

HAPPY PEOPLE, HAPPY CHOICES



What is it?

Emotions, such as happiness, can have a powerful influence on choice. For instance, when people are in a positive mood, they are more likely to be optimistic about favorable events occurring, to think abstractly rather than focus on immediate concerns and to evaluate people and objects more favorably.

How to hack Happy people, happy choices at work

A lot of us are guilty of toadying to our bosses when it's time for a raise, promotion, or a performance evaluation. Then there are those cases when the rest of the office judges for taking it too far! But maybe you don't need to take the boss out for lunch every Monday for 3 weeks just so you can ask to take off the week before Thanksgiving. Maybe, all it takes is a moment of optimism in his day to take you one step closer to what you want. Let's say you've been waiting a while to ask your boss for what you think is a well-deserved raise. One day, you notice him on a big conference call he's been waiting for all week to discuss big news for the office. You catch him hanging up the phone, saying things like "I'm excited for this opportunity" or "I can't thank you enough". Obviously, he's in a good mood. Now's the perfect opportunity to pop the question! Since he's a happy guy at the moment, he's more likely to make you happy as well!

