

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered on the slide.

THE LITTLE THINGS AND HOW THEY INFLUENCE OUR LIFE

PRESENTED BY

BOYD LINDSLEY

The Little Things and How They Influence Our Life



Dr. Boyd Lindsley, Associate Director



Vision:

To provide development and enrichment opportunities for SDES staff members to achieve excellence.

Mission:

Provide tools for training, networking, and professional and personal development to enhance growth and overall performance.





- Brief Background
- Build a foundation
- Tactics to Deploy
- Exercise
- Conclude



- Faculty Member & Associate Director of UCF's Nicholson School of Communication
- Holds a Master's Degree in Communication
- Holds a Bachelor's Degree in Advertising-Public Relations



- Holds a Doctoral Degree in Executive Leadership
- Holds an Associates in Arts Degree



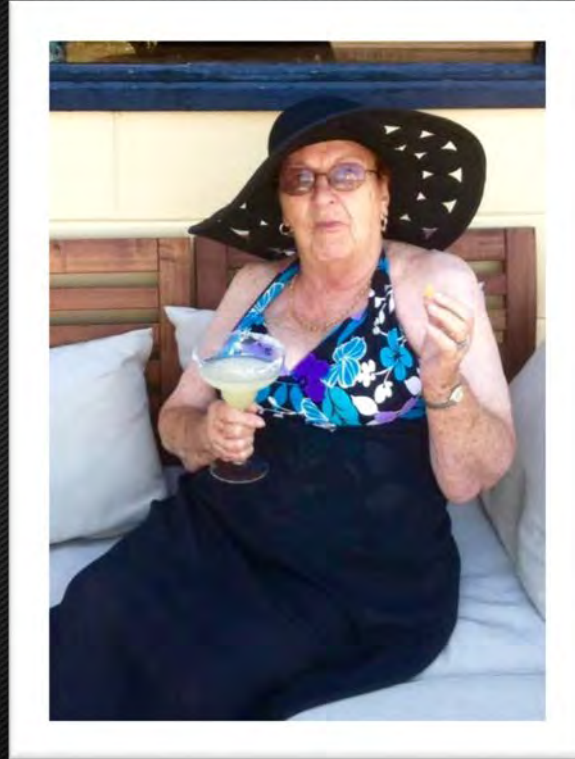
UCF NICHOLSON SCHOOL
OF COMMUNICATION

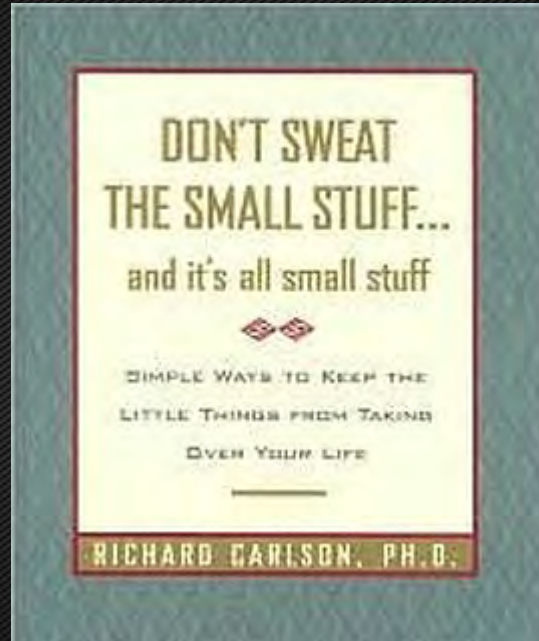
Brief Background





Gram







$$H = S + C + V$$

Seligman, Martin, *Authentic Happiness*, (New York: The Free Press
(Division of Simon & Schuster, Inc.)), 2002, p. 45.





$$H = S + C + V$$

H = Happiness

S = Set (set point)

C = Circumstances (life circumstances)

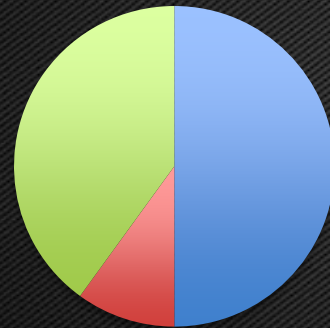
V = Voluntary (voluntary activities)

Seligman, Martin, *Authentic Happiness*, (New York: The Free Press
(Division of Simon & Schuster, Inc.)), 2002, p. 45.



$$H = S + C + V$$

What Determines Happiness?



- Set
- Circumstances
- Voluntary Actions

Sonia Lyubomirsky, *The How of Happiness*, (New York: Penguin Press), 2008, pp: 20-24.



Age Matters

- Younger folks associate happiness with excitement
- Older folks tend to associate happiness with peace

Researchers from the Stanford Graduate School of Business





What Determines Happiness?





What Determines Happiness?





What Determines Happiness?



Vs.





- Direct correlation



- Direct correlation ... to a point
- 20th Century: wealth grew

Lane, R.E. (2000). New Haven: Yale University Press. See Figure 1.1, p.5.



- Direct correlation ... to a point
- 20th Century: wealth grew; happiness didn't

Lane, R.E. (2000). New Haven: Yale University Press. See Figure 1.1, p.5.



- Dire poverty → \$20K; dramatic increase
- \$20K → \$50k; slow increase
- \$50k+; extremely slow / negligible

Assessing Well-Being: The Collected Works of Ed
Diener (New York: Springer), 2009.



“Hedonic treadmill”



Bruno Frey and Alois Stutzer, What Can Economists Learn from Happiness Research?, Journal of Economic Literature, Volume XL, June 2002, pp.: 402-435.



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BOYS & GIRLS CLUBS



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for Humanity®**



WWF®



**American
Heart
Association®**

Elizabeth Dunn, Lara Aknin and Michael Norton, —Spending Money on Others Promotes Happiness, *Science*, March 21, 2009, p: 1687



- Buy experiences, not possessions
- "Purchased experiences provide memory capital [and] we don't tend to get bored of happy memories like we do with a material object." – R. Howell

Howell, R., et al., *The Journal of Positive Psychology* Vol. 7, No. 1, January 2012, 57–71



- Positive psychology suggests:
 - Practice mindfulness



Stanford Graduate Business College