

Email #2: Ideate

Got happiness? 😊 😄 😜

Our second week, “Got Happiness” asks you to think about happiness and what it means to you.

Since the beginning of human history, happiness has been a big deal. It’s even in our Constitution! “Life, liberty, *and the pursuit of happiness.*” But what is happiness, anyway? Everyone has their own idea, and it usually has to do with wealth, fame, or success of some sort. We think, “Oh, I’ll be happy if I get good grades!” or “I’ll be happy if I have lots of money” and we get the grades or the money, it doesn’t make a difference in how happy we are.

This week, we’re going to focus on exploring the idea of happiness. We have a few different ways you can do that, but the main thing is that this week you’re going to try to answer the question: What is happiness for you? Do you think most people are happy? If not, why not?

Activities

Do: Take one or both of these tests to measure your current level of happiness.

[Subjective Happiness Survey](#)

[Oxford Happiness Questionnaire](#)

Write: Pick [one of the happiness reflections](#) to do. Try to write for at least 10 minutes.

Reading (pick at least one):

[Is a Happy Life Different from a Meaningful One?](#)

[A Better Word than Happiness: Eudaimonia](#)

[Report: Americans most unhappy people in the world](#)

Assignments

Email your Happiness Test results: Calculate your score from the tests and email them to me. Include a short note about what you thought or felt when taking the test and seeing your results. After you email me, I will email you back with how taking the test made me feel!

Discuss the readings with your group.

In your group, share what ideas from the reading felt important to you.

Make sure to include quotations or a summary of what you read because people in your group may have read something else.

As a group, see if you can come up with a common idea about what happiness is.

Next Steps

- Questions or concerns? Contact me or one of your group members!
- Be sure to email me your assignments by Thursday at noon.