

# HAPPINESS MYTHS YOU SHOULD STOP BELIEVING



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*What is your definition of happiness?*

*We are so delusional when it comes to happiness. We buy into false thoughts of happiness all the time without even thinking about it.*

## “MORE IS BETTER”

*Wouldn't it be better to do fewer things but really do them well?*

## “WE ARE WHAT WE ARE”

*The majority of your personality traits are very alterable. Do you believe your life is fixed or do you believe there's a chance to grow?*

## “PAIN IS BAD...PLEASURE IS GOOD”

*We avoid anything that's painful. Most of the things that would drive happiness overtime cause a little pain.*

## “LASTING CONNECTION CAN COME FROM AN APP”

*A connection is something that happens in the space between us. The real thing about life is you gotta live it.*

## “DOING IS THE SAME AS BEING”

*Avoid multitasking and be present.*

# reflections:

What is my definition of happiness?

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Do I feel happy in my life right now?

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Which "Happiness Myth" might I be unaware I'm living?

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How can I change my thinking to have truer happiness?

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*Notes:*