



## EPISODE THIRTY-ONE

## The Science of Happiness

With **Shawn Achor**

After a year of pandemic isolation and social turmoil, we could all use a little happiness. But how do we find it and how do we keep it? And is happiness even a choice? We explore those questions and more on this week's episode with happiness expert Shawn Achor. The bestselling author of *The Happiness Advantage* and *Big Potential*, Shawn says increased—even radical—happiness is possible for anyone; it just takes the right mix of mindsets and behaviors. Join us as we sit down with Shawn to discuss his research, what the data tells us about happiness, and his proven strategies for creating a happier life.

### THEMES & INSIGHTS

1. Happiness is more than the sum total of our genes and our environment. Radical change towards happiness is possible for anyone, but it requires a mindset choice and the creation of conscious behavioral changes.
2. Our social connections (our circle of family, friends, and colleagues) form the greatest predictor of our long-term happiness and success. The people who love the most are the same people who achieve the most.
3. We should never expect to be happy all the time. Everyone goes through periods of unhappiness, which is an essential feeling that alerts us when something is wrong or unjust.



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### COMBUSTION QUOTES

“Not only was I doing research on [positive psychology]; I was getting to live it. I saw the depression was not the end of the story and that radical change is possible in people’s lives at any age, in any environment, given almost any genetic set point. What we were finding was, this is something that could literally transform people’s lives if they knew about it.”

“The hope in this message that we’re finding out through this research and from the science is that if people were creating behavioral changes and mindset changes, and pairing them together, we saw that they could break the tyranny of genes and environment over their levels of happiness and optimism.”

### CALL TO ACTION

“We’re finding that the greatest habit in short form is to simply take two minutes right now and write a two-minute positive email or text message praising or thanking one person you don’t normally thank or praise. If you do that, for 21 days in a row, your social connection score, the greatest predictor of your long-term levels of happiness, rises to the top quartile of people worldwide, which is incredible.”

### RESOURCES

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