

HAPPINESS

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Hello!
I'm Elle
Benson
[@cultivateyourhappiness](#)



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HAPPINESS

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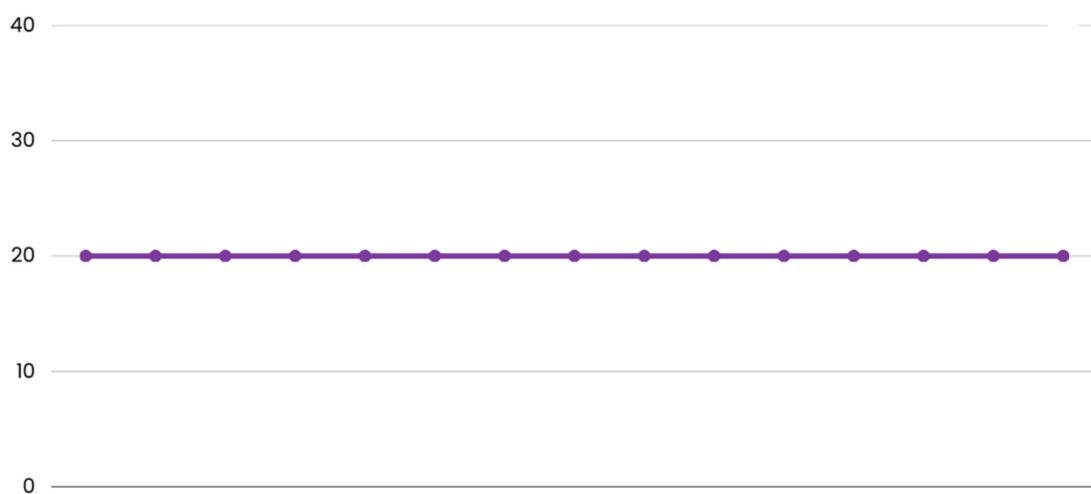
higher income superior work outcomes
larger social rewards longer marriages
more friends stronger social support richer
social interactions more activity energy
flow better physical health enhanced
immune system lower stress levels less
chronic pain longer life creativity giving
self-confident better self-control greater
self-regulatory coping abilities better sleep

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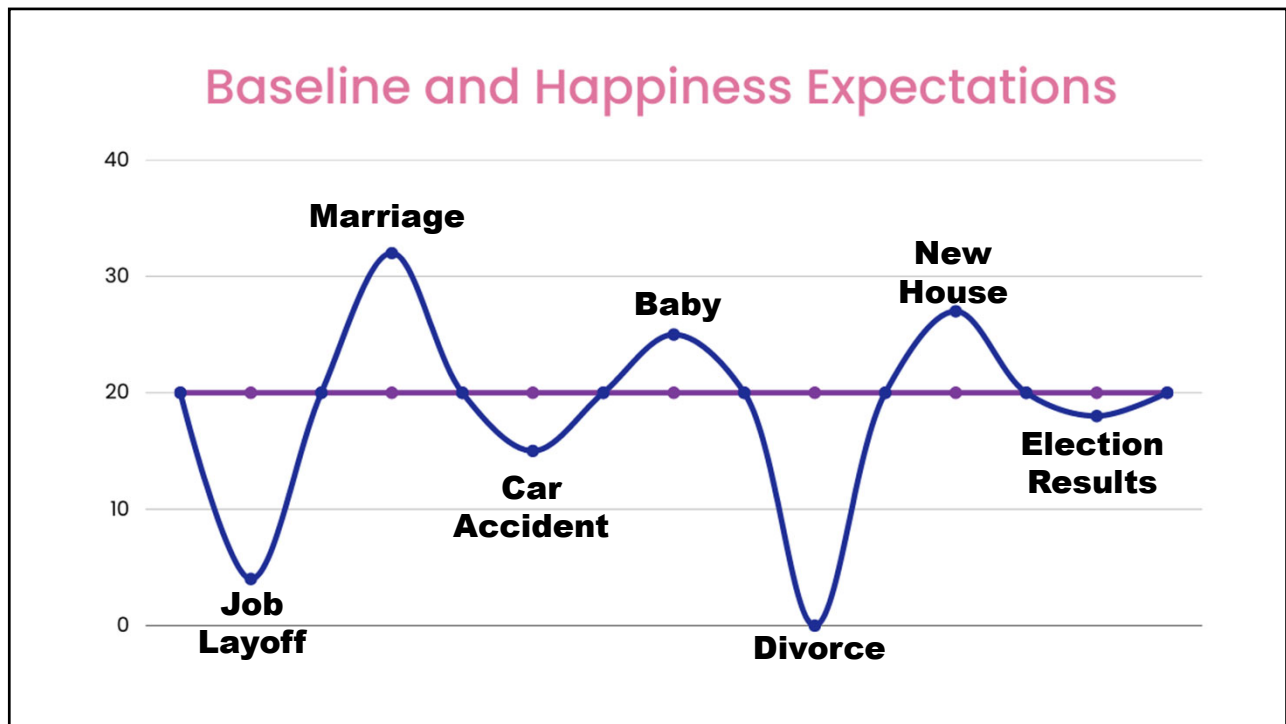
**HAPPINESS =
REALITY - EXPECTATIONS**

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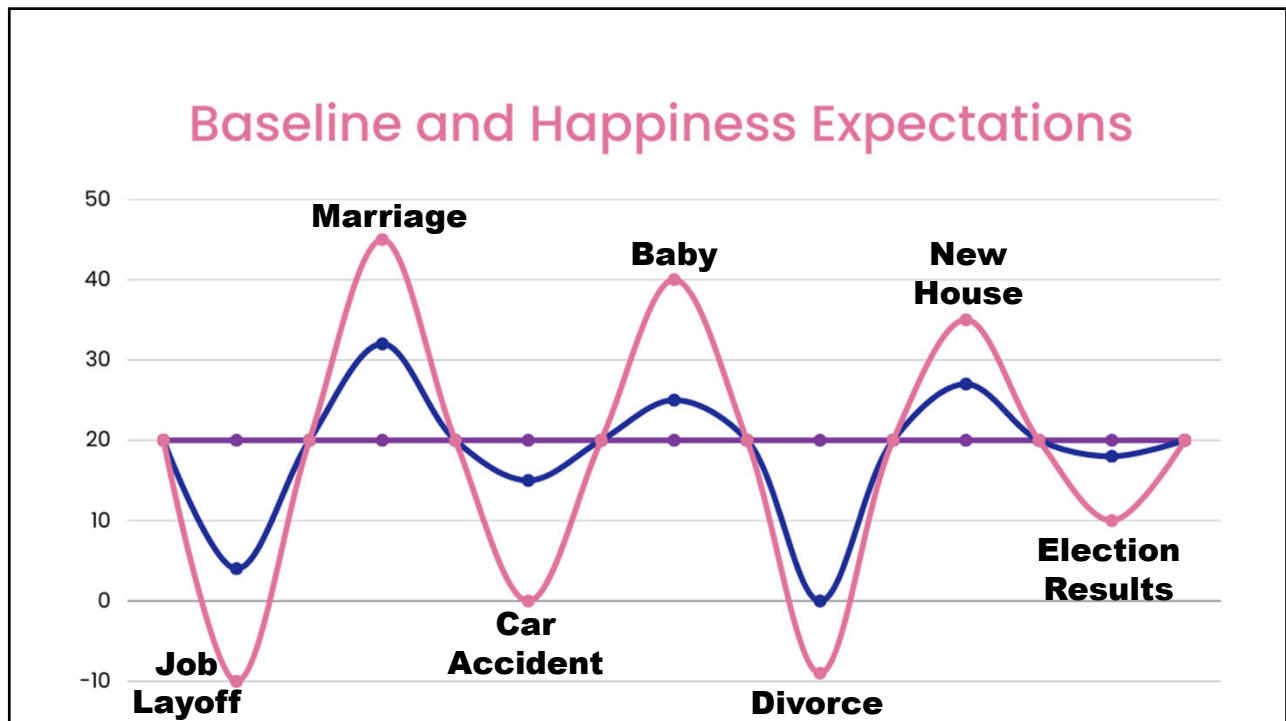
Baseline Happiness



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Where our happiness comes from

 DNA/ Genetics

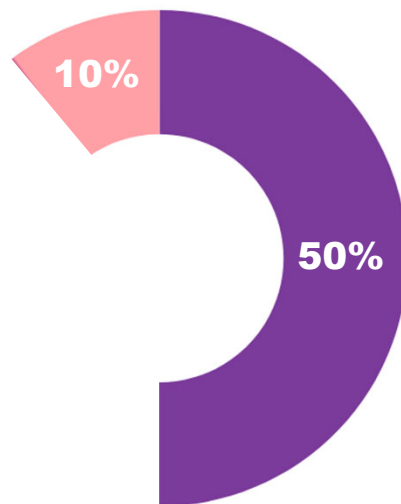


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Where our happiness comes from

 Circumstances

 DNA/ Genetics



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HEDONIC TREADMILL

DESIRE



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HEDONIC TREADMILL

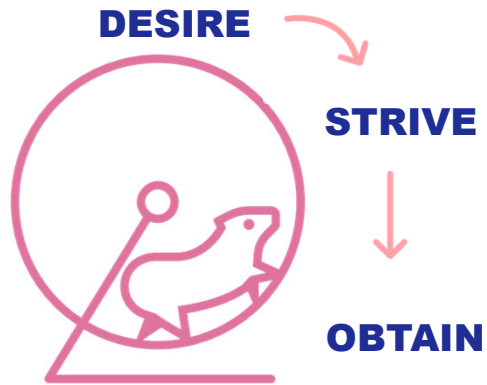
DESIRE

STRIVE



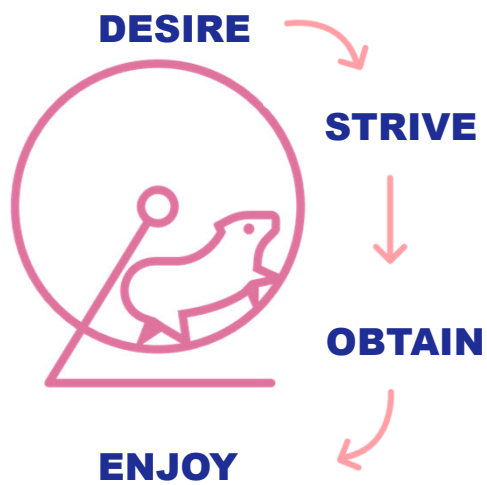
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HEDONIC TREADMILL



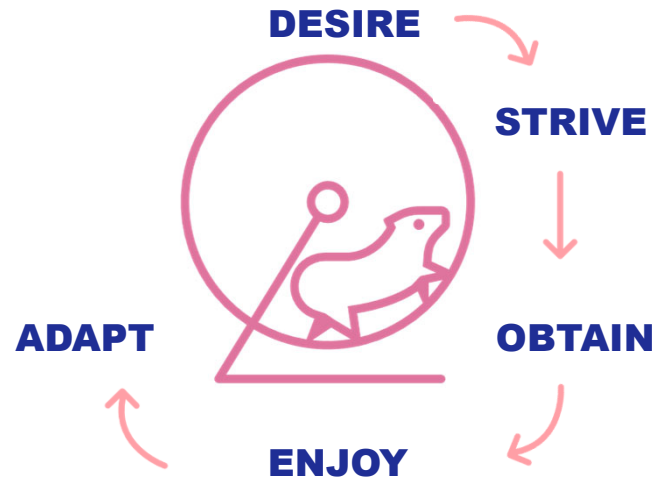
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HEDONIC TREADMILL



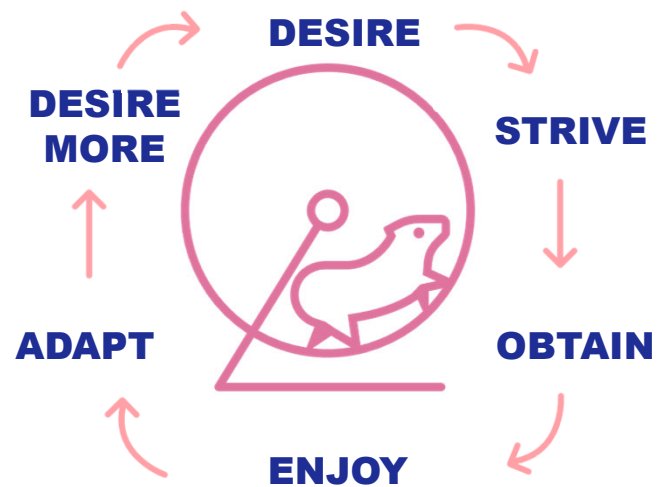
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HEDONIC TREADMILL



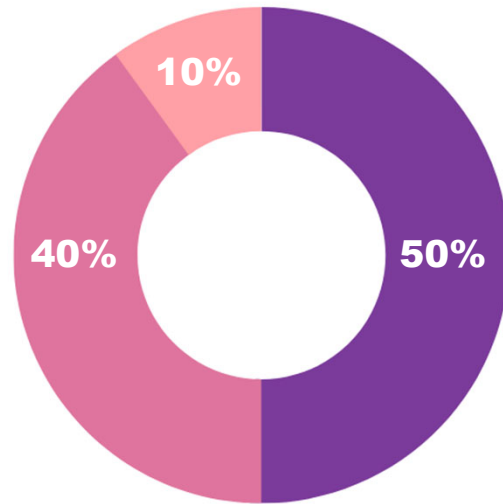
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HEDONIC TREADMILL



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Where our happiness comes from



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**THOUGHTS
ACTIONS
BEHAVIORS**

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**POSITIVE
WORDS**

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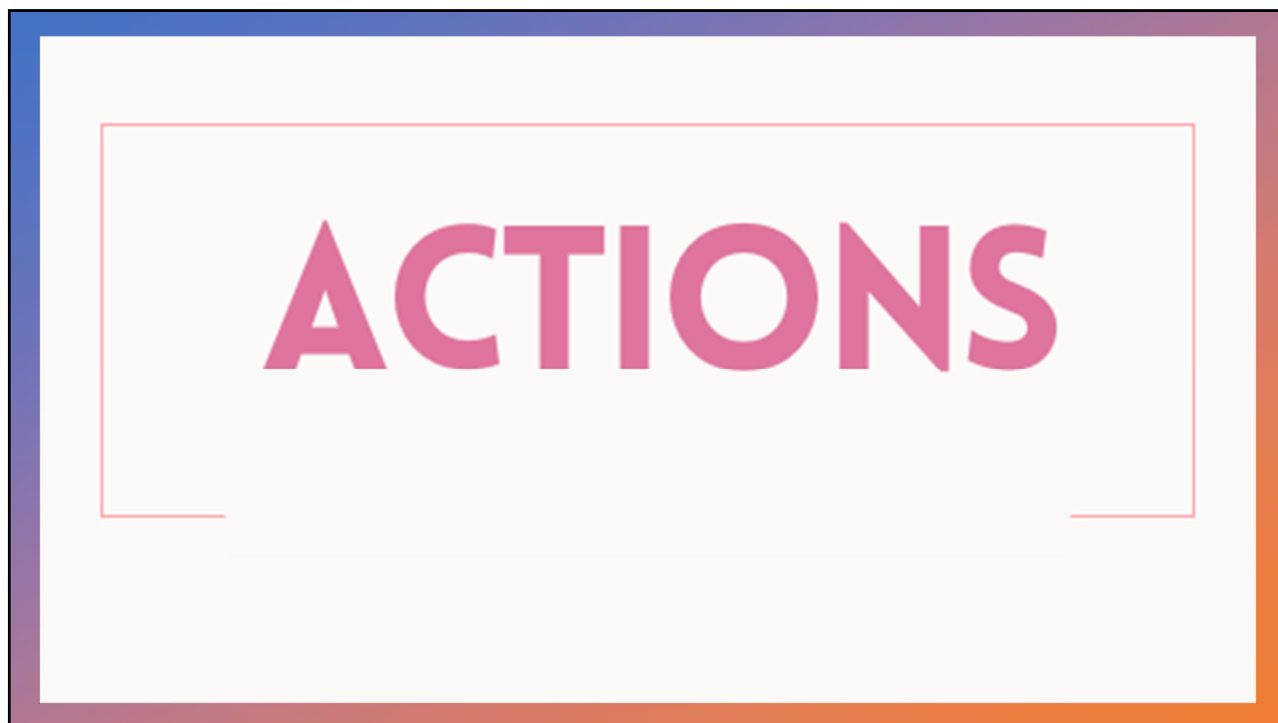


HUMOR

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NOVELTY

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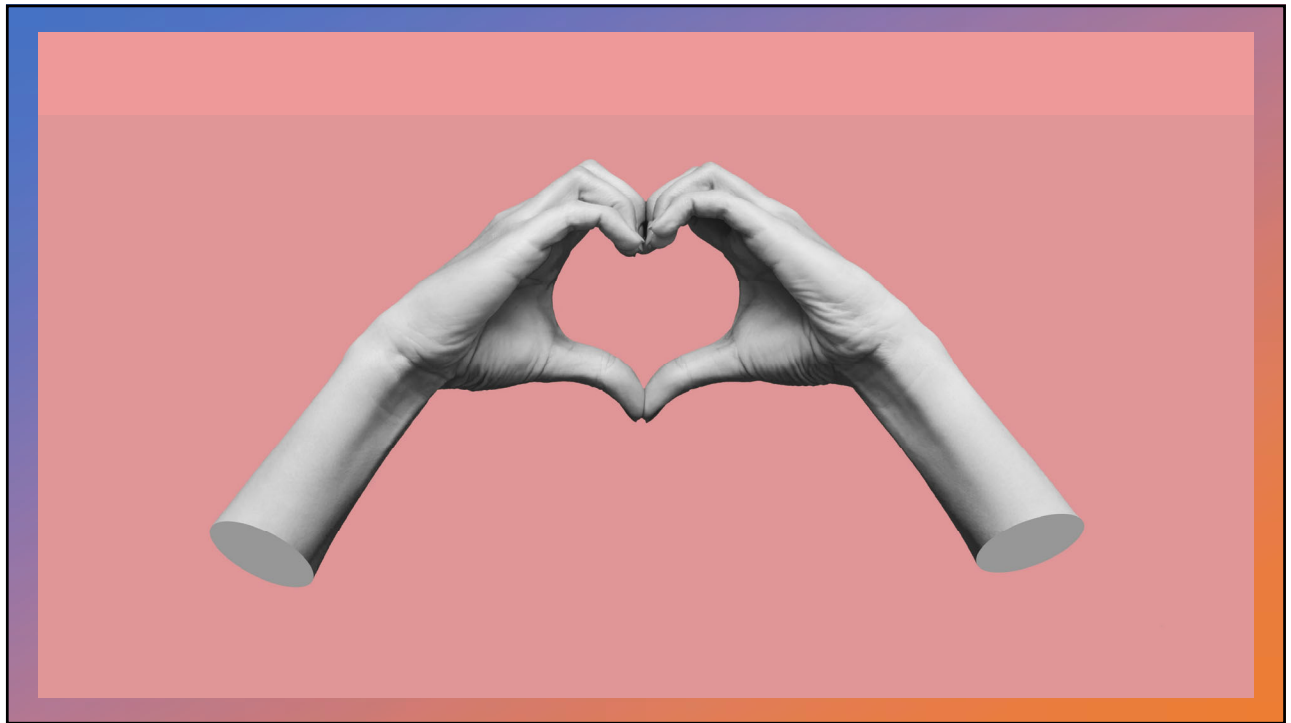
BEHAVIORS

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ALTRUISM

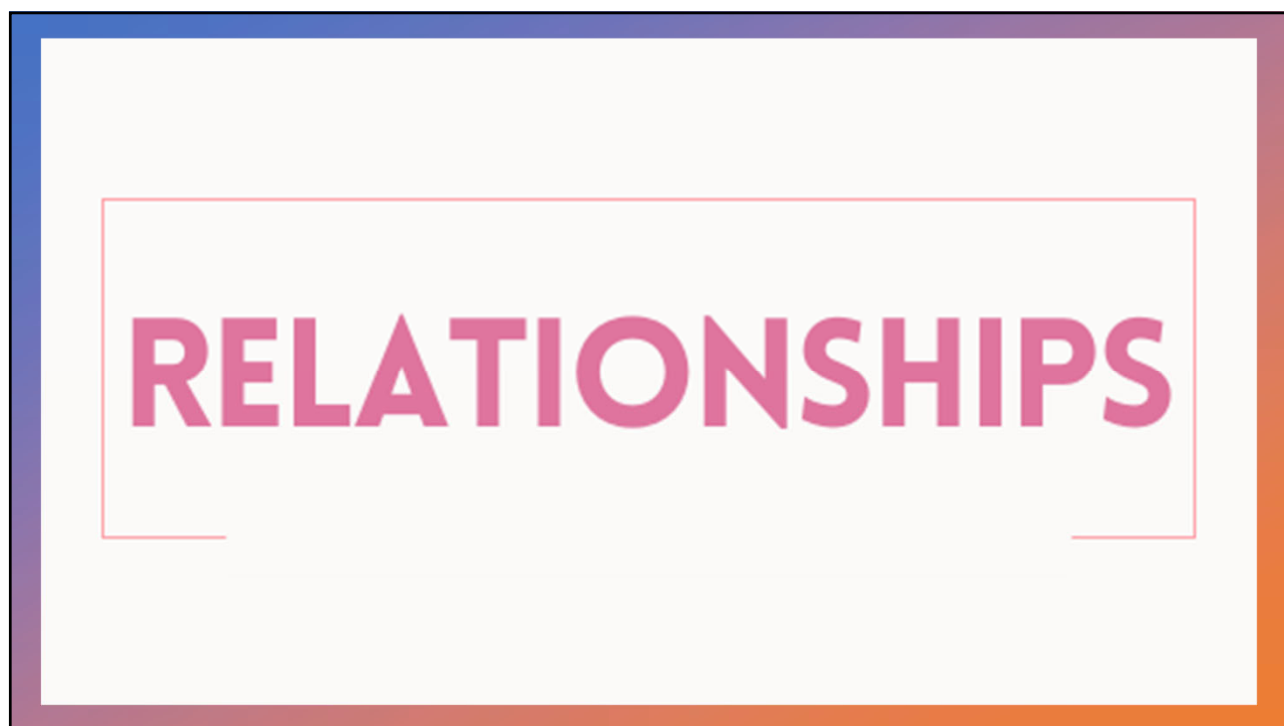
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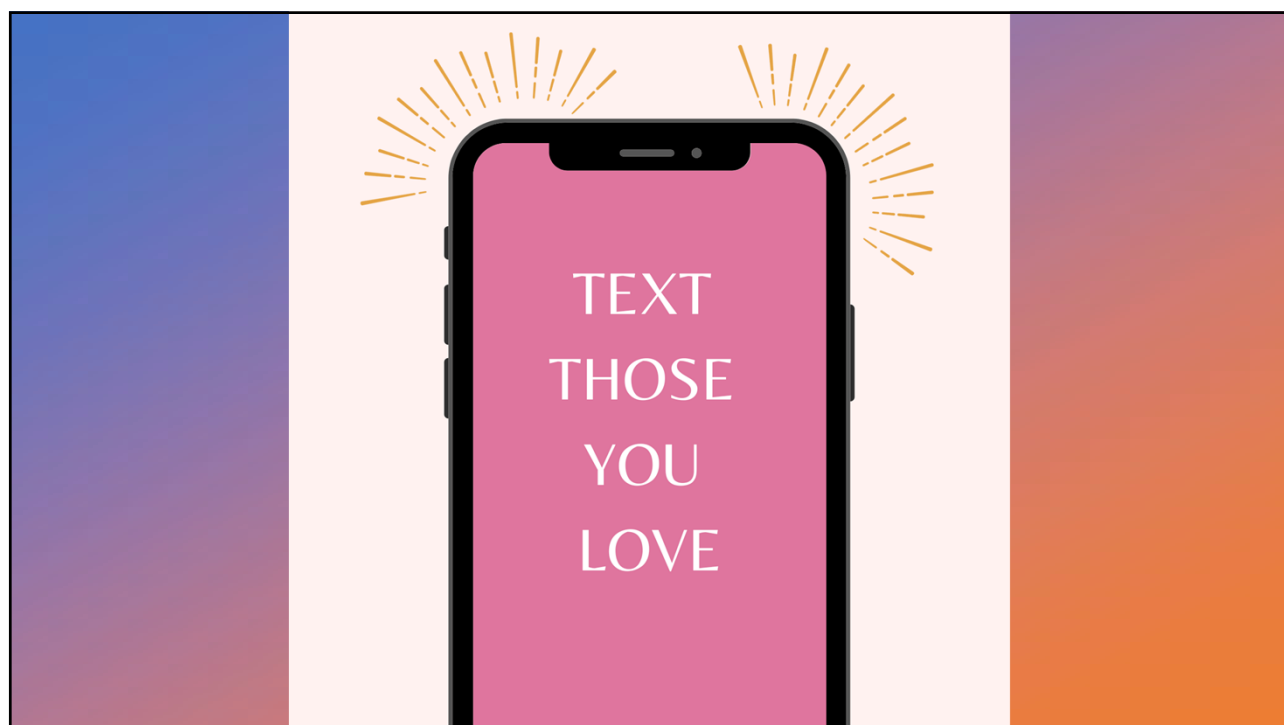
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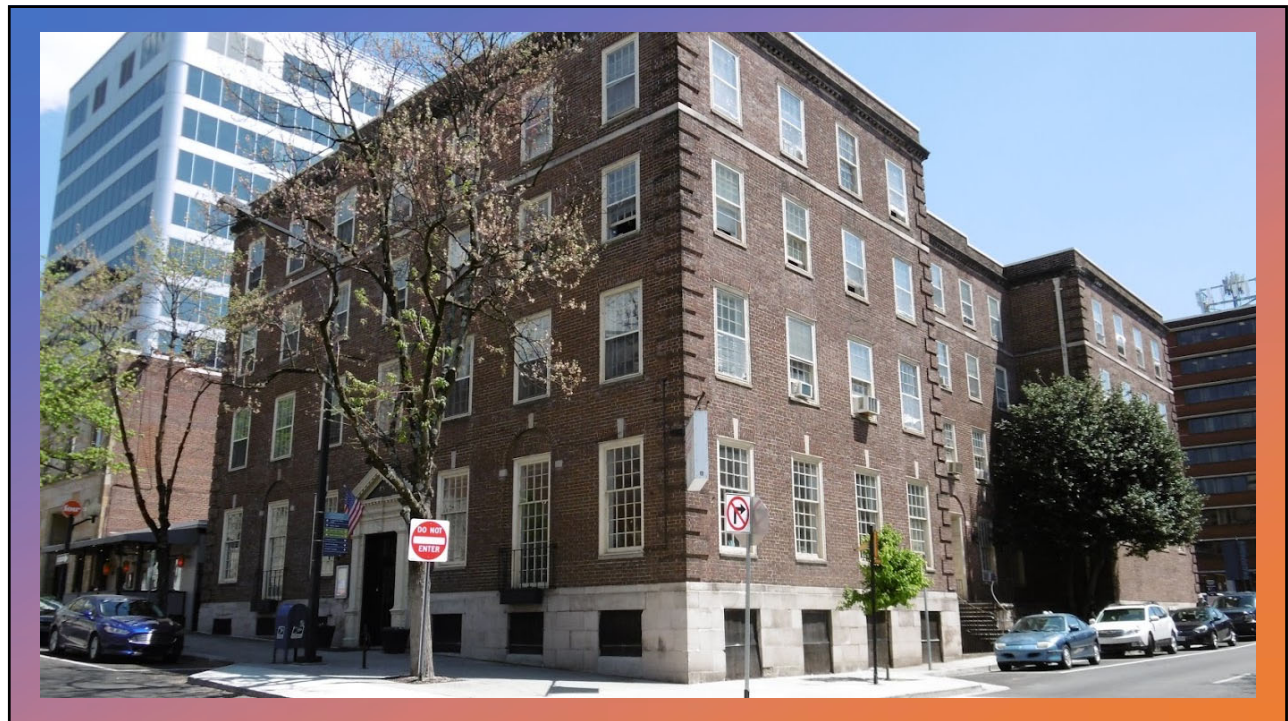
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**DID YOU HAVE
ONE MEANINGFUL
CONVERSATION
TODAY?**

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**A HAPPY HEART
IS A RESILIENT
HEART, READY
TO FACE ANY
CHALLENGE**

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**Elle
Benson**

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