









## Happy, or Happier?

	<b>Objective:</b> To identify factors and influences of authentic happiness.
	<b>Time Requirements:</b> a. Preparation: N/A. b. Activity: 15-20 minutes.
	<b>Items:</b> a. Happy, or Happier? Handout A b. Happy, or Happier? Handout B c. Laptop with word cloud generator software (Optional) d. Happy, or Happier? Sample word cloud generated using Wordaizer (Optional)
	<b>Learning Outcomes:</b> a. To develop an enhanced ability to identify influences of authentic happiness (EI Subskill 2: Managing Own Emotions)
	<b>Key Learning Point:</b> The key contributors of happiness are oftentimes within our reach.
Self-Disclosure: **	
Difficulty: Basic-Intermediate	

### Instructions

- To begin this activity, simply distribute the two handouts – Happy, or Happier? Handouts A and B randomly to all participants. Each handout consists of one simple question. Handouts A asks participants to list down the things they think will make them happier. Conversely, Handouts B asks participants to list down things they think make them happy. Note this subtle, but important difference for discussion later. Give participants approximately 10 minutes to complete their handouts.
- Once participants have completed their handouts, transfer their responses onto a text (\*.txt) file. Use separate txt files sure to distinguish between responses on Handout A and Handout B.
- Upon compilation of all responses, use the word cloud generator to create a word cloud from each set of responses (see notes and attachment for an example). Discuss the differences between the two word clouds and get participants to think about the factors that lead to authentic happiness.

	<b>Reflection Questions:</b> a. What were the differences between things that people say makes them happy, versus those that they think makes them happier?
	<b>Further Reading and References:</b> a. Lyubomirsky, S. (2008). <i>The How of Happiness: A Scientific Approach to Getting the Life You Want</i> . Penguin: New York.
	<b>Note:</b> a. Instead of generating a word cloud, you can simply compare and contrast the responses given from participants from both Handouts A and B. b. A free word cloud generator can be downloaded from <a href="http://mosaizer.com/Wordaizer/index.htm">http://mosaizer.com/Wordaizer/index.htm</a>