

How to Increase Your Happiness Set Point

The Happiness Set Point is a theory that says 50% (or more) of your happiness is determined by genetic factors. The rest of your happiness level is determined by where and how you live your life, and your mindset. Studies have shown the most powerful way to increase your happiness set point is to engage in altruistic activity and to have a purpose.



How to increase your happiness set point

According to Happiness Set Point Theory, happiness is:

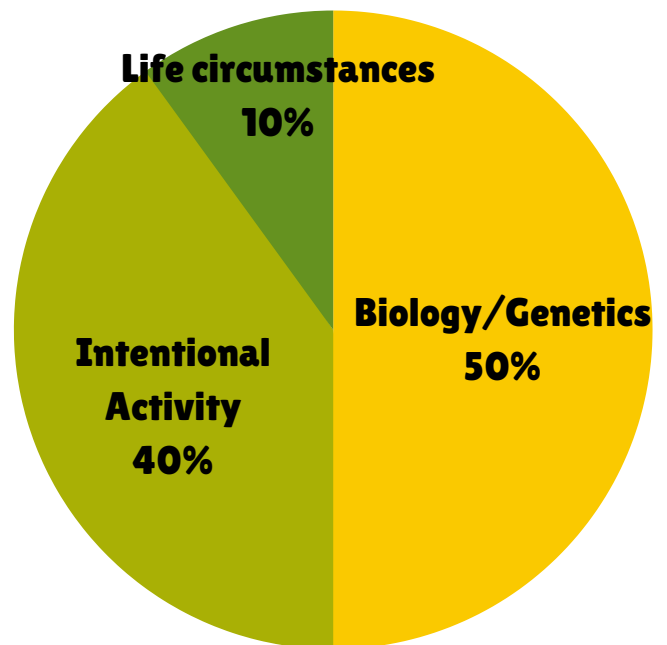
- 50% genetic
- 10% according to your life circumstances
- 40% within your control

The best way to increase your happiness set point is to help others and to have a purpose.

You can also focus on consistently building activities into your day that improve your mood, like:

- Gratitude
- Meditating
- Exercise
- Practicing mindfulness

What determines happiness?



Source: Sonja Lyubomirsky, Kennon M. Sheldon, and David Schkade, 2005