

## Happiness Dividend/Mindful Money

### Home

The future is unwritten. Embrace the freedom of this uncertainty; it allows you to shut out all the noise and focus on your goals and the path you need to follow to get there. The life you want begins with you.

### About

*True happiness never comes from money. Happiness comes from intangibles like rich human relationships, a sense of purpose, and a feeling of optimism. Planning for tomorrow brings hope and joy to the present moment, which is a true happiness dividend.*

No one—not brokers, not Wall Street pundits—knows what the future will bring. The financial media thrive on crisis, and there is always a crisis happening somewhere. The market is falling; the market is rising; if you're not in on the latest trends, you will be penniless. It's enough to drive a person crazy.

On top of that, we have internalized deep emotional beliefs about money and success, usually from our parents and grandparents, and those are, as often as not, full of contradictions and fear. On top of *that*, we have learned to treat our stress about money and the uncertain future by consuming things and activities that make us feel better right now—and these may be costing us the future we really want and need.

But reaching your financial goals doesn't mean scrimping and denying yourself every scrap of joy. It's a simple matter of acknowledging the feelings you have today (shiny new car!) and dispassionately weighing them against your priorities (retirement on Martha's Vineyard, where you will own and run a pastry shop; grandkids can visit in the summers).

The Happiness Dividend is a way to help you:

- untangle your feelings and fears about money from the reality of the financial marketplace
- set concrete goals for your future: what you need (retirement), what you really want for you (career change, vacation home, business opportunity) and your family (education), and what you want to leave behind as your legacy
- focus on the steps to those goals by ignoring all the noise and distractions that can separate you from your own happiness

You can learn to make sound financial decisions based on your values and goals. Mindfully managed money grows despite all the short-term dips and stock-market panics. Think how much more you will enjoy the life you're living right now when you can stop clicking every trending tag on the financial sites. Your wealth will work for you, and it will outlive you instead of the other way around.

So go ahead and be subversive! Resist the distractions of the hot stock, the shiny new toys flaunted by your peers, and the constant temptations from advertisers to spend, spend, spend. These things may bring you a temporary joy, but they will ultimately derail your plans for what *you* want for your life, your family, and your legacy.

*By following what Buddhists call “the middle path,” we will find our way to financial sanity and earn what I call our happiness dividend—the joy and satisfaction that come from a life well lived.*

If you can incorporate a few simple changes into your behavior and beliefs about money, you will not only achieve the financial future you really want, you will be able to relax and live your life right now in the peaceful awareness that you are on the path to success. That is the happiness dividend.

### **Speaking**

*What are the things we absolutely require in order to live a happy life? Most of those things won't be things.*

Jonathan K. DeYoe has shared the principles of the Happiness Dividend and the Mindful Money Movement with investors, professionals, and students across the country. He combines decades of professional experience in the financial industry with a background in Buddhism and mindfulness training for a sane, balanced approach to managing wealth without sacrificing well-being.

In addition to giving his own presentations, Jonathan has moderated or participated in panel discussions for many institutions, including the following:

- UC Berkeley
- Graduate Theological Union
- Eaton Vance
- PEAK Advisor Alliance
- LPL Financial
- DeYoe Wealth Management
- Genworth/AssetMark
- East Bay Regional Parks District
- Vocari

He welcomes speaking opportunities at conferences and events promoting the core message of holistic success and wellness. He enjoys sharing the simple guidelines to living a life that embraces financial security and personal happiness.

You can see a few of his [topics and sample videos](#) here.

For availability and stipend information, please send an email to [speaking@happinessdividend.com](mailto:speaking@happinessdividend.com).

## **Mindful Money**

*Once we accept that our own behavior is the single most important determinant of long-term success, we can coexist peacefully with the daily uncertainties of the stock market.*

**Your financial future begins with you.** Simple choices and changes in your everyday behavior can put you on the path to the life you want now and in the future. Ignore the constant buzz of the media and the markets; wisely invested money grows steadily over time.

The Happiness Dividend is a place to get the facts and perspective that will help you make the best decisions for your future wealth and well-being. It all starts today, with you.

Try out our tools to bring mindfulness to your money, or sign up for our Digital Advisor.