

# Article: How to Spend Time to Maximize Happiness

Post by “Kalosyni” of September 12, 2024 at 10:25 AM

I found this very good article on how to increase happiness based on activities that one chooses to do, as well as tips to creatively increase enjoyment of activities that are not typically fun.

## Quote

Time is the great equalizer in life. No matter where you live, what you do for work, or how much money you have, we are all granted 24 hours in a day that we can choose to optimize accordingly. The sobering truth is that a lot of this time is spent on mundane activities ([sleeping](#), chores) and obligations (work). However, even the busiest of us have some free time to do with as we please. This raises the focal question of this post: *What activities are best for making us happy?*

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### [How to Spend Time to Maximize Happiness](#)

Learn which activities make people the most and least happy on average, and how you can use this information to your advantage

[www.psychologytoday.com](http://www.psychologytoday.com)

<https://www.epicureanfriends.com/thread/4038-article-how-to-spend-time-to-maximize-happiness/?postID=32127#post32127>