



OkDork by
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4 Ways to be Happier

How I learned to spend my
money for optimal happiness.
And how you can do the
same.

4 Lessons for Happiness

After my biggest "rich asshole" moment where I wasted money on a \$74,000 Jaguar, and started acting like a jerk, I decided to re-evaluate how I was spending. Here's what I realized about spending money on ways that optimize happiness.

Reduce your time, energy, or money on annoyances

For example, I hate meetings. To help me minimize my time on meetings, I set agendas. How can you minimize your time, energy, or money on annoyances?

Find the things that REALLY matter

Here's a mantra: "Spend your money where you spend your time."

Do you have an annoyingly long commute and your car makes it really uncomfortable? Maybe you should spend money on a nice car.

Test things out to see what gives you optimal happiness before you buy.

You SHOULD be EXCITED

If you buy something, and there's a heavy sense of regret, panic, or frustration... it's time to re-evaluate your purchase. When you buy something, you should be excited about the time, energy, or long-term money it saves you. (Feeling a bit nervous is OK, but it shouldn't be overwhelming.)

Mistakes will always happen

You'll probably spend money, time, or energy on things that don't work out. It's OK because mistakes happen. Instead of dwelling on the mistakes, use them as a chance to learn.



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