

Understanding Happiness

(Discussion Questions)



Meaningful Discussions



When people arrive at your table

- ✓ Ask people to order something so that we can keep up good relations with this restaurant since they are letting us use their space.
- ✓ Ask people to place their food and drink orders **before** the discussion starts so that the discussion won't be interrupted as much.

Once the food and drinks have been ordered let everyone know...

Our main intention is not to try to get through all of the questions, but to provide a **balanced discussion** where everyone has a chance to speak.

We only have two rules

- respect for everyone at the table, and one person talking at a time (during the facilitated portion).

Interjecting

- In order to avoid anyone from **dominating** the discussion, just **raise your hand** if you would like to speak. That way, everyone (including the facilitator) knows that you have something to say.

Okay, let's get started!

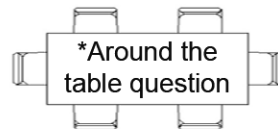


***Around the table question:**

People answer the question from left to right ending with the person who asked it.

WARM UP QUESTIONS always help build respect at the table...

Which of the **Food For Thought** videos was the most **interesting** to you, and why? (See page 2 with videos)



What was one of the **happiest days** of your life and why?

Why do you believe that **true happiness** continues to elude many people despite all of our technological advances?

... now that we're warmed up...

What is one of your favourite **guilty pleasures** and why?

What are you **passionate** about and why?

Name three things (not necessarily objects) you are the most **grateful** for and why.

Name something you're still **regretting** or needing to **let go** of from your past which may be **preventing** you from being happier.

... if there's time...

Are you currently involved in any charities or non-profit **causes**? If so, which ones?

What would make your life **happier** than it is now?

Do you believe that everyone is **responsible** for **their own** happiness?

AFTER 90 MINUTES:

Feel free to stick around as long as you like. If there are multiple tables for this event then you are encouraged to **move to other tables** to mix and mingle.

Conversations are no longer limited to the topic.



**Understanding
Happiness**

Select the images to play
Food For Thought videos

All members are encouraged to watch at least one Food for Thought video prior to attending our events in order to provide inspiration and common starting points for the discussions to follow.

