We underestimate how much we will change in the future.

People accurately estimate how much they have changed in the past but underestimate how much they will change in the future, which leads them to make suboptimal decisions.

Happiness and meaningfulness are related but not the same.

Happiness feels good in the moment, meaningfulness does too but not always.

Happiness is more about getting; meaningfulness is more about giving.

Happiness is about how you feel now; meaningfulness is more lasting - integrating the past, present, and future.

The meaning of happiness shifts over the life course (and even in the day).

Our definition of happiness changes over our lifetime. Younger people associate happiness with excitement, whereas older people tend to associate happiness with peacefulness. However, importantly, we can change the way we define our happiness. Even deep breathing focused on the present can shift our meaning of happiness from excitement to peacefulness.

The happiness we choose impacts the choices we make.

Sometimes we think of happiness as excitement, and sometimes we think of happiness as calm. We’re more likely to choose exciting options when making decisions about the future, and more likely to choose calming options when making decisions about the present.

Meaningful moments make us happier for longer than solely pleasurable events.

The happiness we gain from recalling a past experience decays rapidly. However, when we recall meaningful moments -- or focusing on meaning during the actual event -- happiness decay slows.

As we get older, meaning and happiness start to converge.

As we get older, meaning becomes more important to happiness -- the two factors become more highly correlated. However, young people are more likely than older people to believe that they should be spending more time on meaningful activities.

It’s (actually) about the journey, not just the destination.

When people focus on the journey, they believe they define their own success. When they focus on the destination, they believe that others define their success. People with a journey mindset fear failure less, and believe that success is based on relationships, experiences, learning and growth.

**Aim small, stay concrete.**

People are happier when they set concrete goals like making someone smile, increasing recycling - instead of abstract prosocial goals like making someone happy or saving the environment. Dream big, but keep goals small and concrete.

Get comfortable with mixed emotions.

Mixed emotions define much of life. However, people in American culture and younger individuals often feel discomfort when they feel mixed emotions, and strive to resolve them. In contrast, people in Eastern cultures and older people feel less discomfort when they feel mixed emotions.

Mixed emotions decay.

We remember experiences where we felt mixed emotions (e.g., joyful and scared at the same time) as less intense than they were in the moment. As long while doing meaningful activities we experience some positive emotions, we will not remember the negative emotion with as much intensity.

Align your goals. Create multipliers.

When different goals compete for our energy, we feel like we have significantly less time which in turn increases stress. To destress, consider reappraising your anxiety and focus on multipliers.

Experiencing the death of a close other can make us focus on the future.

Young adults who experiences the death of a loved one due to cancer tend to make decisions that favor the long term future over the short term.

How you spend your time impacts the happiness you feel.

1) Spend time with the right people (friends, family, significant others).
2) Spend time on the right activities (actions that will become more valuable over time).
3) Enjoy the experience without spending the time (imagine or remember happy experiences).
4) Expand your time (by focusing on the here and now).
5) Be aware that happiness changes over time.

Time expands when you experience a moment of awe.

Experiencing moments of awe makes us feel like we have more time available, choose experiences over material goods, and boosts our life satisfaction.

Savor the ordinary and extraordinary.

Young people gain more happiness from unusual, extraordinary experiences. Older people gain more happiness from savoring everyday experiences.

Know and share your signature stories.

People accurately estimate how much they have changed in the past but underestimate how much they will change in the future, which leads them to make suboptimal decisions.
