

Personal discussion: Happiness

Important tip #1: This is supposed to be a fun discussion. You are allowed to tell people what you really think and feel, but you do not have to put your heart on the table. If a question makes you uncomfortable, just skip it. **Important tip #2:** If you want to be a good speaker, be a good listener. Really listen to people, be friendly and positive and open-minded. **Tip #3:** It's ok if you don't have time to do ALL the questions.

Reading: Kendra Cherry (Verywell Mind), "What Does Happiness Really Mean?"

1. Was there some new information for you in the article on happiness? Any interesting tips?
2. Modern psychology usually considers that there are three 'pillars' of happiness: Hedonia (pleasure), Eudaimonia (meaning), and connection. What do you think of this idea, that happiness has pillars? Do you think there should be more?
3. Discuss the Hedonia (pleasure) pillar. Where do you get pleasure from, in your everyday life? Do you have tips for getting more pleasure out of your day? Do you think your life is balanced in terms of that pillar?
4. Discuss the Eudaimonia (meaning) pillar. As a student, do you think school is a good place to get that feeling? Does it seem to work for everyone? Why or why not? Do you have tips for getting more Eudaimonia out of your day? Do you think your life is balanced in terms of that pillar?
5. Discuss the connection pillar. Do you think our society is good at fostering that feeling?
6. In terms of our society's values, either in the media or at school or in families. do you think some pillars are encouraged more than others? Is there a pillar that seems neglected to you?

Watching: Stephen Kotler (Big Think), on the Flow state

7. What do you think of this "flow" state? Do you have activities that give you that?
8. Do you feel that in our society today, it's easier or harder to reach it? Why?

Watching: Ali Abdaal, "My honest advice to someone who feels behind in life"

9. Was there an idea or tip in Ali's video that you liked in particular?
10. What is your idea of an ideal day, as a weekday? What are the things that you love the most that you think go in that day?
11. What do you think of the idea of having an "ideal week," made up of repeating, planned "ideal days?" Does that seem tedious and repetitive to you, or inspiring?
12. Ali Abdaal talks about "starting where you are." It means respecting your limits and planning around them instead of fighting against your nature. What do you think? Does this idea apply to you? Are there aspects of your life that you think you should just accept?