

Segment 1 - Julie Reinganum - Happiness Around the World

1. What is your culture's definition of happiness? Does it resonate for you?
2. How does your culture's definition of happiness influence how you feel?
3. If you had a magic "happiness wand," what would you do with it?

Segment 2 - Rick Eigenbrod - How Success Connects to Happiness

1. What stories (songs) about happiness and success did you grow up with?
2. Tell us a story about a time when you successfully got what you desperately wanted. The ACTUAL payoff for some part of your bartered life.
3. Write the sweet sound (story) that calls you... (Please do not use the words success or happiness.)

Segment 3 - Ann Ewen - The Healthy/Brain/Body for Choosing Happiness

1. Think of something you possess that's materially insignificant yet emotionally extremely significant. What is it? Share why it's important, its meaning and who you think of in conjunction with it.
- 2) What is your earliest remembrance of being happy? What were you doing? Who were you with? In the last week/month, what was one of your happiest experiences that comes to mind?
- 3) How can you be sure that your relationships with your spouse, children, extended family, and close friends become an enduring source of happiness? What can you do to ensure that?

Segment 4 - Greg Behm - Aligning Our Life Choices With What Really Creates Happiness

1. To what, or who, have you surrendered?
2. What is the cause greater than yourself that you are dedicated to?
3. What choices or shift might you make in your life so that even more happiness [joy] might happen?