



daily GOOD

Happiness is not a reward -- it is a consequence. --Robert Green Ingersoll

5 Ways of Spending Time -- toward Happiness

Our search to understand what makes us happy goes back centuries. As does our enduring belief that if we just do the right thing, happiness will follow. Researchers at Stanford and UPenn have recently shown how happiness is indeed a consequence of the choices people make. So what can people do to increase their happiness? Their answer is surprisingly simple: spend your time wisely. But some of the ways people should spend their time are, in fact, surprising. Perhaps not all of them will resonate, but are still worthy of reflection. Their five time-spending happiness principles: "Spend time with the right people. Spend time on the right activities. Enjoy experiences without spending time actually doing them. Expand your time." Each principle is explained further here.

Be The Change:

Spend your time wisely today. For inspiration, an intriguing short reflection on having a dynamic relationship with time.