Solve for Happy - Engineering Happiness

Mohammad Gawdat, Chief Business Officer, Google [X], U.S.
Chief Business Officer - Google [x]  (On Sabbatical)
Serial Entrepreneur, Board Member & Investor
Author - Solve For Happy (2017)
A fatal exception has occurred at 0028:00011E36 in UDR UMM(01) - BUDDNER. The current application will be terminated.

- Press any key to terminate the current application.
- Press CTRL+ALT+DEL again to restart your computer. You will lose any unsaved information in all applications.

Press any key to continue
The Gravity Of The Battle Means
Nothing To Those At Peace

#10MillionHappy
OneBillionHappy
Why is Happiness Sometimes Hard To Find?
We Are All Born Happy!

Happiness Is Our Default State
Happiness Is Our Default State

But Then We Become …

Logical!

When I was young, it seemed that life was so wonderful,
A miracle, oh it was beautiful, magical.
And all the birds in the trees, well they'd be singing so happily,
Joyfully, playfully watching me.

But then they send me away to teach me how to be sensible,
Logical, responsible, practical.
And they showed me a world where I could be so dependable,
Clinical, intellectual, cynical.
We Are All Born Happy!

Happiness Is The Absence Of Unhappiness

Happiness Is Our Default Setting
What is Happiness?
What is Common Amongst All Your Happy Moments??

I feel happy when ....

- I have a good cup of coffee
- I listen to music
- I learn
- I express myself freely
- I'm with people I love
- I see my daughter smile
What is Common Among All Your Happy Moments??
The Happiness Equation

Happiness \geq \text{The Events of your life} - \text{Your Expectations of how life should behave}
The Blank Brain Test

Think Of Something That Makes You Unhappy
1 12 65 12 18
7 273 321 77 15
22 19 564 99
A Full Cycle Simulation

$T(0)$ - Happy

$T(1)$ - Unhappy

$T(2)$ - Happy Again

Question (1) Has any event happened in the real world between $T(0)$ & $T(1)$?

Question (2) Would anything happen in the real world if you remained at $T(1)$ longer?
It’s The Thought
That Makes Us Unhappy
Let me introduce you to …

your suffering machine
The Happiness Model

6 Grand Illusions
- Thought
- Knowledge
- Self
- Time
- Control
- Fear

7 Blind Spots
- Filters
- Assumptions
- Memories
- Predictions
- Labels
- Emotions
- Exaggerations

5 Ultimate Truths
- Change
- Love
- Now
- Death
- Design
Join the Mission #10MillionHappy
Share What You Learn
OneBillionHappy.Org
Please send a prayer, a happy wish to Ali.
Solve for Happy