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?

   _____

   _____

   _____

2. Make a list of all the things you thought would make you a lot happier, but really don't.

   _____ _____

   _____ _____

   _____ _____