

Name \_\_\_\_\_

## The Pursuit of Happiness: What Is Happiness, and How Can I Feel Happier?

### Multiple Choice Questions

1. How do scientists explain the factors that influence happiness?
  - a) Genetics alone determine our happiness.
  - b) Happiness is solely dependent on external circumstances.
  - c) Happiness is influenced by a combination of genetic, environmental, and personal factors.
  - d) Personal factors play no role in our happiness.
  
2. What is the benefit of practicing mindfulness for happiness?
  - a) Mindfulness eliminates negative emotions.
  - b) Mindfulness reduces stress and enhances happiness.
  - c) Mindfulness makes us unaware of the present moment.
  - d) Mindfulness is only effective for professional meditators.
  
3. What role do positive relationships play in our happiness?
  - a) Positive relationships have no impact on happiness.
  - b) Spending time with friends and loved ones can significantly contribute to happiness.
  - c) Positive relationships only lead to stress.
  - d) Happiness is solely an individual pursuit.
  
4. Why is setting and pursuing meaningful goals important for happiness?
  - a) Goals have no impact on happiness.
  - b) Pursuing goals provides a sense of purpose and accomplishment, increasing happiness.
  - c) Setting goals leads to disappointment and unhappiness.
  - d) Happiness can be achieved without any goals.
  
5. What is the importance of perspective in experiencing happiness?
  - a) Perspective has no influence on happiness.
  - b) Happiness is a constant state that does not require perspective.
  - c) Embracing a range of emotions, including sadness and frustration, can lead to a more balanced form of happiness.
  - d) Perspective only affects negative emotions.

