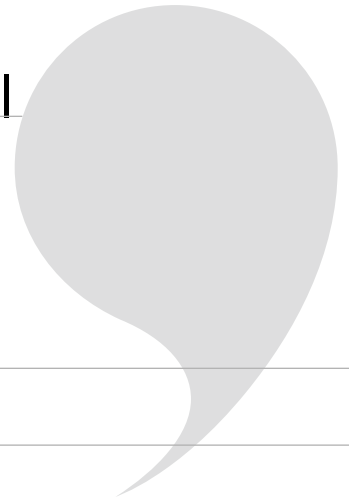


Happiness and the Hedonic Treadmill



What does the Hedonic Treadmill show us about most people's rates of happiness and sadness throughout life?

Circle the activities are more likely to cause a lasting impact on happiness.

Learn a new hobby

New shoes

Travel

New car

Donate your time or money

Lunch with friends

Get the latest phone

If you received a million dollars tomorrow, what are some ways you could use the money to maintain a higher level of happiness?
