

7 WAYS TO BE HAPPIER

DISCUSSION GUIDE

START YOUR DISCUSSION HERE:

- *What did you like?*
- *What did you dislike?*
- *What surprised you?*
- *What imagery interested you? Why?*
- *What questions do you have?*
- *What notes did you take during the video?*

THEN MOVE YOUR DISCUSSION OVER HERE:

- *What is your favorite quote or lesson from this video?*
- *Why do you think _____ will make you happy?*
- *Why do you think _____ will NOT make you happy?*
- *Why do you think _____ causes anxiety, loneliness, and/or depression?*
- *Did you ever think _____ would make you happier or unhappier? Why/why not?*
- *Who do you think could benefit from these tips?*
- *Have you ever tried _____? What happened?*
- *What do you think would happen if you implemented the tips suggested in this video?*