

Second International Seminar on Happiness

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Toward Creating A Sustainable Happiness Footprint

ABSTRACT

How do we create a ‘sustainable happiness footprint’? Whose happiness should we be concerned with? Is it possible to be “successful” in happiness? Are there “mature” and “immature” forms of happiness?

To create long-term, sustainable happiness, we need to focus and measure the long-term impact of our personal and professional decisions on happiness, and whose happiness we affect - at work, in governing others in any kind of group, and in our personal lives. We can measure and map where we are going and where we’ve been in terms of our happiness, and we need to, if we are to create a lasting, meaningful and worthwhile contribution to the wellbeing of our world. Happiness deserves careful planning and consideration. For some of us, we affect the happiness and wellbeing of others - whether our own families, or employees, our boards, our children – and perhaps even those we govern.

Gross National Happiness is a development approach designed to create maximum opportunities for happiness for the maximum number of people, the goal being to reflect a more harmonious, mature, responsible, and disciplined form of happiness. Happiness takes effort. Explore the pillars of “GNH” - as well as the principles of neuroscience and the arts - to examine sustainable happiness as a strategy to help you maximize your happiness impact.

This entertaining talk will give you concrete tools to begin to create a sustainable happiness footprint for yourself and those you influence and care about, whether in your personal life or not - and have a little fun doing it.

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