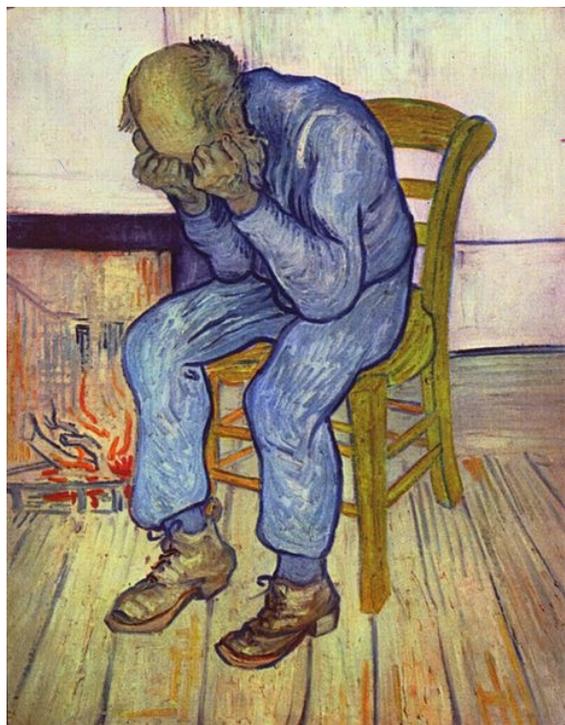


The Secret of Happiness

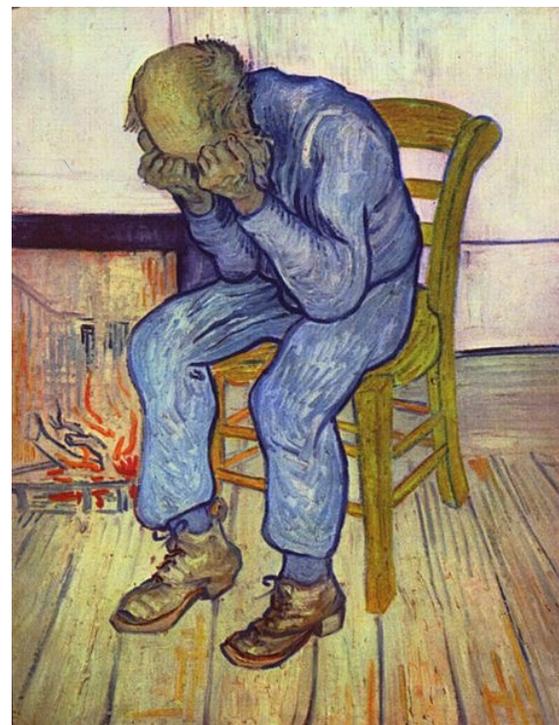
1. Tell about the happiest person you know. What brings this person happiness?
2. Most people look for happiness in possessions, relationships, or circumstances. Others look for happiness in the absence of trouble or difficulty. In what way do you pursue happiness?
3. Psychologist Shawn Achor, found that people are happy based on their attitudes, regardless of their circumstances. Certain habits contribute to a happy attitude: things like noticing three new things to be thankful for daily, journalling about a positive experience, exercise, meditation, and practicing random acts of kindness. Is there anything else you would add to this list? Which of these practices do you regularly engage in? Which of these would you like to engage in?
4. Do you think sorrow is the opposite of happiness? Is it possible to be sad and happy at the same time? Explain. Draw what happiness looks like to you.



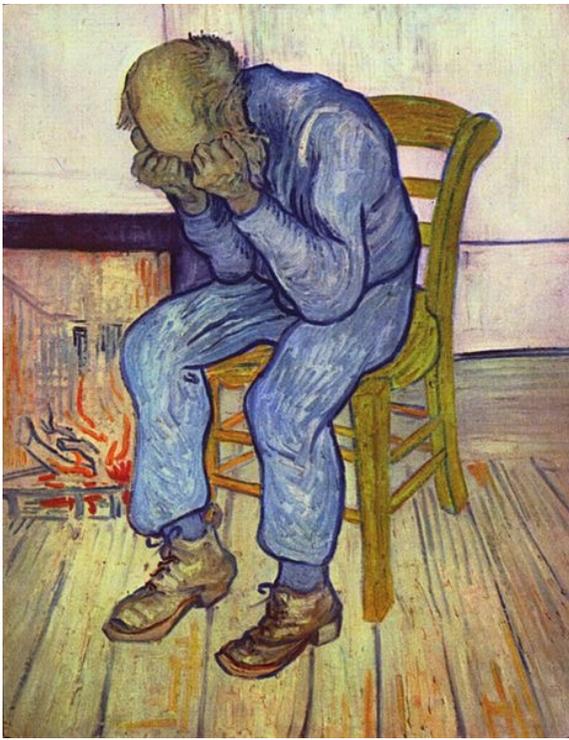
Vincent van Gogh. Sorrowing Old Man ("at Eternity's Gate"), c 1890. Oil on canvas, 81 x 65 cm. Kroller-Muller Museum, Otterlo, Netherlands

The Secret of Happiness

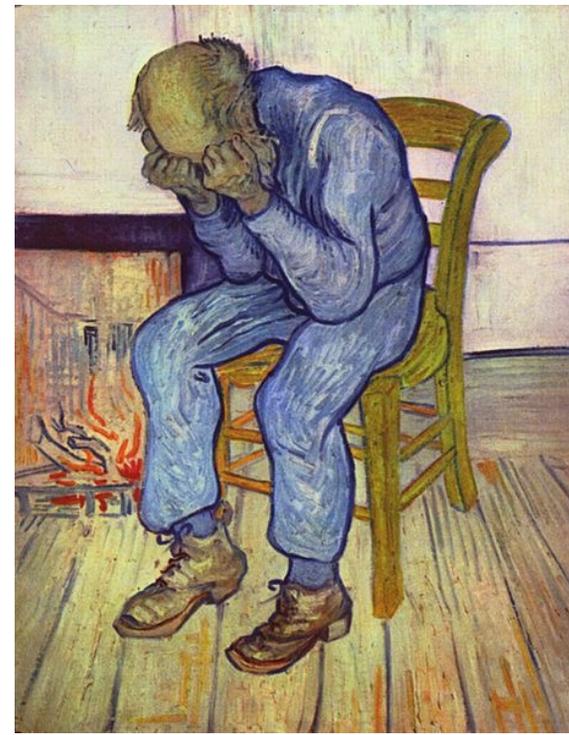
1. Tell about the happiest person you know. What brings this person happiness?
2. Most people look for happiness in possessions, relationships, or circumstances. Others look for happiness in the absence of trouble or difficulty. In what way do you pursue happiness?
3. Psychologist Shawn Achor, found that people are happy based on their attitudes, regardless of their circumstances. Certain habits contribute to a happy attitude: things like noticing three new things to be thankful for daily, journalling about a positive experience, exercise, meditation, and practicing random acts of kindness. Is there anything else you would add to this list? Which of these practices do you regularly engage in? Which of these would you like to engage in?
4. Do you think sorrow is the opposite of happiness? Is it possible to be sad and happy at the same time? Explain. Draw what happiness looks like to you.



Vincent van Gogh. Sorrowing Old Man ("at Eternity's Gate"), c 1890. Oil on canvas, 81 x 65 cm. Kroller-Muller Museum, Otterlo, Netherlands



Vincent van Gogh. Sorrowing Old Man ("at Eternity's Gate"), c 1890. Oil on canvas, 81 x 65 cm. Kroller-Muller Museum, Otterlo, Netherlands



Vincent van Gogh. Sorrowing Old Man ("at Eternity's Gate"), c 1890. Oil on canvas, 81 x 65 cm. Kroller-Muller Museum, Otterlo, Netherlands

The Secret of Happiness

1. Tell about the happiest person you know. What brings this person happiness?
2. Most people look for happiness in possessions, relationships, or circumstances. Others look for happiness in the absence of trouble or difficulty. In what way do you pursue happiness?
3. Psychologist Shawn Achor, found that people are happy based on their attitudes, regardless of their circumstances. Certain habits contribute to a happy attitude: things like noticing three new things to be thankful for daily, journalling about a positive experience, exercise, meditation, and practicing random acts of kindness. Is there anything else you would add to this list? Which of these practices do you regularly engage in? Which of these would you like to engage in?
4. Do you think sorrow is the opposite of happiness? Is it possible to be sad and happy at the same time? Explain. Draw what happiness looks like to you.

The Secret of Happiness

1. Tell about the happiest person you know. What brings this person happiness?
2. Most people look for happiness in possessions, relationships, or circumstances. Others look for happiness in the absence of trouble or difficulty. In what way do you pursue happiness?
3. Psychologist Shawn Achor, found that people are happy based on their attitudes, regardless of their circumstances. Certain habits contribute to a happy attitude: things like noticing three new things to be thankful for daily, journalling about a positive experience, exercise, meditation, and practicing random acts of kindness. Is there anything else you would add to this list? Which of these practices do you regularly engage in? Which of these would you like to engage in?
4. Do you think sorrow is the opposite of happiness? Is it possible to be sad and happy at the same time? Explain. Draw what happiness looks like to you.