



Happiness Discussion Guide

February 2024

Description: Is happiness relative? Do we have control over what makes us happy? Does happiness fluctuate?

Estimated time: 1.5 hours

(1) Getting acquainted and comfortable

5 - 10 min.

Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**

Personal Introductions

Please share your name, where you live.

*****Remind everyone we're recording but we won't use any clips without their approval*****



(2) What contributes to happiness?

15 - 20 min.

- What makes you happy?
 - *Probe: Money. Materials items. Experiences. Success. Stature. Relationships. Doing good. Relationship with God. Family. What?*
- Consider a time in the recent past when you felt happy. What were the circumstances?
- How good are you at predicting what will make you happy?

(3) Do you have control of your happiness?

20 – 30 min.

- Do we have the power to affect how we feel? To feel happy? Is it our choice to make?
 - a. *Probe: Abraham Lincoln famously said that we are as happy as we decide to be.*
- Is it possible to manipulate happiness levels, to change your mindset to maximize happiness and minimize sadness?
- Is happiness relative?
 - a. *Probe: Lottery Winner vs. Paralyzed Accident Victim*
 - b. *Probe: The Happiness Quotient (HQ) concept is that your happiness is relative to your baseline—not based solely on the experience itself, but on the comparison of that experience to your expectations based on your “normal.”*
- Do people have a happiness set point, a baseline level of well-being preprogrammed by our genetics and further shaped by our environment?

(4) Is happiness a moral obligation?

10 – 15 min.

- Is being happy/acting happy a moral obligation?
- Does our happiness affect others?

(5) Is happiness in decline?

10 - 15 min.

- Do you feel more happy or less happy now than a year ago? Two years ago?
 - *Probe: Why? Explain more.*
- What can we do to maintain and/or elevate happiness in our lives?
 - *Probe: What are some things you do?*

(6) Closing comments

5 - 10 min.

- Any additional comments about happiness?