

A vintage map of Africa is the background. The map is yellowed and shows various regions and cities. A green horizontal bar is at the top, and another green horizontal bar is at the bottom. The text is centered in a white box in the middle.

Presented by BU Happiness College

Lessons from the World's Happiest Countries

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"True happiness involves the pursuit of worthy goals. Without dreams, without risks, only a trivial semblance of living can be achieved" -
Dan Buettner



Which Places Are the Happiest?

The Blue Zones Project



Japan



Italy



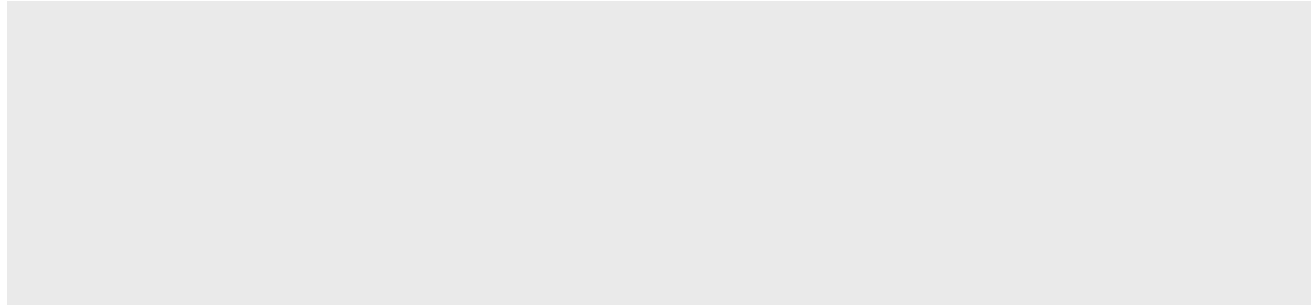
Costa Rica



Greece



California



The Blue Zones of Happiness Project



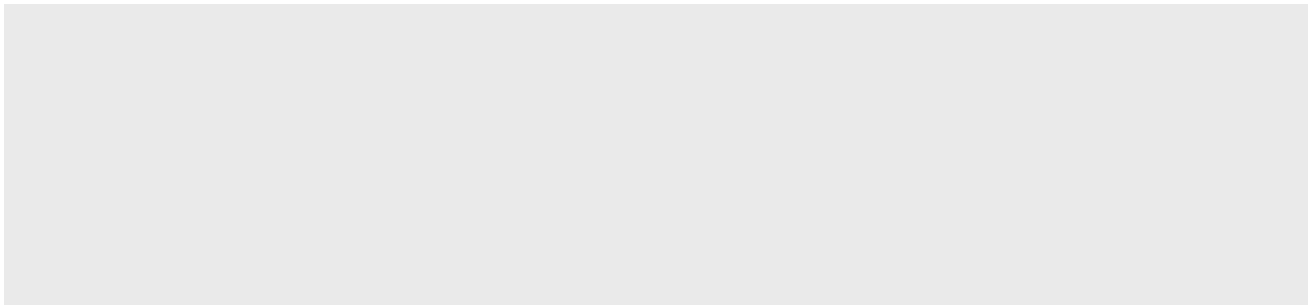
Denmark



Costa Rica



Singapore



The World Happiness Report



Finland



Denmark



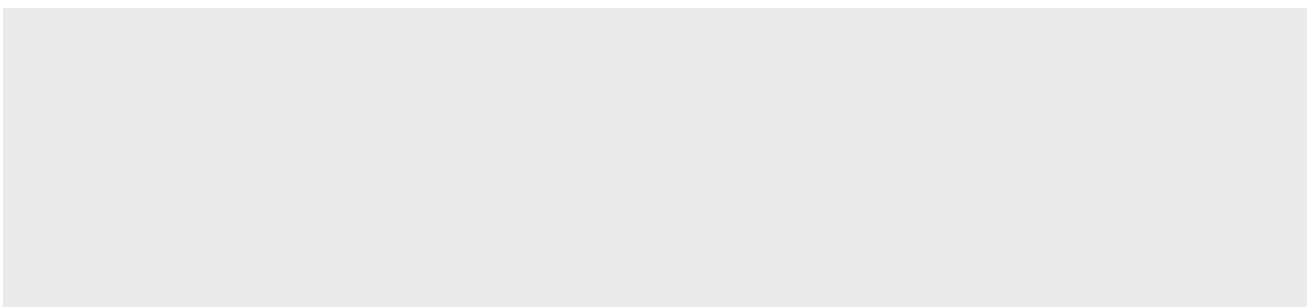
Switzerland



Iceland



Netherlands





The 3 Types of Happiness Examined



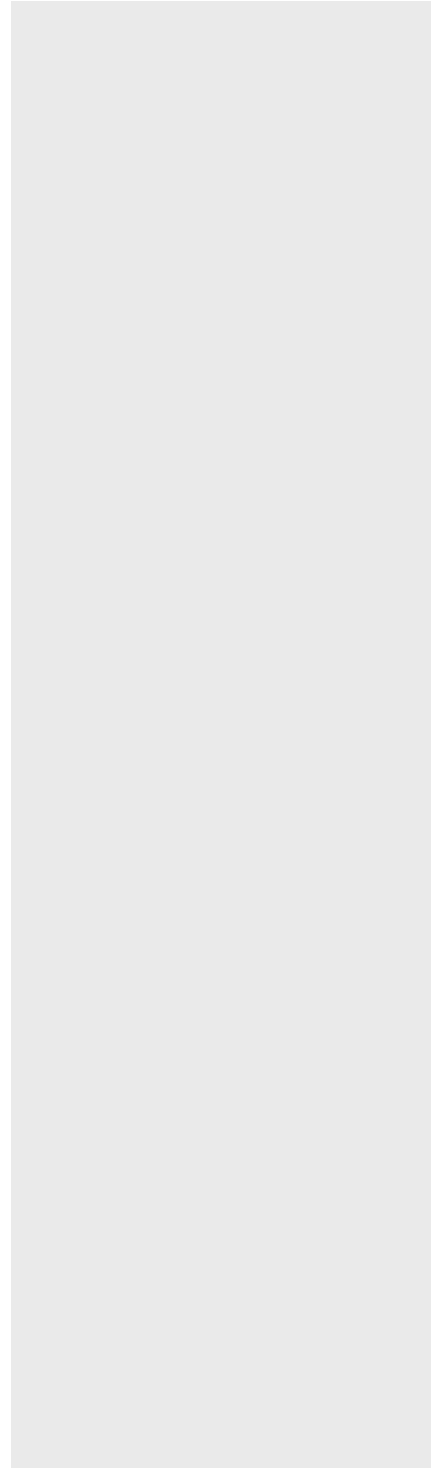
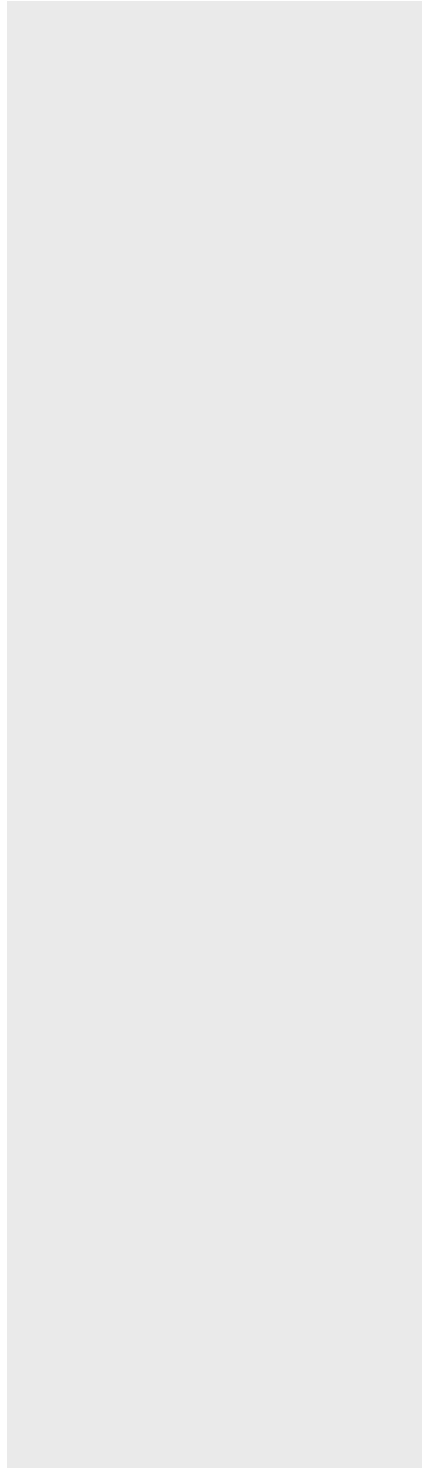
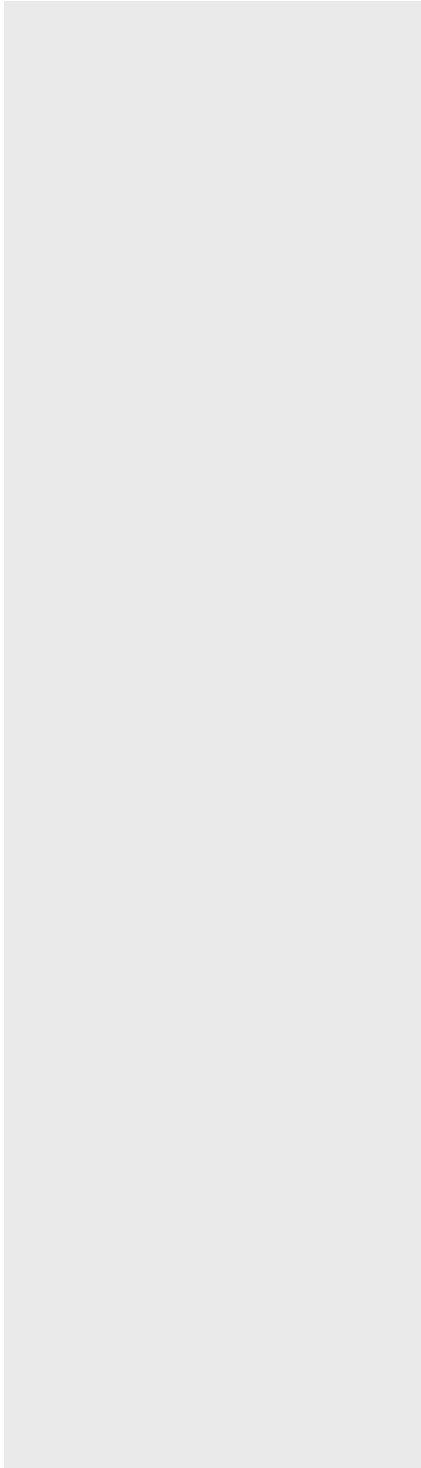
Pleasure



Purpose















Pride





The Blue Zones of Happiness Test

1. You live with a loving partner 
2. You spend 30 minutes of quality time with your kids at least 5 times per week 
3. You have a pet 
4. You spend less than one hour watching TV, on social media, or playing video games per day 
5. You have people in your life whom you can confide in after a difficult day 
6. You eat at least six servings of fruit or vegetables daily 
7. You meditate at least once a week 
8. You visit the doctor and dentist at least once per year 
9. Your home has good natural light 
10. You live near nature, whether it's a park close by, houseplants or a fish tank inside, or a window through which you can clearly see greenery 
11. You can articulate your sense of purpose or life mission 
12. You take care of others (for example; volunteering, caring for aging parents, or caring for sick children) 

Source: The Blue Zones of Happiness (book) by Dan Buettner



Top 10 Tips from the Happiest Countries



Prioritise friends & family



Exercise daily



Live with someone



Get involved



Contribute to other's happiness



Savour life



Learn to be likable



Make a best friend at work



Set meaningful goals



Monitor your health

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...