1. "The Constitution guarantees the American people the right to ___pursue___ happiness. You have to ___catch it___ yourself." Ben Franklin

2. In the Kolkata Slum of India we meet Manjoi Singh: ___not a good place to live___
   a. Describe what you see and hear about his life:
      - only able to have a family
      - rickshaw driver
      - airflow into his home
      - thinks he lives with his son waits for him
      - neighbors unfriendly
      - stay together
      - look out for each other
   b. What does a recent survey say about his happiness as it compares to Americans?
      ___not as happy as the average American___

3. For hundreds of years people have studied ___depression, psychological illness___, but recently they have begun to look at how ___how___ works.

4. Ed Diener- Professor of Psychology:
   a. People said that you could never ___measure___ happiness,
   b. The new field of science is called ___positive psychology_.
   c. Happiness can help you get your other ___goals___-relax, less money
   d. They have ___25___ years of data looking at what really matters.

5. Define the following terms:
   - Genetic: ___born or a set point (from identical twin research)___
   - Circumstances: ___job, money, health, social status___
   - Intentional Behavior: ___actions you choose to do (on regular basis)___
6. What is novelty? Variety—change your driving route—small changes in your activity.

7. How does Ray Blanchard explain how novelty is part of his life?
   - “I love to experience new things.”

8. Dopamine is: A ____________ in the brain called a neurotransmitter. Necessary for feelings of ______________ and ______________.

9. As you ___________, you lose dopamine synapses which can eventually lead to Parkinson’s. So you have to ______________ it or ______________ it. ______________ experiences.

10. You can release dopamine through ____________ activities and it helps to do it in ____________ ways.

11. How does Ranoldo Fadul, the surfer, feel about his life and his life philosophy?
   - “Harmony with nature helps with mindfulness, so you can live your life in tranquility.”

12. When a person experiences FLOW:
   a. You wish you could go on ____________ because it feels like you are completely ____________.
      You are doing something you can do ____________ and you feel ____________ and nothing else matters.
   b. You get this feeling when:
      i. You have clear ____________
      ii. Feel ____________
      iii. Forget ____________
      iv. Forget ____________—lose track of ego
   c. This can happen almost anywhere. What is Jamal’s FLOW?
   d. Research is clear: People who experience FLOW on a ____________ are happier than those who do not.

13. Dan Gilbert, Author of Stumbling on Happiness says that people ____________ the impact both ____________ and ____________ events will have on them in the future. In general, people do really ____________ when things go really ____________.

14. Describe what happened to Melissa Moody:
   - Top debutante—beautiful
   - Dragged by truck
   - Stuck—run over by a truck
   - Hand in hand
   - Under the truck
   - Crushed
   - Hubsand left her 9.5 years disacred
   - Alcoholic
   - 30 surgeries on face
   - “I have to be there for my kids.
   - *Make a choice when things happen*
   - Father/stepfather had a brain hemorrhage
   - Unlocked trauma
15. There is no such thing as pleasure without pain. Why? Your nervous system looks at differences/contrasts - measure off disappointment.

16. Tim Kasser says that we are told to make a lot of money. In America we are now twice as wealthy as we were 50 years ago, but nationally happiness has remained stagnant. What does that mean? We're making more money but not any happier.

17. Dan Gilbert says that money is important when it does what? When it buys you stuff. But more money does not seem to buy happiness. The difference between happiness from $5000 a year to $50,000 a year is dramatic. The difference between $50,000 and $500,000 is not dramatic.

18. Explain the notion of the Hedonic Treadmill: Enemy of happiness. Whatever level of material wealth we achieve doesn't matter - we'll always want more. If I could just - only happy for a moment.

19. Hedonic Adaptation is one of the main enemies of happiness - jealousy.

20. What do we learn about Ray Blanchard and material wealth and happiness?

- Very little material wealth.
- Extended family, siblings, in-laws. They all get together at least once a week. Live off the land. Built their own houses.

21. Ed Diener studied some of the happiest people and found that without exception they all had what?

Close, supportive family and friends.

22. Explain the two main goals and values and the resulting effect on a person's happiness:

  - Personal growth
  - Close connected relationships - friends, family, romantic
  - Community feeling - helping world be a better place

- Extrinsic: Focused on something external needs/wants
  - Money, financial well-being
  - Image - looking good
  - Status/popularity

In opposition.
23. Japan is considered the least happy of wealthy industrialized nations. After WWII, Japan emphasized economic growth and material prosperity and became the envy of the western world.

24. What is karoshi?

happiness

25. What do you learn about Hiroko and her husband?

Ex-husband was executed, no time to play with her daughter, even on vacation

26. What does Bhutan measure? What do most countries measure? Why are they doing this?

gross national economic development growth GDP

happiness

27. Denmark is consistently ranked as what? The happiest country on earth. They are known for social equality and high standard of living. All Danes are provided free education through college and free healthcare for life.

28. Describe co-housing communities. Why do people like living there? Give several reasons:

- Multiple families live in a house/butlik/lot/land
- It's like a big family - have many friends - share responsibilities
- Fun together - sense of community - cut our two times a month (4.5 km)
- Saves time to share responsibilities - for 36 people
- Elders in the community look out for children - like grandparents

What do we care that I can grow?

bigger

29. The documentary states that we need something bigger than ourselves. For some, that means structured religion. For others it is compassion, caring and open gratitude that connect us to spiritual world.

30. Not all religious people are happy - which religious groups are not happy? Fundamentalist groups and why? Insects embedded hatred - you will die

31. Happy people function better, are more productive, wealthier, and live longer.

32. Describe the people in Okinawa, Japan. What is unique about them? Why do they think they live long lives?

World's oldest people live here
- Sleep a lot, worked hard in life
- More 100-yr-olds than family
- Grow vegetables
- People are connected to each other - having a lot of friends
- Community hard - regular contact between people of all ages
33. Social interaction is **intrinsically** rewarding. We are social creatures. When we are given the option to cooperate or compete, we generally choose to cooperate.

34. Competition can cause depression, but cooperation makes us feel just as good as a **thing** that affects our dopamine system (it is just as if you squirted **coca/coca** in them).

35. What does Michael Pritchard teach? How does it relate to cooperation and competition?

- grandpa 
- Katniss everdeen 
- courage to speak up 
- how should we treat each other? 
- compassion leads to happiness 
- help children learn 
- love 
- bullying talk - it when you can't help it - it's a form of competition when you bully

36. How do the group of people in Namibia live? How does it relate to cooperation and competition?

Bushman - food from hunting/gathering interdependence. Together makes them happy - laughter, feel responsible for each other's health and well being. 

37. What does the Dalai Lama say about compassion?

First act of study on mother - compassion starts at birth. 

38. Meditation practices are designed to cultivate what qualities?

- compassion
- loving kindness
- compassion meditation
- can change size of areas of brain - thicker, higher happiness levels

39. Meditation has been found to be more powerful than antidepressants. Brain research on meditation shows us what? Meditation changes the structure of our brain.

40. Studies that asked people to count their blessings and/or commit random acts of kindness and found what?

- on Sunday night once a week they're happier (listed their blessings) 
- kindness, doing real comforting behaviors - most effective 
- generosity happiness

41. Describe Andy Wimmer and what he found at Mother Theresa's Home for the Dying?

- he worked a lot of money. His life has meaning 
- he wanted more out of life - fed a 15 year old boy who was dying
- acceptance, tolerance, try to save their lives - show them that someone cares - God has not forgotten them
- his life is a loan - serve your brother - give you a full, happy life
42. If you practice happiness you can cultivate a better world and a better brain. Happiness is a skill like learning golf.

43. The formula for happiness is **not** the same for everyone.

44. The things that make us happy are: Be authentically you
   a. play novelty
   b. new experiences
   c. friends & family
   d. appreciate what we have
   e. doing things that are meaningful

And they are all **FREE**.

Response: What would your formula for happiness be? Now that you have watched this video, read the following quote from Leo Tolstoy and then write about your own formula—what would be your FLOW; what matters in your life; how are you intrinsically motivated; where do you show gratitude; where do you find novelty, etc.?