

Top Ten Ways Happiness Impacts the Bottom Line

*Success is not the key to happiness.
Happiness is the key to success.*

Albert Schweitzer

When we are happy...

1. we tend to be more optimistic
2. we use more creative and holistic thinking
3. we are more alert and attentive to new possibilities and ideas and less resistant to change
4. we are more social and more able to create positive alliances and relationships
5. we are more tolerant and forgiving, reaching across barriers that might otherwise negatively inhibit or restrict us
6. we are less self-focused and more cooperative thus allowing for more opportunities to share information and resources for the good of the larger organization
7. we are less likely to be easily discouraged or dissuaded from what we want to accomplish
8. we often make more money because we are more likely to stick with a job or project until we are successful
9. we are healthier and suffer fewer debilitating incidents that might cause us to miss work.
10. we live longer. (A new study out of Holland shows that optimists may live 8-9 years longer.)

sources: [Learned Optimism](#) and [Authentic Happiness](#) by Martin Seligman

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