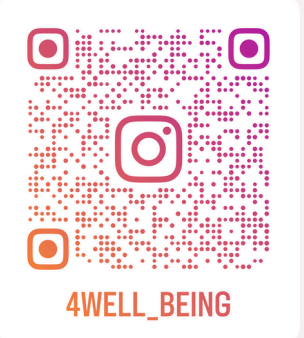


Discover the secrets to happiness

AUTHORS

412192291 陳恩祺 412200206 駱郁臻
412192136 傅蕭萱 412200141 廖葦晴



INTRODUCTION

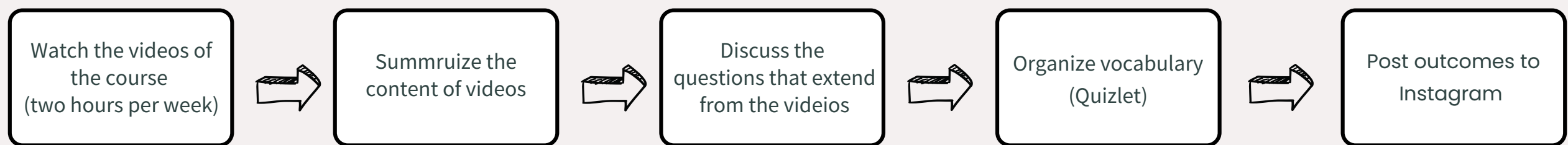
Why we choose this topic?

Many students lose balance of stress and happiness in their life, also four of us do, so we hope to find the way to gain more happiness in our life.

How it relates to future aspirations ?

We can know what can make us happy and avoid doing things that do not actually bring us happiness. In addition, we can learn how to make plans and put them into practice.

METHODOLOGY



LEARNING OUTCOMES

Misconceptions about happiness



Why our expectations are so bad?

- Why does miswanting occur?
Our minds are built to get used to stuff, and we did not realize it.
- How to increase positive mood?
Try to do nice stuff and make a new social connection.



How can we overcome our biases?



Do not rely on stuff that sticks around for happiness. Short experiences can avoid getting used to stuff.
If we already have it, then try to recall those good experience and make it as if it is your last.

Putting strategies into practice

Fix and promote a healthy environment.
Make your goal specific. Think about degree of quantitative precision and both obstacles and outcomes.

WOOP method

- W Wish
- O Obstacle
- O Plan
- P Outcome

REFLECTIONS & IMPLICATIONS

SKILL UPDATE

- Increase our English reading and listening skills from the course
- To finish the work on deadline, we had to control our time

TEAMWORK

- This self-learning project let me practice how to work as a team
- Division of labor and cooperation can enhance efficiency
- Everyone plays different roles. If someone did not finish their own part our progress would be incomplete and delayed
- Communication between team members was crucial



WHAT WE HAVE LEARNED

- Always find a good reference point, so that we wouldn't let our subconscious get the better of our happiness
- Using If-Then plan to be closer to achieving our goals
- Money and shopping can not increase our happiness
- We often do not feel like comparing ourselves to others, but we may be happier if we do not compare

REFERENCES

[The Science of Well-Being. \(2020, September 19\). Coursera.](#)

CONCLUSION

In the end, we didn't quite reach our initial goals. However, we shouldn't be too upset about it, through our efforts and teamwork we did manage to connect with viewers that saw our posts. Our posts are simple enough that it's easy to read but also has detailed explanations in the description, the layout and aesthetic of the project was chosen with plenty of thought. Our strategy of planning everything out beforehand but also adapting to the situation is a quality that could be applied for future projects.