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Contemplate…and give your opinion on the following questions on happiness:

1. Describe a way it is possible to reach your goals and have fun at the same time.
2. Describe the difference between pleasure and happiness. Give an example.
3. Describe the difference between positivity and happiness. Give an example.
4. Why do we always ask ourselves if we’re happy? Why don’t we do the same for other emotions?
5. Why do you think there are so many unhappy people nowadays?
6. To be happier, do you think you should raise your expectations or lower them? Why?
7. Some say happiness is the process of becoming your ideal self. What do you think? What would that process look like for you?