



WHAT DO YOUR ANSWERS TELL YOU?

- On a separate sheet of paper, answer these by listing at least three reasons why you feel the way you do.
- Then, read through your responses and list five things you have learned about yourself from those responses.
- Share your answers with your classmates.



WHAT DO YOUR ANSWERS TELL YOU?

- 1. Are you more like a snow-capped mountain or a white, sandy beach?
- 2. Would you rather produce a popular CD or be given a modeling contract?
- 3. Would you rather own a luxurious New York City apartment or the world's most luxurious sports car?
- 4. Do you think you are more like a stoplight at a busy intersection or a dust storm in the plains?
- 5. Are you more like a well-written essay, a humorous play, or an emotional song?
- 6. Are you more like a Monday morning, a Friday night, or a Sunday afternoon?
- 7. Do you more resemble a lion, a puppy, a wolf, or a monkey in temperament?



Happiness



What color is happiness?

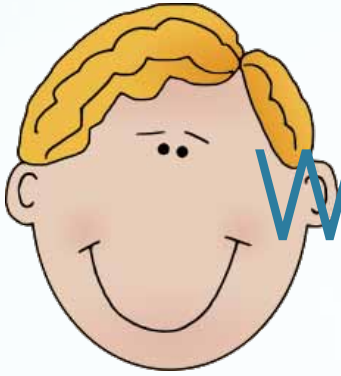
- What do you think is the color for happiness? Why?





What makes you happy?

- What makes you happy? What affects your quality of life?
- Make a list of all things that make you happy.



What makes you happy?

- What are the three most important things for you to be happy?
- With your group, make a list of what you think are the three or four most important things for a happy life.



What country or places
are the happiest?

What makes one place better or
happier than another?



Australians happiest people in the world

Australians are the happiest people in the world according to a survey undertaken by market researchers GfK NOP. The marketers conducted door-to-door surveys and interviews with 30,000 people in 30 countries. They asked respondents how satisfied they were with their overall quality of life.

Forty-six percent of Australians proclaimed to be “very happy” and expressed optimism about their future. Following them in the “very happy” stakes was the USA (40 percent), Egypt (36 percent), India (34 percent) and the UK and Canada (32 percent).

Hungary got the wooden spoon, finishing bottom of the happiness chart. Thirty-five percent of its citizens said they were either “disappointed” or “very unhappy”, followed by Russians at 30 percent.



Australians happiest people in the world

The research demonstrated that money and age were key determinants in how happy people are. Although the study could not prove money could buy happiness, it did reveal a link between a lack of money and unhappiness. Less happy populations were found among lower income groups or the unemployed.

The study suggested the older we become, the less happy we are. Globally, teenagers are the happiest people. The age group with the lowest levels of happiness was 50-59 – only 16 percent of those in their fifties said they were very happy.

The things that make us happy include good health, financial security and a happy marriage. Material comforts such as cars, clothes and gadgets ranked comparatively low.



Discussion Questions

- Are people in China generally happy? Explain and give reasons.
- Are you a happy person? What makes you happy or sad?
- Is it important to be happy? What other things might be more than happiness?
- Do you think that happiness lies within you? Or does it depend upon other people and external things?
- Do you think it's hard to be happy in today's world?



Measure happiness?

- Is happiness relative, that is, does it have a different meaning for each person?
- Is it possible to measure happiness scientifically? Why or why not?
- Is happiness a state of mind?



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- Do you think money can buy happiness?
- Is money important or necessary to be happy?
- If so, how much money?
- Can too much money make you unhappy?



Health or Wealth

- Which is more important?



Minister of Happiness



- Is it possible to make the world and the people of the world happier? If so how?
- Imagine: If you were the Minister of Happiness (if there was such a job!), what would you propose to increase happiness and general well-being?

WOULD YOU
RATHER BE
RIGHT OR HAPPY?

IS THERE A
THIRD OPTION?



AFTER YEARS OF
THERAPY, I'M
FINALLY HAPPY!★



★ UNFORTUNATELY, I'M ALSO BROKE.