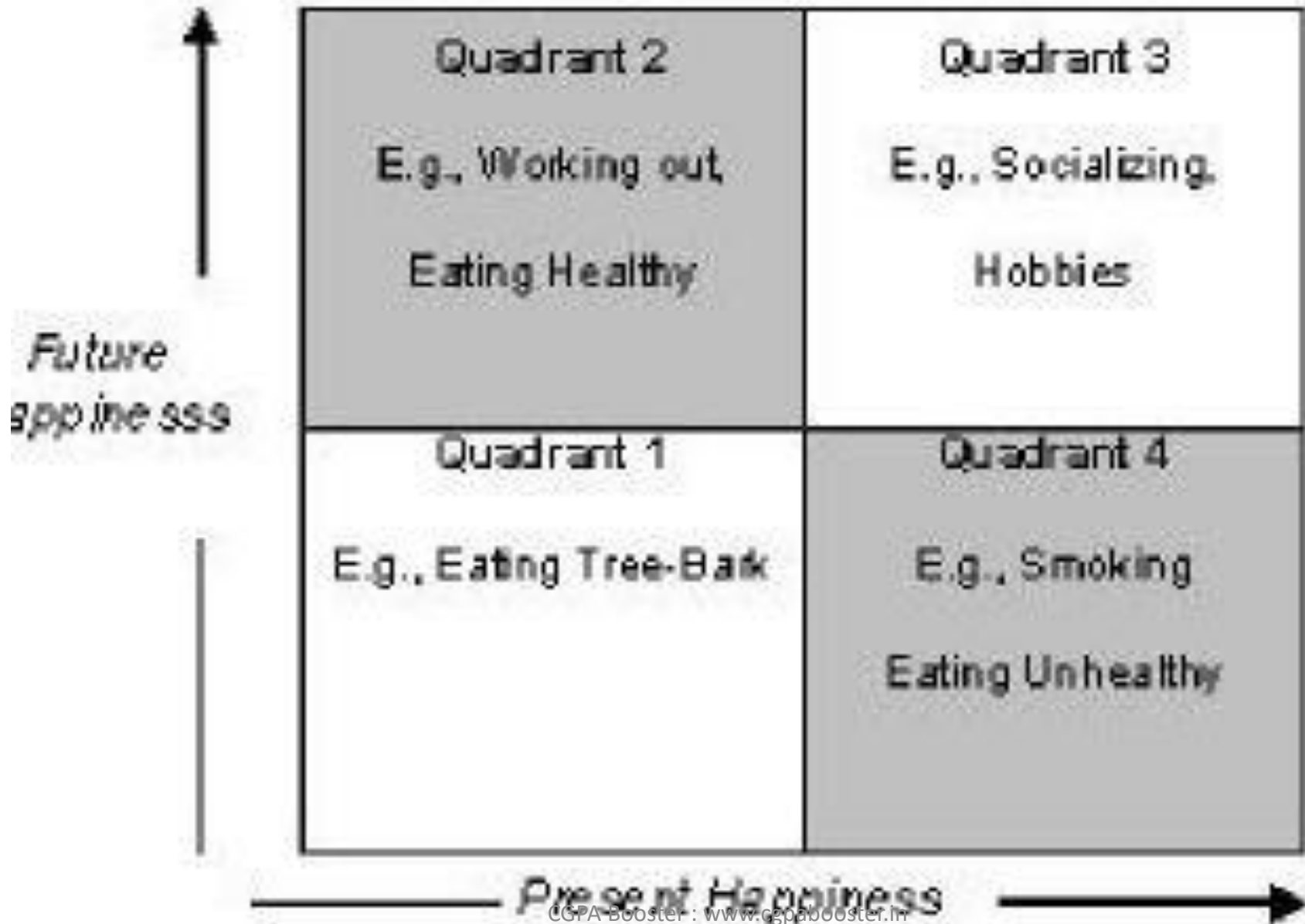


# ***Future of Happiness***

# The Fundamental Happiness Dilemma



- The bottom-left quadrant (quadrant 1) is not important.
- It represents activities that are neither enjoyable in the present nor have the potential to enhance future happiness.

- The other three quadrants are, however, very important.
- We would obviously like to spend most of our time in the top-right quadrant (# 3), but more often than we would like—end up making a choice between activities that fall into quadrants 2 and 4.

- The obvious approach, which is also the one that most social scientists have explored, involves two steps:
  - 1) identifying activities that have the most potential to enhance both present and future happiness, and
  - 2) investing (time, money, and effort) in these activities.
- Most of us are generally bad at investing in activities that have great potential for enhancing both present and future happiness.

- A study finding indicates that we derive a great deal of enjoyment from spending time with friends and family, and it turns out that this activity—which can be seen as investing in social capital—has very good potential for enhancing future happiness, as well present happiness.
- Yet, most of us spend less time on this activity than we should.

- The main reason why social scientists' recommendation—to identify "Quadrant 3" activities and spending more time in them—has largely failed.
- The mindfulness has the potential to steer us toward "Quadrant 3" activities.
- *Mindful people are better at focusing on things that are important, rather than on things that are urgent.*
- Developing mindfulness also leads you realize that money, fame, power, etc. are not the only, or even the main, sources of enjoyment in life.

- Strategizing for the future and delaying gratification for long-term gains builds materialistic wealth and helps one acquire the markers of success, however, this mindset of delayed gratification often coincides with **delayed happiness**.
- While many have mastered the formula to acquiring money, only a few have discovered the path to discovering inner wealth.



Three ways to acquire inner and outer wealth:

**1. Recognize that you will never be satisfied.**

- No matter how much money, fame, admiration, and power you have, it will never satisfy your thirst.



**ALWAYS  
GRATEFUL  
NEVER  
SATISFIED**  
FEARLESS MOTIVATION

- The mind is built to project into the future or ruminate on past events.
- Thinking about the future is what creates the drive and ambition to achieve your goals, but it's also the mechanism that prevents your ability to soak up the nectar of this moment.



**2. Realize that if you cannot be happy now,  
you will never be happy.**



- Because the mind is always looking forward to **bigger** and better things, no amount of materialistic success or power will satisfy its hunger.
- If the mind is always hungry, then the game you're playing is futile unless you develop the ability to allow happiness to enter your heart.
- Learn to meditate and cultivate true presence.
- When you are fully immersed in the here and now, you are in a state of no-mind.
- When the mind is absent, fulfillment and happiness enter your heart, enabling you to enjoy what you have now.

### 3. Learn the language of true happiness.

- Dominant cultural narratives spread lies about happiness.
- They tell us to acquire power over others, to earn lots of money, and to engage in all sorts of pleasure-seeking activities.
- Unfortunately, after eating that nice meal, making your first million, or getting that big promotion, life returns to normal.
- ***True happiness comes from being in the present moment.***
- Discover the blockages that are preventing your own enjoyment of the journey so that you can overcome all obstacles and enjoy your road to success.



*The view from the peak is more satisfying if you enjoyed each step of the climb.*