



Discuss these questions:

1. Some people state that without our health, we cannot be happy. What do you think?
2. What does it mean to be truly happy?
3. Are we able to feel happy all the time?
4. What makes you happy and why?
5. When was the last time you were over the moon with something that happened at work or university?
6. Do you often feel down in the dumps?
7. Are you more of an optimist or a pessimist?
8. Which people most affect your mood and why?
9. What is your happiest memory from your childhood?
10. Is it possible to be happy even if you are broke?
11. Is there a correlation between happiness and wealth?
12. Who is the happiest person you have ever met?
13. Have you ever felt miserable?
14. Do you rely on your friends to cheer you up when you are feeling blue?
15. Does your mood swing and change depending on the time of the day?
16. Do you often fake being happy to try to fit in?
17. Would you say that some nations are happier than others?
18. What's missing in your life in order to achieve happiness?
19. What has been the happiest period of your entire life?
20. Is it necessary to feel miserable so that you can appreciate it when you feel happy?
21. Do we need love to reach a state of happiness?