

The How of Happiness
+
Essentialism
=
Do Less, Achieve More,
Be Happier

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THE HOW OF HAPPINESS

A New Approach to
Getting the Life You Want

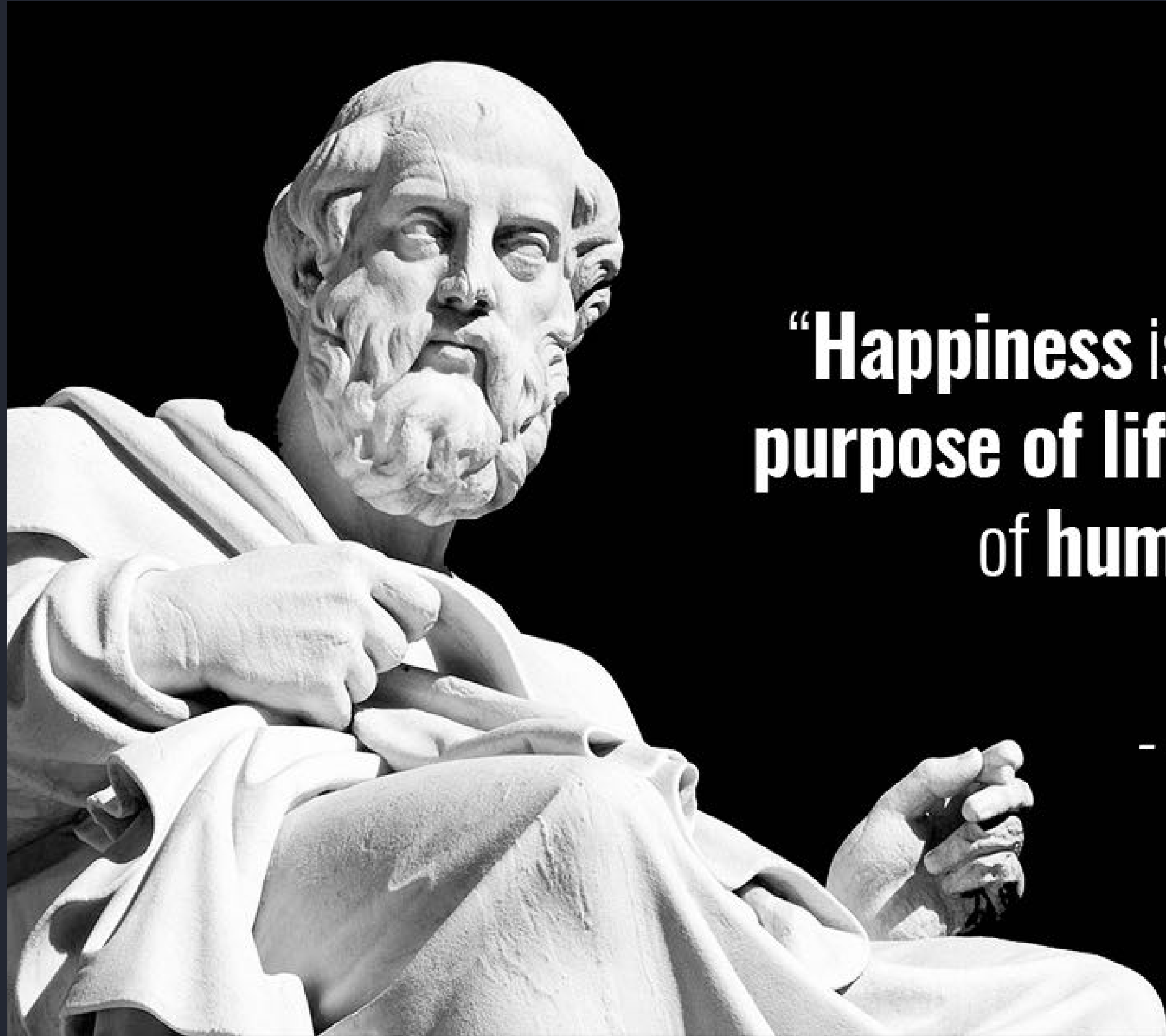


*This much
happiness
—up to 40%—
is within
your power
to change*



Sonja Lyubomirsky

"A guide to sustaining your newfound contentment." —PSYCHOLOGY TODAY

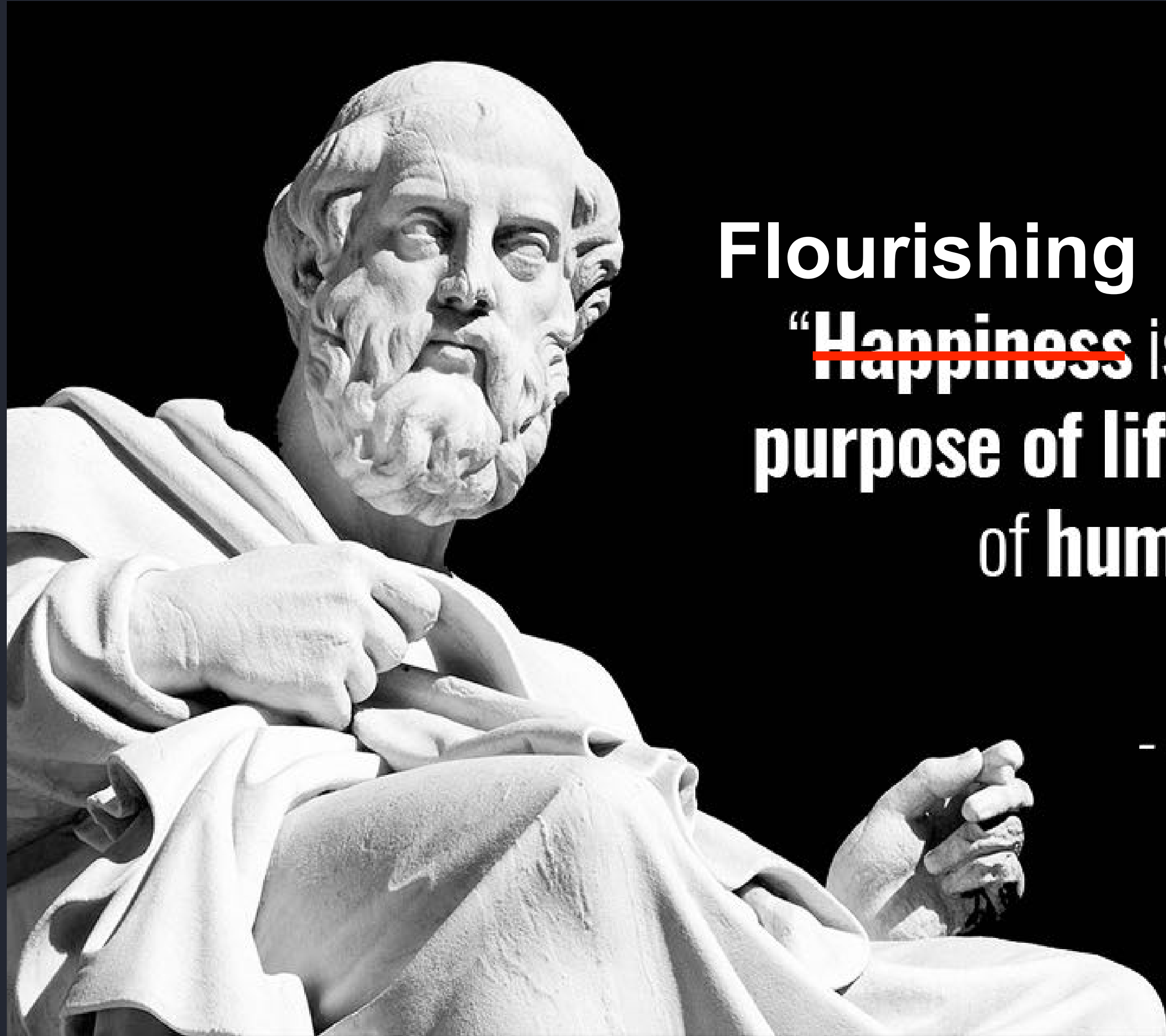


“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

- Aristotle

Goalcast





Flourishing

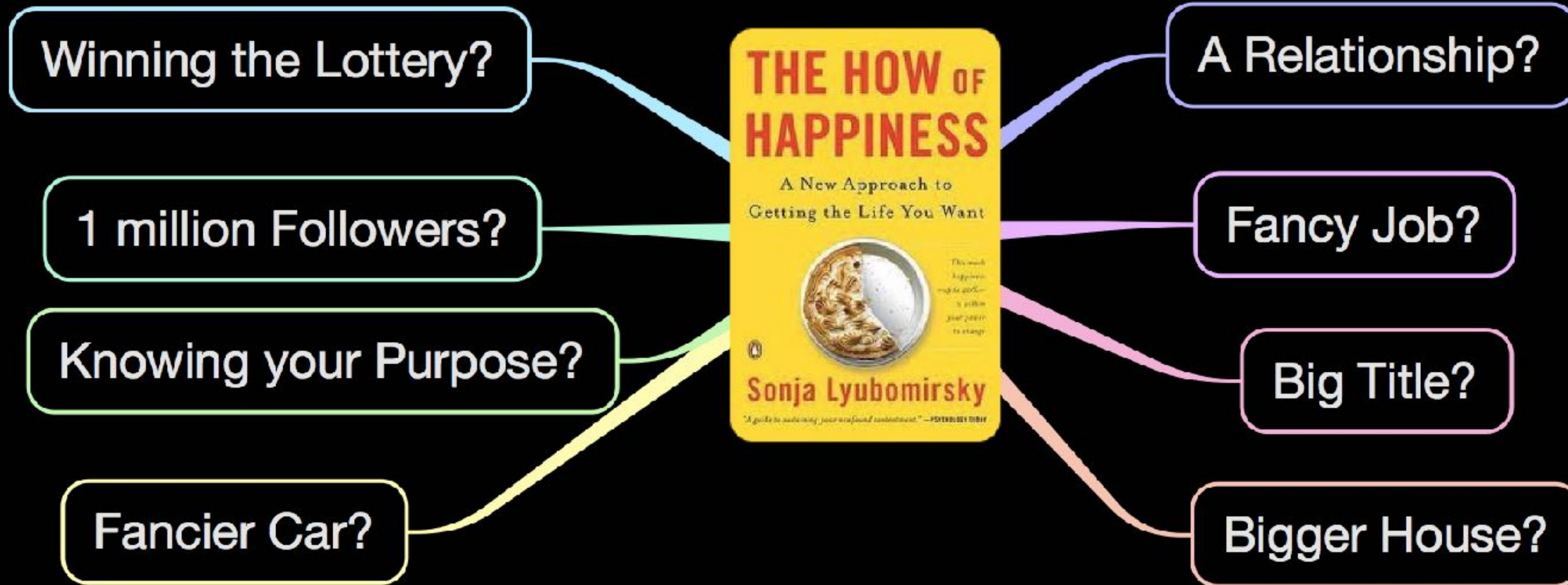
“Happiness is the **meaning and the **purpose of life**, the whole aim and end of **human existence**.”**

- Aristotle

Goalcast



Path to Happiness ?



Path to Happiness

NO

Winning the Lottery?

1 million Followers?

Knowing your Partner?

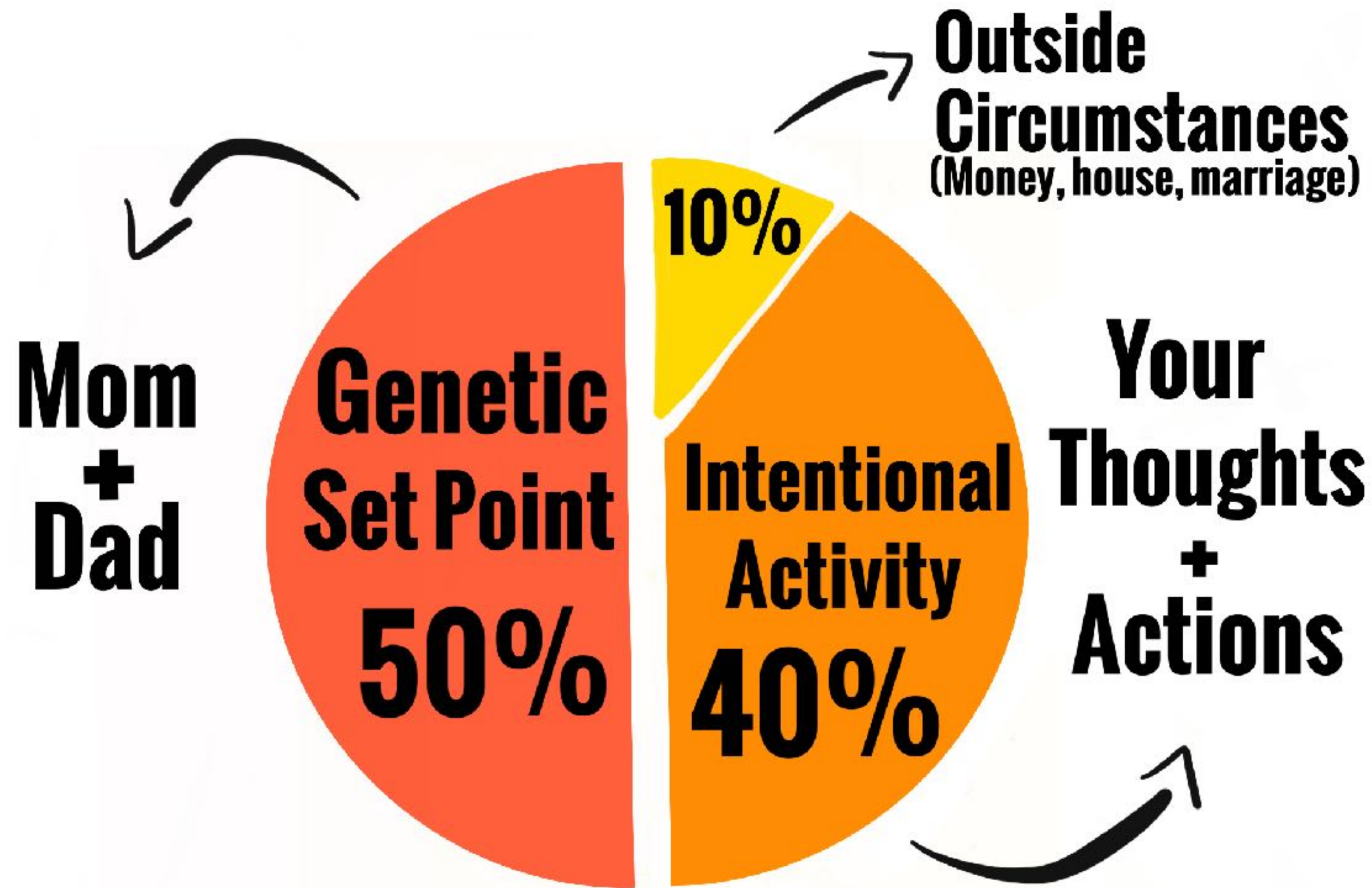
Fancier Car?

Relationship?

Fancy Job?

Big Title?

Bigger House?



The 3 Determinants of Happiness

Buddhaimonia.com



Circumstances

Only 10%

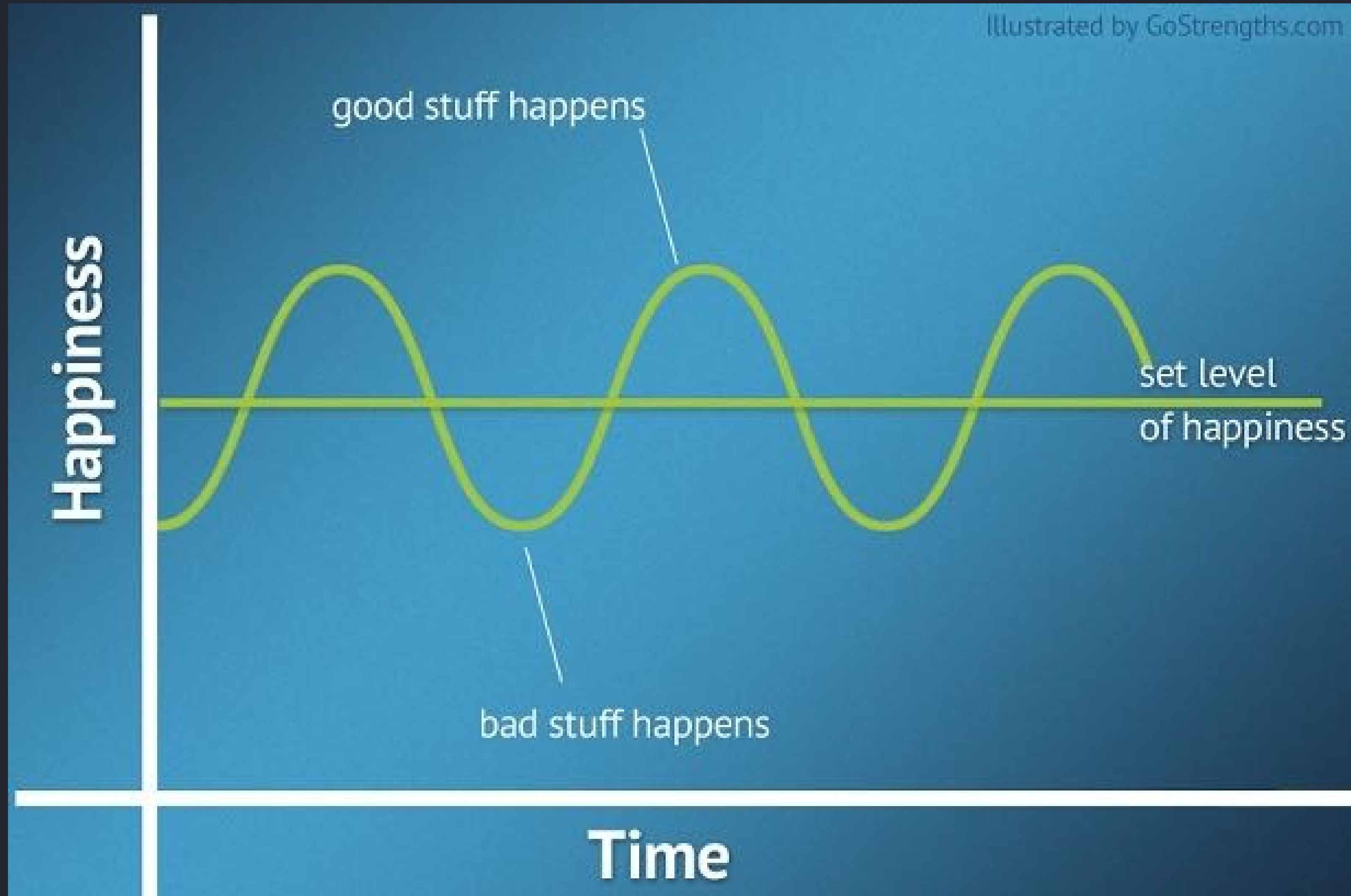




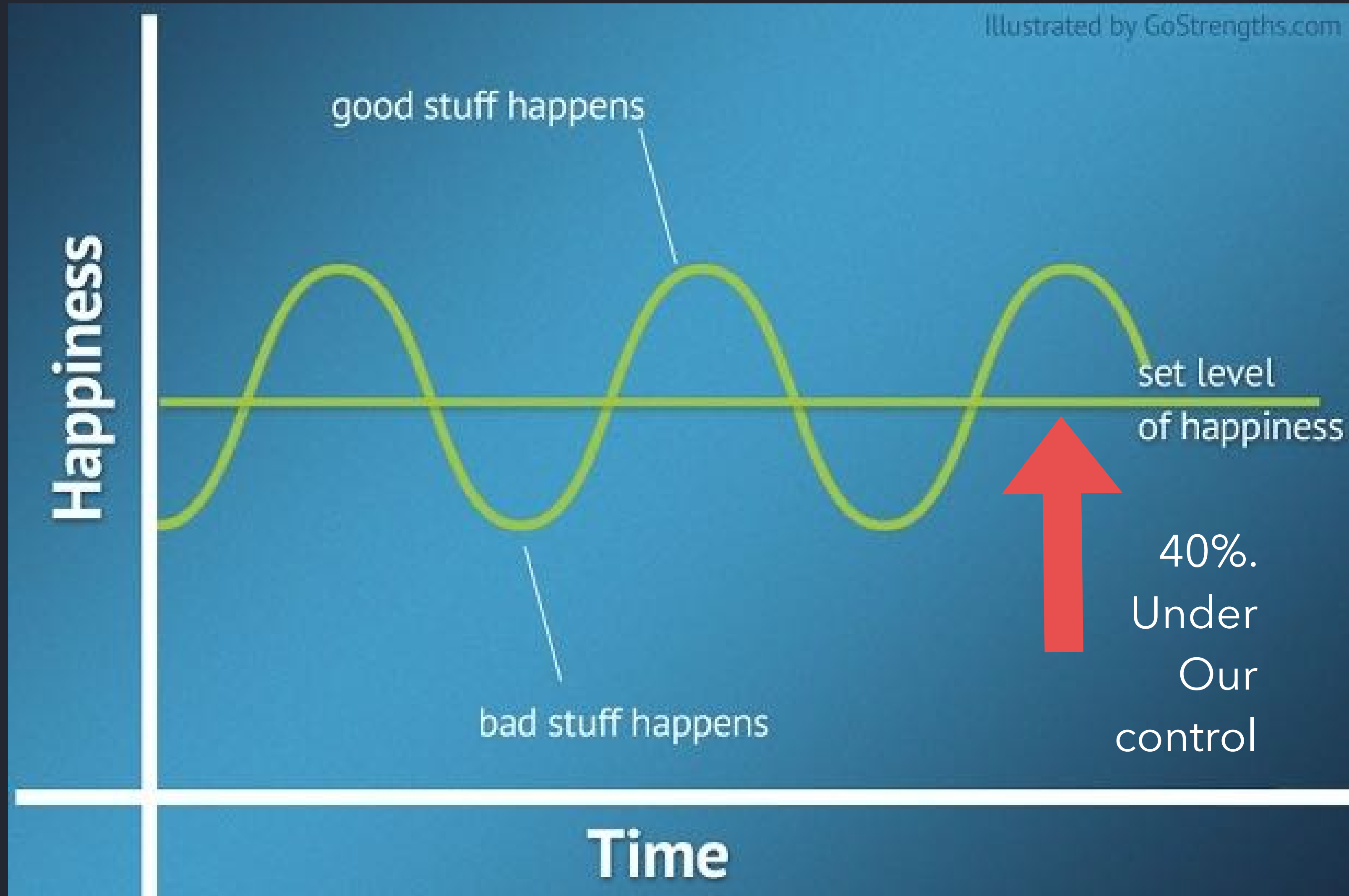
THE DANGER OF HEDONIC ADAPTATION



Illustrated by GoStrengths.com



Illustrated by GoStrengths.com



40%
Under
Our
control

I suspect ALL of us would like to be
HAPPIER





New York Times Bestseller



The Disciplined Pursuit of Less

GREG MCKEOWN

“Beware the barrenness of a busy life.” - Socrates

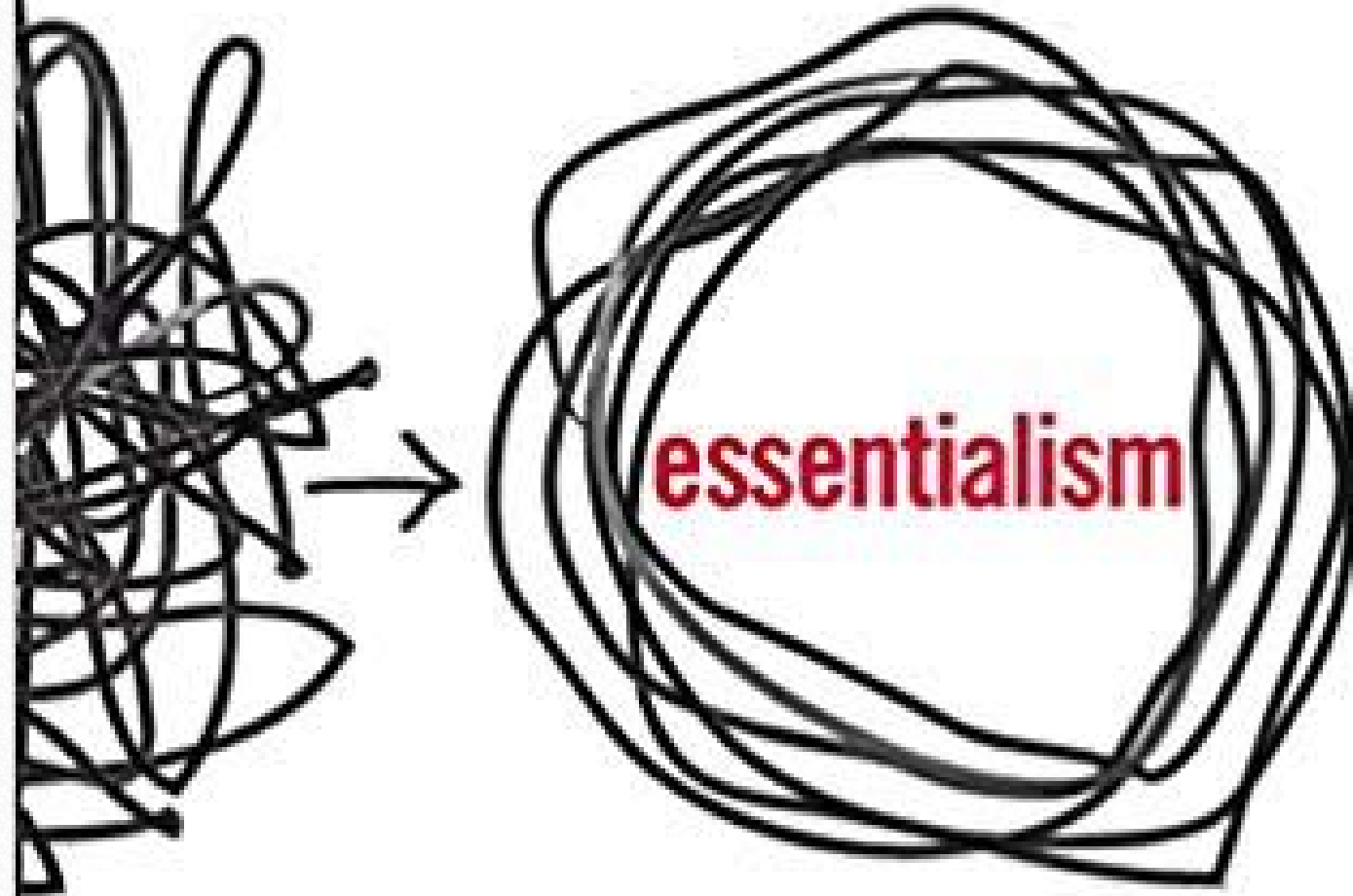


MODEL	<h2 style="color: red;">Non - Essentialist</h2>	<h2 style="color: green;">Essentialist</h2>
THINKS	<p style="text-align: center;">ALL THINGS TO ALL PEOPLE</p> <ul style="list-style-type: none"> • I have to • It's all important • How can I fit it all in? 	<p style="text-align: center;">LESS BUT BETTER</p> <ul style="list-style-type: none"> • I choose to • Only a few things really matter • What are the trade-offs?
DOES	<p style="text-align: center;">THE UNDISCIPLINED PURSUIT OF MORE</p> <ul style="list-style-type: none"> • Reacts to what's most pressing • Say's "Yes" to people without thinking • Tries to force execution at the last moment 	<p style="text-align: center;">THE DISCIPLINED PURSUIT OF LESS</p> <ul style="list-style-type: none"> • Pauses to discern what really matters • Say's "no" to everything except the essential • Removes obstacles to make things easy
GETS	<p style="text-align: center;">LIVES A LIFE THAT DOES NOT SATISFY</p> <ul style="list-style-type: none"> • Takes on too much; work suffers • Feels out of control • Is unsure whether the right things get done • Feels overwhelmed and exhausted 	<p style="text-align: center;">LIVES A LIFE THAT REALLY MATTERS</p> <ul style="list-style-type: none"> • Chooses carefully to do great work • Feels in Control • Gets the right things done • Experiences joy in the journey

Where are you
today on the scale
of Essentialism?



New York Times Bestseller



The Disciplined Pursuit of Less

GREG MCKEOWN

1. ESSENCE

2. EXPLORE

3. ELIMINATE

4. EXECUTE

Core Logic?

ESSENCE

Non - Essentialist

Essentialist

CHOOSE

- “I have to.”
- Forfeits the right to choose

- “I choose to.”
- Exercises the power of choice

DISCERN

- Thinks almost everything is essential.
- Views opportunities as basically equal.

- Thinks almost everything is nonessential.
- Distinguishes the vital few from the trivial many.

**TRADE
OFF**

- Thinks, “I can do both.”
- Asks: “How can I do it all?”

- “What is the trade-off I want to make?”
- Asks: “What can I go big on?”

EXPLORE**Discern the Vital FEW from the Trivial MANY****Non - Essentialist****Essentialist****Escape**

- Too busy doing things to think of life

- Creates space to escape and explore life

Discern

- Pays attention to loudest voice
- Hears Everything
- Overwhelmed by the Information

- Pays attention to the signal in the noise
- Hears what is NOT being said
- Scans to find the essence of information

Play

- Thinks it is trivial, unproductive

- Knows play is essential, sparks exploration

Sleep

- Sleep = Luxury, Lost time, Unproductive, Laziness

- Sleep = leads to Productivity, Creativity, Concentration, Priority, High Performance

Select

- Says yes to EVERYTHING
- If someone is doing it, I must do it

- Says yes to Top 10%
- Uses Narrow, Explicit criteria

How Can We Cut Out The Trivial MANY

ELIMINATE

Non - Essentialist

Essentialist

Clarify

- Strategy - Vague
- Objectives - Unenergizing, Uninspiring
- Values - Yes, but no guiding principles

- Strategy - Concrete, Inspirational
- Intent - Meaningful, Memorable
- One decision that eliminates many others

Dare

- Feels social pressure
- Avoids saying No
- Ends up saying yes to everything

- Dares to say no firmly, gracefully
- Says Yes to only things that matter

Uncommit

- Why stop now after I have done so much?
- Hates admitting to mistakes

- If I was starting now, would I really do this?
- What else could I do with this time and money?
- Comfortable with cutting losses

Edit

- Making things better = Adding things
- Attached to every image, word, detail

- Making things better = Subtracting something
- Eliminates distracting image, word, detail

Limit

- Limits = Limiting
- Boundaries = Constraining
- Hard to say "No"

- Setting Limits = Becoming Limitless
- Boundaries = Liberating
- Sets rules in advance; saying "No" easier

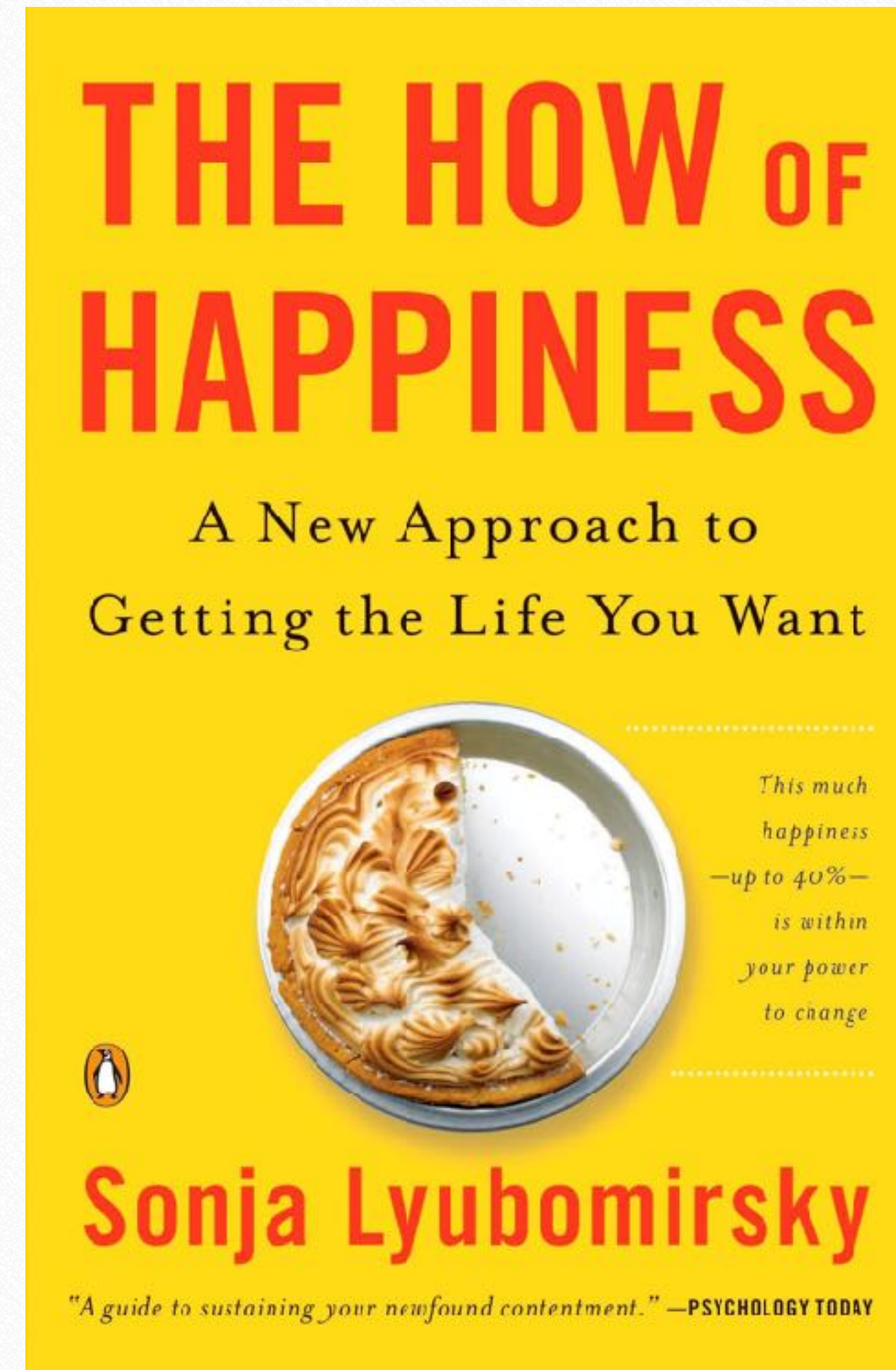
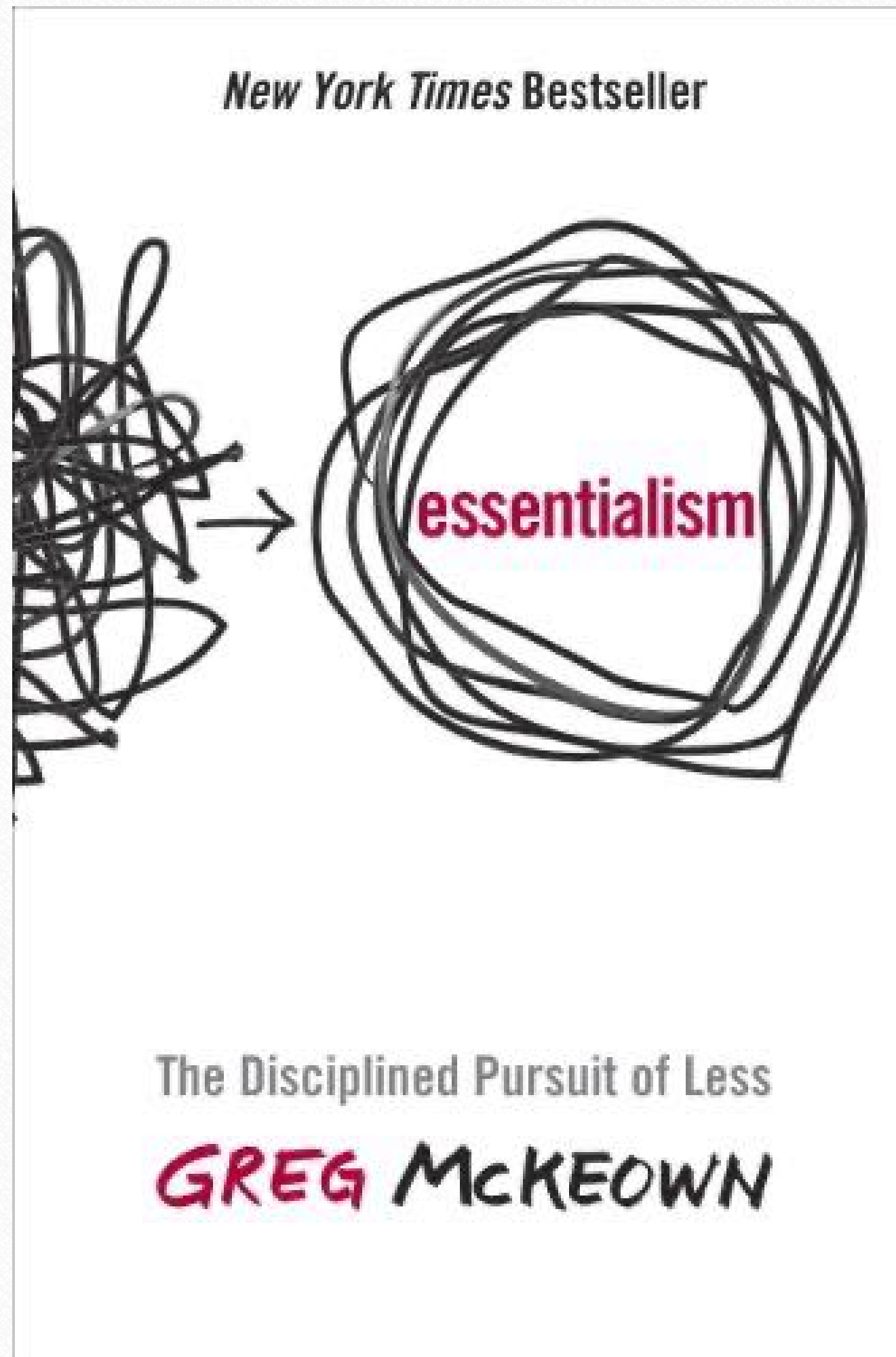
How to make EXECUTION EFFORTLESS?

EXECUTE	Non - Essentialist	Essentialist
Buffer	<ul style="list-style-type: none"> Assumes best case Does things at last minute 	<ul style="list-style-type: none"> Builds buffer Practices extreme and early preparation
Subtract	<ul style="list-style-type: none"> Quick fix solutions Ends up doing more 	<ul style="list-style-type: none"> Removes obstacles to Progress Brings forth more
Progress	<ul style="list-style-type: none"> Big goals, small results Goes for flashiest wins 	<ul style="list-style-type: none"> Starts small, gets big results Celebrates small acts of progress
Flow	<ul style="list-style-type: none"> Tries to execute by force Allows non-essentials to be the default 	<ul style="list-style-type: none"> Makes it look easy
Focus	<ul style="list-style-type: none"> Mind is in the past or future What was important yesterday / tomorrow Worries about future / stresses about past 	<ul style="list-style-type: none"> Mind focused on present Tunes into what is important now Enjoys the Moment.
Be		<ul style="list-style-type: none"> Life of Meaning Life that Matters, no Regrets More clarity, control, Joy

“Beware the barrenness of a busy life.” - Socrates



Let's Go Further



Three Things I Commit To

[All Sections](#)

Three Things I Commit To

After reading *The How of Happiness* and *Essentialism*, I hope you will decide to join this discussion post.

This is totally VOLUNTARY.

Commit to **three things** you will do regularly this quarter.

Thoughts become habits only by repetition and discipline.

If you join this post, be sure to **update your progress every week**.

My three things are noted below. And I will update weekly.

DONE



**MEDITATE EVERY DAY;
MIN 30 M**

THIS WEEK: 07 / 07

2 ✓

**EXERCISE -
MINIMUM 30 M X 5**

THIS WEEK: 05 / 05

2 ✓

**LIMIT NEWS INTAKE
5 / WEEK**

THIS WEEK: 07 / 05

2 ✓

Thank You!