Now, I'd like you to talk about something together for about two minutes.

I'd like you to imagine that you are talking about quality of life. Here are some of the ideas they are thinking about and a question for you to discuss. First you have some time to look at the task.

How could these events improve your quality of life?

- Getting a promotion at work
- Having a child
- Receiving an inheritance
- Going abroad on holiday
- Getting a university degree

Now, talk to each other about how these things impact on your quality of life.

Now, discuss these questions, in order, as appropriate:

- What is the key to enjoying yourself?
- Can you become happier just by trying to think positively?
- Does your job influence your happiness?
- Are friends important in leading a good life?