

Happiness vs. Riches

Learn why they are different

Then get them both

The Basics



What is your GOAL in life?

What are your Goals

To Be Rich..... (why?)

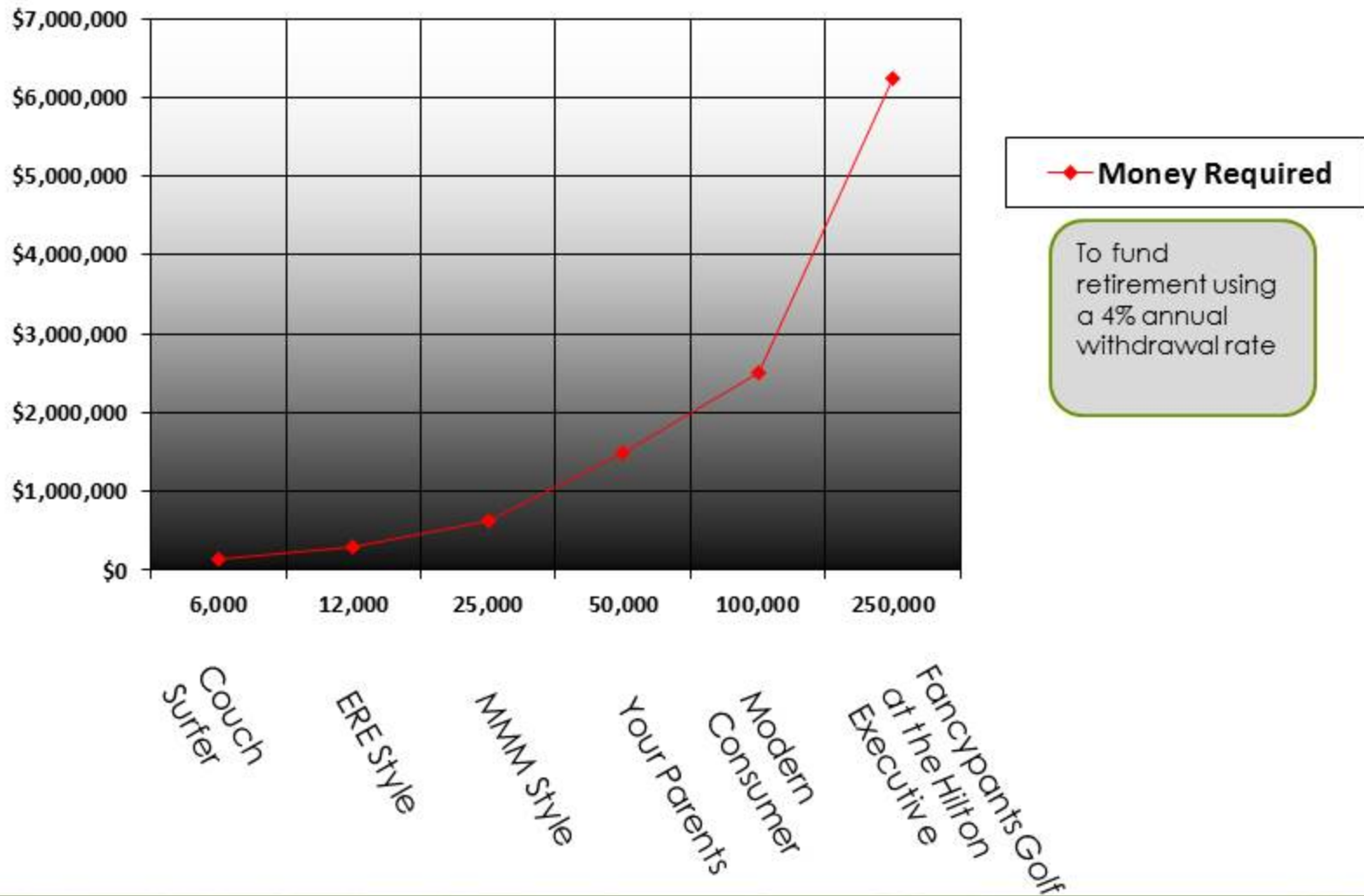
To have Money for your Needs.... (why?)

To Be Happy!

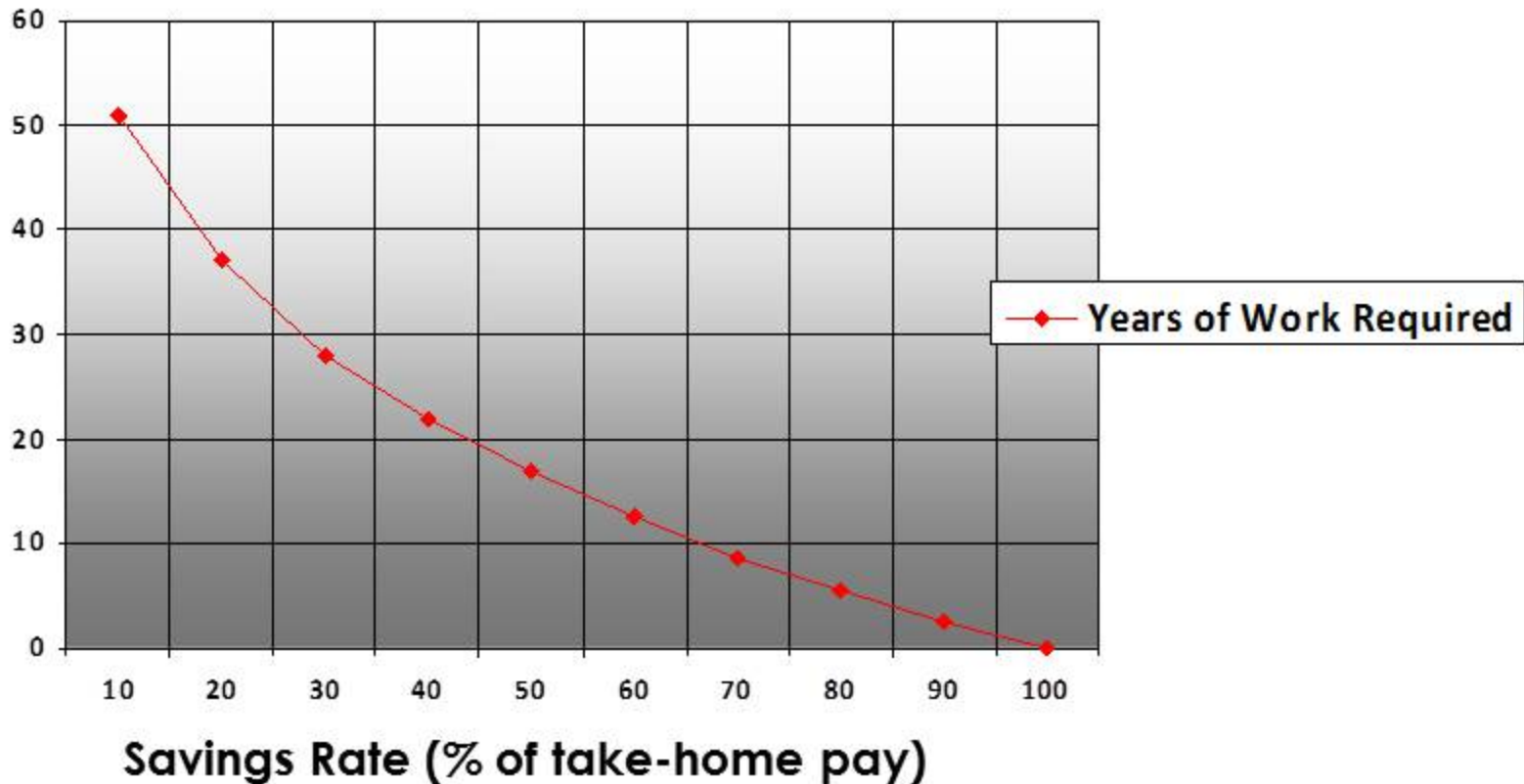
Let's Start with a review of Riches

- **Your Needs:** the amount of money it takes to fund your ideal lifestyle
- **Rich:** having enough passive income to fund this automatically
- **How Much you Need:** 25-30 times your annual **spending**, invested wisely.

Higher Desires Require More Money

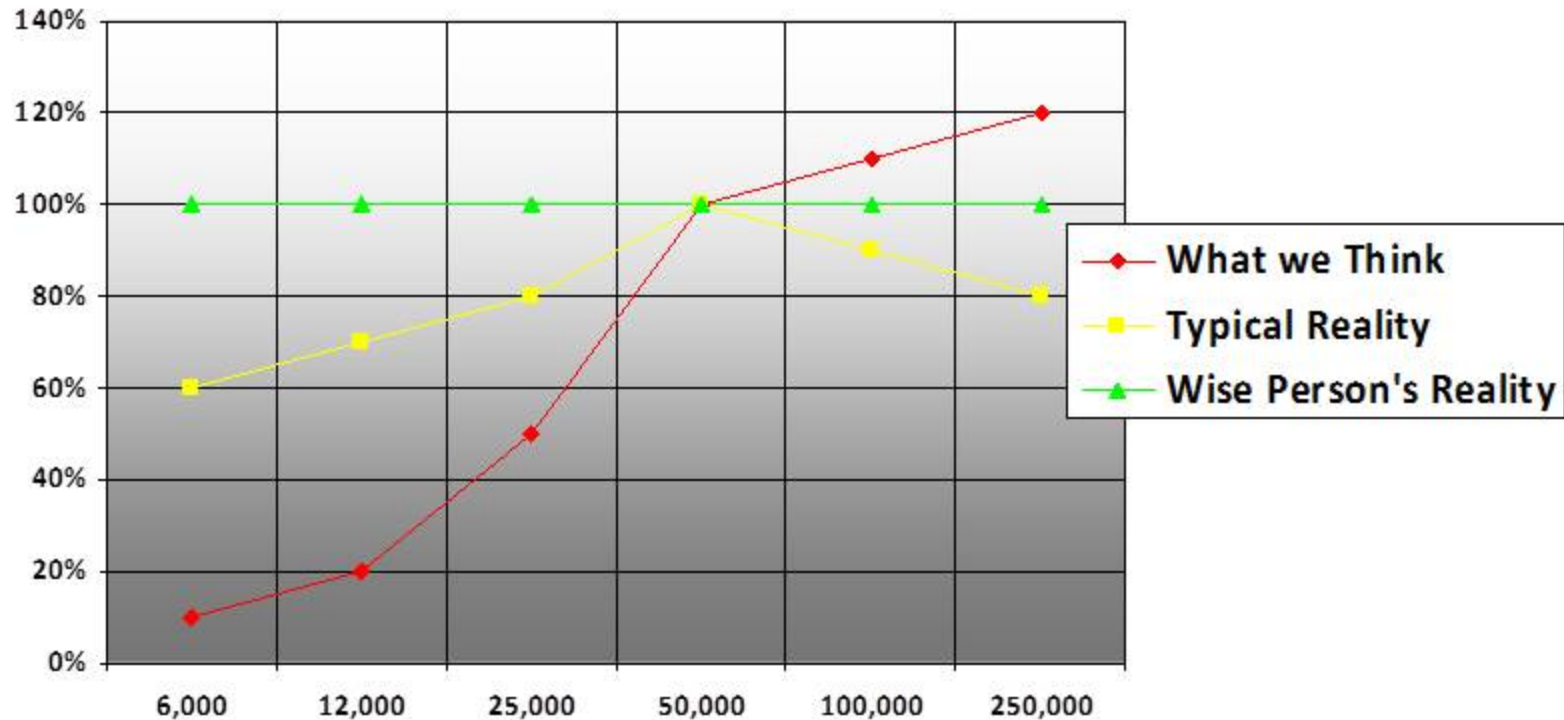


How Long to Reach Freedom?



*If I had wanted to retire at 30 AND have the Golfing Executive lifestyle, I would have needed a **\$750,000/year** Take Home Pay!*

So What's YOUR Money/Happiness Curve?



Which curve would YOU rather have? You really do get a choice.

Sliding down the Green scale is a double win. But first we need to get on that green scale!

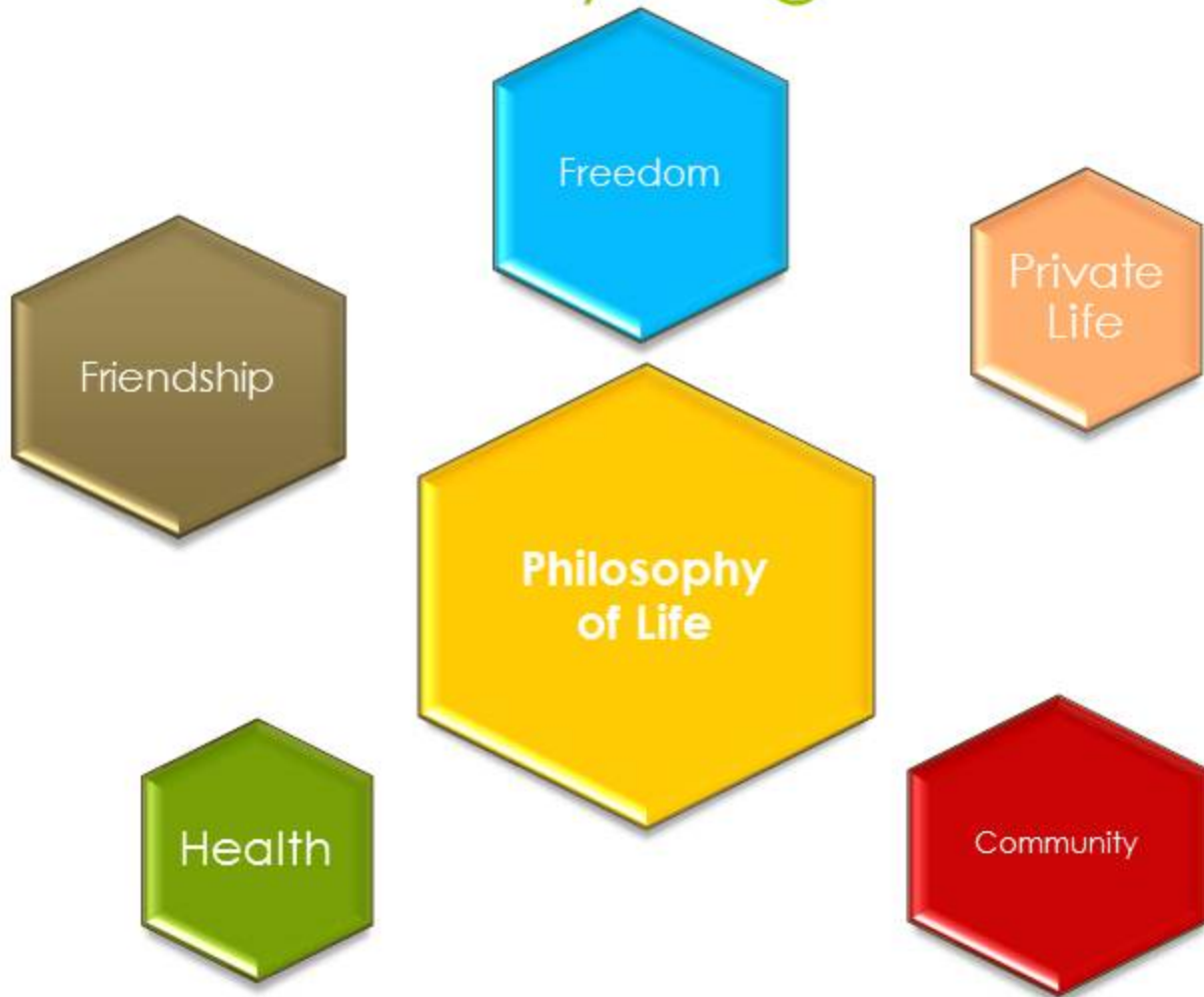
How Can I Become That Wise Green Person?

- By understanding what *really* creates happiness
- This isn't all that mysterious. Happiness is built right into your DNA, and we've been studying how it works for thousands of years
- **But oddly enough, modern (Western) society is not built around maximizing happiness!**

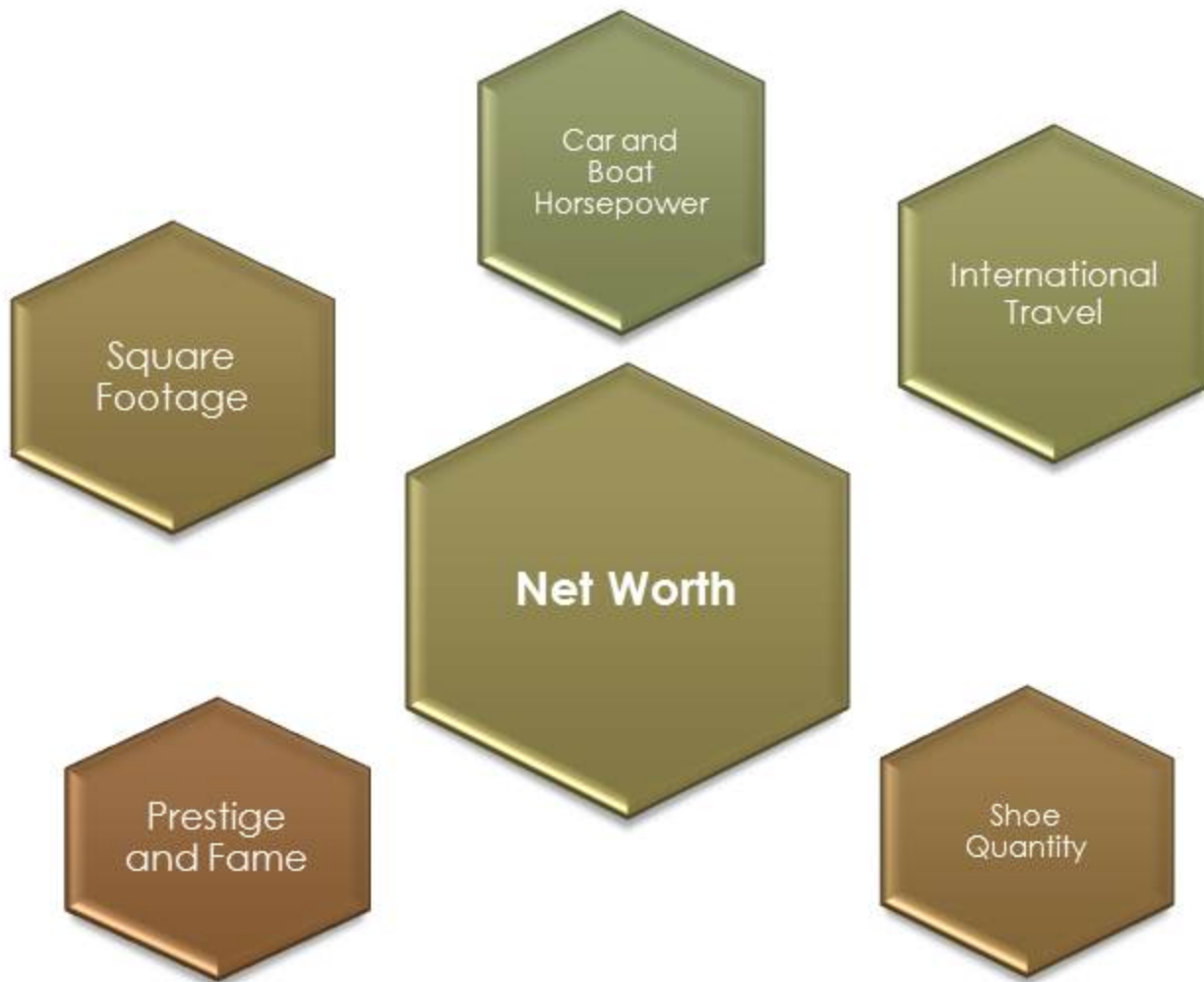
Recipe for Human Happiness



Recipe for Human Happiness: Everything Else



Notice What is Missing



Tactical Happiness Boosts

Exercise

Sleep More

Eat Better

Go Outside

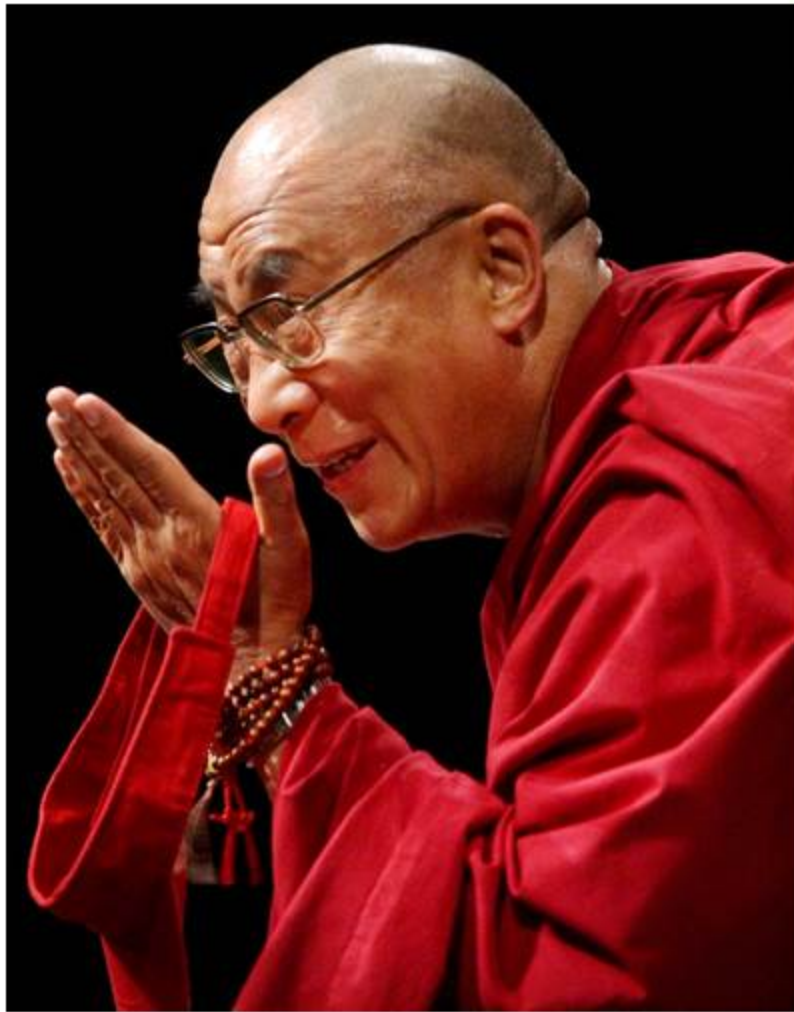
Commute
Less

Reach Out

Constant
Learning

Serve Others

Meditation
and
Gratitude



Lessons from Buddhism and the Dalai Lama

- This guy is amazing
- Read or listen to The Art of Happiness

Temporary vs. Permanent Happiness

- **Temporary:**

The kind that happens when everything is going your way

- **Permanent:**

When you have the confidence that you will be OK, no matter what

Permanent Happiness

Beginner: You are confident that you have enough money to solve any problem that might come up.

Intermediate: Confident that even if you lose your money, job, mate, you could rebuild your life.

Advanced: You are confident that your happiness does not depend on any of these external factors. It is purely from within.

Lessons from Buddhism

Training of the Mind: You are born with a mind preprogrammed for survival, not happiness. But it can be reprogrammed. Just as you can change your understanding or knowledge, you can change your emotional responses – the way you feel.

Change: It is part of everything. To resist it is to cause your own suffering.

Suffering: Is natural, and it is the creation of your own mind. You are not a victim.

Definition of Ultimate Happiness: Freedom from any sort of suffering at your innermost level.

Greed: Although triggered by the desire to obtain something, it is not satisfied by obtaining it. Therefore it becomes limitless. **The antidote is Contentment**

Genuine Compassion for All People: not just people who are your friends and family. As Humans, you have much more in common than you have differences.

So now that we have the power, what do we do?

- Design your lifestyle to cost whatever you want.

Category	If Money were No Object	\$50,000 Spending	\$10,000 spending
Housing	Medium-sized custom house	Standard house or Apartment	Good Housemates or Creative Arrangements
Food	Fancy Recipes, frequent restaurants	Fancy Recipes, occasional restaurants	Fancy Vegetarian Recipes, meals with friends
Transportation	Planes, Trains, Cars, Bikes	Less Planes and Trains, some Car, more Bike	Mostly Bike, Bus, share rides with friends
Vacations	International, domestic, active/camping	Mostly domestic, active/camping	Mostly local trips, active/camping,
Friends, Family, Helping People, Constant Learning	Yes	Yes	Yes
Other Luxuries	High	Medium	Low

The Counterintuitive Benefit of Lower Spending

Category	If Money were No Object	\$50,000 Spending	\$10,000 spending
Typical Effort	Low	Medium	High

- Which level of effort brings us the most satisfying life?

Tilting the Playing Field

- **You Can Optimize Spending**
(by learning from experts in forums, etc)
- **You can Optimize Earning**
(by becoming a self-development guru)
- **You can Optimize Investment Returns**
(by understanding stock investing really well, or by getting into real estate or smaller high-yield opportunities)

Everything on One Page

For Riches and Happiness:

- Focus on **Happiness**
- Train your **Mind** First
- Then **Optimize** Everything Else

Resources

- The Art of Happiness (Dalai Lama)
- 50 Prosperity Classics (Thomas Butler Bowden)
- The Four Pillars of Investing (William Bernstein)
- Your own recommendations?