

SOLUTIONS

Outline

The Law of Happiness-Happy People Connect, Happy People Don't Compare Themselves, and Happy People Pursue Goals

This presentation will cover 3 laws of happiness, Happy People Connect (Chapter 7), Happy People Don't Compare Themselves (Chapter 8), and Happy People Pursue Goals (Chapter 5).

Small group discussion questions:

#1: How much connection do you have? How can you increase it?

#2: Who do you compare yourself to? In what area do you need to focus on your own performance, rather than someone else's?

#3: What are your big goals? How can you divide those up into smaller chunks that are easier to manage?