

Why happy people earn more money

By **Invest More** - March 2, 2019



<p class = "canvas-atom text-canvas Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "It is generally assumed that [greater wealth leads to happiness](#). In fact, several studies have attempted to determine the magic income level for happiness, including the often quoted 2010 Princeton University study that increases happiness when income rises to \$ 75,000 per year. do not improve by winning more. A more recent study conducted by Purdue University in 2018 found that \$ 75,000 was still the target income for emotional well-being, but for real satisfaction, the ideal income was \$ 95,000. "Data-reactid = " 22 "> In fact, several studies have attempted to determine the magic income level for happiness, including the often quoted 2010 Princeton University study that happiness increases when income rises to \$ 75,000 a year.) A more recent study conducted by Purdue University in 2018 found that \$ 75,000 still constituted the target income for emotional well-being, but for real satisfaction the ideal income is 95 000 USD.

But instead of wealth leading to increased happiness, the opposite may be true: happiness leads to increased wealth, and several studies support this idea.

<p class = "canvas-atom canvas-text Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "For example, a research paper published in the & nbsp; The work of the National Academy of Sciences of the United States of America has revealed that teens and young adults who are more satisfied with their lives earn much higher incomes later in life. & nbsp;For example, a research paper published in the Proceedings of the US National Academy of Sciences found that teens and young adults who declare themselves more satisfied with their lives are earning much higher income levels later in the year..

<p class = "canvas-atom-canvas-text Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "So, [do you want to increase your happiness](#) to better perform at work and increase your personal wealth? If this is the case, you must have a better idea of why happy people are able to earn more money. "Data-reactid = " 25 "> Do you want to increase your happiness in order to better perform at work and increase your If that's the case, you need to have a better idea of why Happy people are able to earn more money.

Happy people take an optimistic approach

Satisfied employees tend to earn more money because their optimistic approach makes them more open to opportunities and new experiences, said Lynda Spiegel, HR professional and founder of the Career and Coaching Coaching Editorial Service. resume writing Rising Star.

"They are willing to accept challenges and take risks, which are both predictors of better income opportunities," she said. And, they view bad decisions as an opportunity for learning rather than a personal failure, she added.

<p class = "canvas-atom canvas-text Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "**Look: Proof that the best things in life are free**"data-reactid = " 29 ">**Look: Proof that the best things in life are free**

Happy people have fewer sick days

<p class = "canvas-atom canvas-text Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "Happiness could play a role in the general wellbeing Happy employees tend to spend more time at work and less time at the office on sick leave. According to a study published in The Park Place Economist of Illinois Wesleyan University, happy employees stay at home 15 days less a year, on average, than unhappy workers and live up to 10 years older . "Data-reactid = " 31 "> Happiness can play a role in overall well-being Happy employees tend to spend more time at work and less time at the office on sick leave. According to a study published in "The Park Place Economist" at Wesleyan University in Illinois, happy employees stay at home 15 days less a year on average than unhappy workers – and live up to 10 years older .

Happy people are more productive

Researchers at the University of **Warwick** in Coventry, England, have discovered a link between happiness and productivity. In their article titled "Happiness and Productivity", Andrew Oswald, Eugenio Proto and Daniel Sgroi, economics professors, write that randomly selected people who felt happier had a productivity up to 12% higher than those of others.

Mb (0) – sm Mt (0.8em) – sm "type = " text "content = " Being productive at work has obvious advantages. boss notices your productivity [puts you in a better position for a promotion](#) and salary increase. "data-reactid = " 34 "> Being productive at work has obvious advantages: if your boss notices your productivity, it puts you in a better position for promotion and salary increase.

Happy people get better performance

"Happiness is contagious," said Idowu Koyenikan, author of "Wealth for All African Africans" and senior consultant at Grandeur Touch, a strategy and human resources consulting firm. "It impacts your colleagues and, most importantly, your customers." For this reason, happy people tend to get better performance appraisals, which usually leads to higher wages, he declares.

Employers also want staff members to be happy to boost morale and promote a good work environment, said motivational speaker Dan Stotridge. "By itself, it gives the happy people an edge over the competition, because the employer will want to do everything in its power to keep these people on the staff, which will result in salary increases, promotions, benefits, etc.," he said.

<p class = "canvas-atom canvas-text Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "**Learn more: Minimum wage you need to be happy in each state**"data-reactid = " 38 ">**To find out more: the minimum wage you need to be happy in each state**

Happy people are part of the solution, not the problem

<p class = "canvas-atom-text-canvas Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "Most people like to be part of the problem by complaining of what's wrong with the workplace, the boss or his colleagues, said [Linda Talley](#), behavior theorist and coach in leadership development. Happy people, on the other hand, tend to look for solutions to problems. "Data-reactid = " 40 "> Most people like to be part of the problem by complaining about what's wrong

with their workplace, their boss or their colleagues, Linda Talley, behavior theorist and developmental coach of leadership, said that happy people tend to look for solutions to problems encountered.

"This trust and solution-based behavior is invaluable to busy workplaces because it translates into increased productivity and results," said Lior Krolewicz, Founder and CEO of Yael Consulting, a company marketing consulting.

Happy people invest themselves

Happy people earn more because they constantly improve by learning more, by exercising and by investing in their future, said Elle Kaplan, CEO and Founder of the LexION Investment Company. Capital.

The story continues

And investing in oneself can also contribute to happiness. "I've noticed that my clients are generally happier when they invest," Kaplan said. "It's because investing in yourself is one of the best things you can do for yourself," she said.

<p class = "canvas-atom canvas-text Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "**Invest yourself for free: 20 ways to improve your health at no cost**"data-reactid = " 49 ">**Invest yourself for free: 20 ways to improve your health at no cost**

5 tips to be happier (and earn more money)

<p class = "canvas-atom canvas-text Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "If you consider yourself an unhappy person or want at [find ways to become a happier person](#)There are many things you can do to increase your happiness. By following these five tips, you will probably find more career opportunities and higher incomes. "Data-reactid = " 51 "> If you consider yourself an unhappy person or want to find a way to become a happier person, there are actually many things you can do to increase your happiness by following these five advice, you will probably see more job opportunities and higher incomes present themselves to you.

1. Be social.

Shawn Achor, the author of "The Happiness Advantage" and founder of GoodThink, has found that providing social support to others can help maintain happiness. And people who invite their colleagues to lunch, organize office activities and take over, are 10 times more likely to be engaged in the workplace than those who remain isolated and 40% more likely to be engaged. get a promotion.

2. Practice a brief, positive exercise daily.

<p class = "canvas-atom web-text Mb (1.0em) Mb (0) – sm Mt (0.8em) – sm" type = "text" content = "book search from Achor& nbsp;also suggests that you can train your brain to be positive by performing an activity such as writing three things for which you are grateful, a 10 minute workout or a two minute meditation a day for three weeks can strengthen the Optimism and satisfaction of life. "The research in the Achor book also suggests that you can train your brain to be positive by performing an activity such as writing three things for which you are grateful, the 10-minute exercise or meditation for two minutes a day for three weeks can give a boost, optimism and satisfaction of life.

3. Compliment yourself.

Leo Willcocks, author of "DeStress to Success," recommended five compliments a day on yourself for 30 days. This will put you in a position of personal power and help you feel better about yourself, he said.

4. Look on the bright side.

There are many things you can not control, but many things you can, including how you think of a situation. According to Psychology Today, studies have shown that changing thinking physically alters the brain over time. "As a cognitive-behavioral therapist, I saw first-hand what happens when people learn to change their thinking patterns," Amy Morin wrote in an article on the site. "Not only do they feel better, but their behavior also changes."

For example, by choosing to feel good about your job, you will send signals to your brain that your work is enjoyable, allowing you to work better and be more efficient.

For example, by choosing to feel good about your work, you will send signals to your brain indicating that your work is enjoyable and, therefore, you will work better and more effectively.

5. Stop comparing yourself to others.

You will not be happy or satisfied if you try to live your life according to what others think about what's right for you – you alone know what's good for you," said Jené Kapela, president and founder of [Kapela Leadership Solutions](#), a consulting firm specializing in leadership training and organizational effectiveness. Rather than comparing yourself to others, make choices that support your own values and things that promote your own well-being, she said.

You will not be happy or satisfied if you try to live your life with what others think is right for you – only you know what's right for you," said Jené Kapela, President and Founder Kapela Leadership Solutions, a consulting firm specializing in leadership training and organizational effectiveness. to others, make choices that support your own values and do things that promote your own well-being," she said.

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[Gabrielle Olya](#) contributed to the writing of this article.

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