Pertinent info on “Making Time to be Happy” from The Happiness Project

Suggested readings: Chapter 5 “Be Serious about Play” pgs. 112 - 140, Chapter 9 “Pursue a Passion”, Pages 221-234

Notable points from the book regarding “Making Time to be Happy”:

- “studies show that the absence of feeling bad isn’t enough to make you happy, you must strive to find sources of feeling good...One way to feel good is to make time for play” p. 112

- “Research shows that regularly having fun is a key factor in having a happy life; people who have fun are twenty times as likely to feel happy.” p. 113

- Secrets of Adulthood:
  - What’s fun for other people may not be fun for you - and vice versa.
  - What you do every day matters more than what you do once in a while.
  - You can choose what you do; you can’t choose what you like to do

- First Splendid Truth: To think about happiness, we should think about feeling good, feeling bad, and feeling right, in an atmosphere of growth. p.170

- Twelve Commandments: #6 - Enjoy the Process; #9 - Lighten up

- Definition of Play “ researchers define (play) as an activity that’s very satisfying, has no economic significance, doesn’t create social harm, and doesn’t necessarily lead to praise or recognition.” p. 112-13.

- Three categories of fun: 1) challenging fun; 2) accommodating fun; and 3) relaxing fun.

- Additional strategies from the book for getting serious about fun:
  - Take time to be silly
  - Go off the path
  - Start a collection
  - Indulge in a modest splurge
  - Pursue a passion
  - Make time
  - Forget about results