

# If You Want To Be Happy, Ask Yourself This!

<https://silosolo.com/557758>

## Summary

The thought experiment poses the question of whether happiness is truly the ultimate goal or if there are other desires that take priority. It emphasizes that happiness is the effortless and direct path to success, leading to both personal and professional success. However, if anything or anybody is placed before happiness, it will only postpone the attainment of happiness and authentic, lasting success.

## Silo sample questions

- Is happiness really the ultimate goal?
- What is the relationship between happiness and success?
- What happens if something or someone is more important than happiness?

## Topics

Happiness as the ultimate goal

Alternatives to happiness

The relationship between happiness and success

Postponing happiness

## Key Takeaways

- The thought experiment focuses on whether happiness is truly the ultimate goal or if there are other desires that take priority.
- Happiness is described as the effortless path to success and the direct path to success.
- Putting anything or anybody before happiness will only postpone happiness and authentic success.

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