

# HAPPY

Name: \_\_\_\_\_

## Pre-Viewing Guide

True or False:

- \_\_\_\_\_ Having a lot of money and possessions always leads to more happiness.
- \_\_\_\_\_ Happiness is genetic: you can't change your level of happiness, just like you can't change how tall you are.
- \_\_\_\_\_ Happiness is the result of good events that happen to people.

**1. If 10 is the happiest you could ever imagine, and 1 is the least happy, how happy would you say that you are right now?**

1      2      3      4      5      6      7      8      9      10

**2. How much does your happiness change?**

Over the course of a day?

- Stays about the same       Changes a little       Changes a lot

Over the course of a week?

- Stays about the same       Changes a little       Changes a lot

Over the course of a year?

- Stays about the same       Changes a little       Changes a lot

**3. Rank the following items from 1 to 10 in terms of how much you think they contribute to your happiness (1 is the least and 10 is the greatest).**

- |                         |  |
|-------------------------|--|
| _____ Money             | _____ Playing a game or other fun activity |
| _____ Close friends     | _____ The latest phone or other device     |
| _____ Supportive family | _____ Exercise                             |
| _____ Looking good      | _____ A hobby or passion                   |
| _____ Health            | _____ Being popular                        |

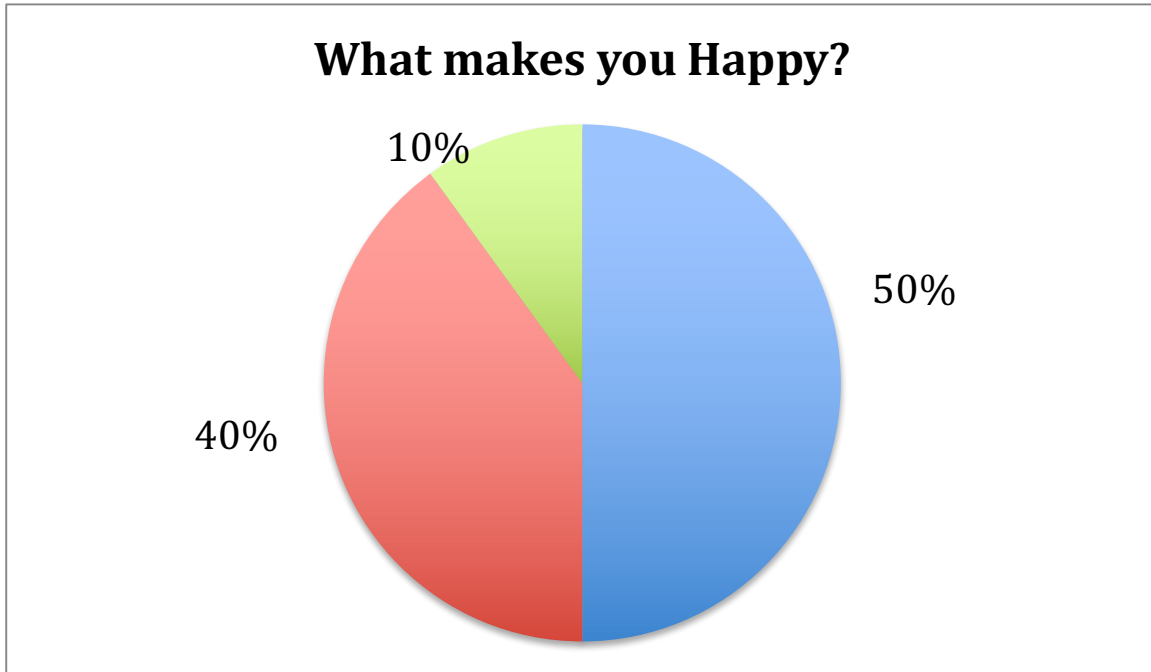
**4. If you are having a bad day, what helps you feel better? You may choose more than one.**

- |  |                      |
|--|----------------------|
| _____ listening to music                 | _____ social media   |
| _____ talking to a parent or other adult | _____ working        |
| _____ hanging out with friends           | _____ helping others |
| _____ other: _____                       |                      |

# HAPPY

## Chapter 1: The Study of Happiness

Label the percentages in the chart below.



1. Feelings of happiness are caused in part by a chemical in the brain called \_\_\_\_\_.
  - a. What is one of the best ways to release more of this chemical?
2. What is meant by “flow”? What are some examples?

## Chapter 2: What REALLY makes us Happy?

3. Once your basic needs are met, more \_\_\_\_\_ doesn't bring more \_\_\_\_\_.
4. Extrinsic goals:
5. Intrinsic goals:
6. Which brings more happiness? Extrinsic or Intrinsic

## Chapter 3: Values and Happiness

7. What is the least happy wealthy industrialized nation?

8. What is known as the happiest country on earth?
9. Describe the co-housing community. Would you like living in co-housing? Why or why not?
  
10. Why are people happier living in community?

#### **Chapter 4: The Social Side of Happiness**

11. We all need something bigger than ourselves to care about. Some find this through \_\_\_\_\_.
12. True or False All religious people are happy.
13. Okinawa, Japan, has a disproportionately large percentage of the world's \_\_\_\_\_ people.
14. The community band in Okinawa ensures regular contact between people from different villages AND different \_\_\_\_\_.
15. The act of cooperating with another human causes the brain to produce \_\_\_\_\_.

#### **Chapter 5: Practicing Happiness**

16. Research shows that people who perform meditations on \_\_\_\_\_ can significantly increase their happiness.
  
17. What did students do once a week (on Sunday nights) that made them happier?
  
18. Happiness is a skill that can be \_\_\_\_\_.

# Happiness Inventory

For each practice below, consider the things in your life or that you have experienced lately that are related to the practice. Be mindful of the areas that are particularly easy to complete and those where nothing comes to mind. It's okay if you don't complete every blank or have more than three for others.

## **EXPRESSING YOUR GRATITUDE**

*Things or people you are grateful for:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **DOING SOMETHING KIND**

*Kind things you have done for someone else, or that someone else has done for you:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **CONNECTING TO YOUR COMMUNITY**

*People who are there for you, or other connections to your community:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **PLAYING**

*Things that bring play, joy, and laughter in your life:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **GETTING IN THE FLOW**

*Activities that absorb your attention so completely that you lose track of time:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **TYRING SOMETHING NEW**

*New experiences you have had recently, or that you would like to try.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_