

## Lesson 1: Understanding the Happiness Research

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

1. What was an AHA you had after watching this video? For example, how does this make you think differently?

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2. What "external" circumstances (money, homes, clothes, toys, gifts, cars, etc.) have you been allowing to eat up more than 10% of the pie chart?

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3. What about the 40% that's up for grabs. Each of us can learn to increase our happiness levels by up to 40%! How does this make you feel?

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