

Name _____

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

Open-Ended Response Questions

1. Discuss the concept of happiness as a multifaceted emotion. How do external factors, personal choices, and perspective collectively shape our overall well-being?
2. Share a personal experience where you successfully applied one of the practical steps mentioned in the passage to enhance your happiness. Describe the impact it had on your life.
3. Consider the idea that happiness is not a constant state but a fluctuating emotion. How can embracing a range of emotions contribute to a more authentic form of happiness?
4. Reflect on the role of goals and aspirations in shaping our sense of purpose and happiness. How can individuals strike a balance between pursuing their goals and finding contentment in the present moment?

