

FD26 HAPPINESS

BEGINNER

1. Are you a happy person?
2. What things make you happy?
3. What is your happiest experience?
4. Do you easily laugh at jokes?
5. What song makes you feel better when you are sad?
6. When your friend is feeling bad, how do you cheer him/her up?

INTERMEDIATE

1. Are you a positive thinker?
2. Are you happy with your life now?
3. Describe the happiest moment of your life.
4. Albert Schweitzer said, "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." Do you agree with this quotation?
5. Is happiness a state of mind?
6. How can people make others happy?

ADVANCED

1. Are you an optimist or a pessimist?
2. How do you define happiness?
3. Do you think happiness only lies within you? Can other people and external things make you happy?
4. Are you able to derive happiness from simple things?
5. Why do you think it is easier for children to laugh than adults?
6. What role does money play in being happy?

Are you happy with your life now?

Are you living a fulfilled life?

How do you define happiness and fulfillment?

Share the happiest moment of your life.

Can you share real life story about happiness and fulfillment?