

Hack your own happiness: Penny Locaso's advice to entrepreneurs



What would it be like to have our “**batteries**” **recharged** all the time? To identify what boosts our energy and what steals it?

These were the questions **Penny Locaso** posed to the audience at **INCmty**, [Tec de Monterrey's](#) entrepreneurship festival, during her **keynote speech**, [“Hacking Happiness.”](#)

Locaso is an **Australian author and speaker** who says that her mission is to teach people how to **intentionally adapt** in order to future-proof happiness.

During her talk at **INCmty**, Locaso, who is also an entrepreneur, spoke about personal **flourishing**, **wellbeing**, **intentional adaptability**, and the importance of **recharging energy**.



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Throughout her speech, **Locaso** talked about the narrative used around the feeling of “**being busy**” and how this hinders **connecting** with other people and achieving **everyday happiness**.

“Here’s a simple hack to stop feeling so busy. Remove that word from your vocabulary for a week, see what happens and how it changes your behavior and the way you connect with others,” she said.

Intentionally adapting to achieve happiness

Locaso, who is considered the first happiness hacker in the world, shared how **human beings** are constantly **evolving** and need to **adapt** in order to survive.

The best-selling author of [***Hacking Happiness***](#) said that our ability to be able to **adapt intentionally** is one of our greatest opportunities.

This entrepreneur said that the [***“Intentional Adaptability Quotient \(IAQ\)”***](#) pedagogy and measurement tool she created aims to measure how skilled we are at making intentional change in an uncertain **environment** that is **evolving** at speed.

The **Australian** author said that the aim of **intentional adaptability** is to debunk the myth of **toxic productivity** so that **happiness** and **wellbeing** can drive our **decision-making**.

“Intentional adaptability is about slowing down and accepting the indulgence of inefficiency,” she added.



/> width="900" loading="lazy"> Tips for “recharging our batteries”

“*What makes you happy?*” Penny asked the INCmtY audience while asking them to find a picture on their phone that would make them happy.

Locaso said that **happiness** is found in **experiences**, human **connection**, achievements, nature, presence, **impact**, among other things, and that if these things were included in day-to-day life, people would be **happier** and **healthier**.

For the purpose of finding out where to focus **our energy** in order to achieve everyday **happiness**, Penny shared her “**Energy Audit**” strategy and explained:

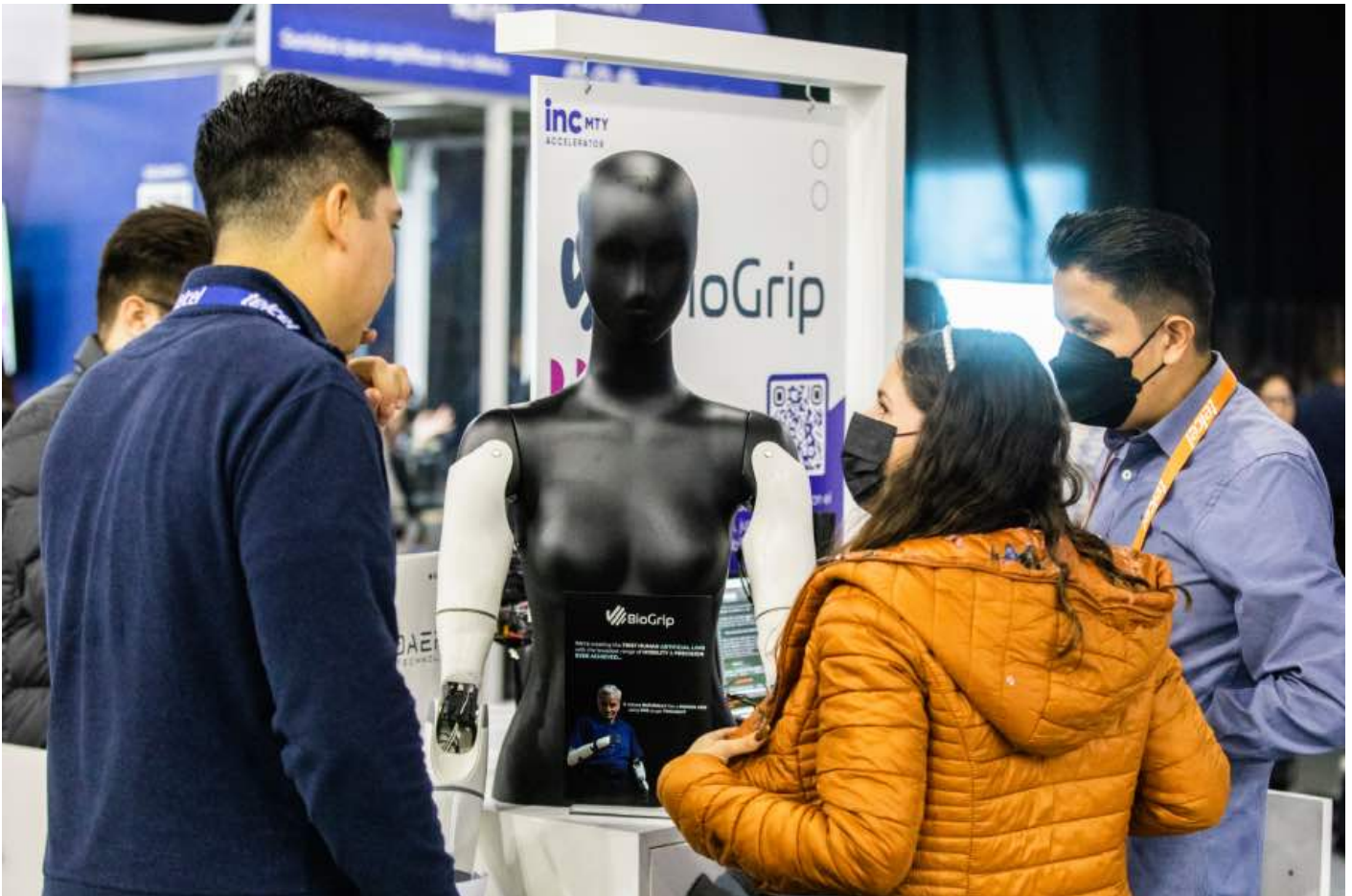
*“In order to imagine what it would be like for our batteries to be recharged every day, we must **understand what affects our energy**, what boosts it, so we know how we can inject and protect our energy.”*

*“**Intentional adaptability is about slowing down and accepting the indulgence of inefficiency.**”*

She also shared the **skills** that are acquired by implementing **intentional adaptability**, which lead to happiness and include:

- *Learning how to focus in a world that is designed to distract you.*

- Using fear and failure to find courage.
- Deepening curiosity to unlock opportunities that are invisible to others.
- Accepting imperfect “experimentation” and feeling confident enough to navigate uncertainty.
- Leveraging self-responsibility to direct energy toward things that can be controlled and stop wasting time.
- Investing in human connection and amplifying mental and physical wellbeing.



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Tecnológico de Monterrey’s INCmty is the largest entrepreneurship festival in Latin America and is celebrating its tenth anniversary this year.

*“During these 10 years, **INCmty** has planted a seed of character and entrepreneurial spirit in many people. I’m sure that it’ll continue to transform lives,”* said Rogelio de los Santos, President of INCmty.

This year, **the festival returns in-person** and takes place between **November 15 and 17 at Cintermex**, in Monterrey.

In its **tenth year**, **INCmty** presents **4 main topics**:

- Life & well-being
- Tech & digital
- Business tools
- Founders & investors

This year, it will include over **100 speakers** such as [Jay Shetty](#), James Clear, Alina Morse, Penny Locaso, among other national and international speakers, as well as **200 networking moments** and investment opportunities.

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