

SOLUTIONS

Outline

The Law of Happiness-Happy People Don't Wait for "Someday" and Happy People Fully Engage

This presentation will cover 2 laws of happiness, Happy People Don't Wait For "Someday" (Chapter 4) and Happy People Fully Engage (Chapter 6).

Small group discussion questions:

#1: Do you have an "I'll be happy if" that is getting in the way of your happiness today?

#2: What are you doing that challenges you? What can you do to challenge yourself even more?

#3: Are there some areas in your life that you don't have "both feet" in? What can you do to change that?