

1. **Brainstorming:** How can you create happiness? \_\_\_\_\_

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2. **Watch the video and choose:** What makes us "flourish" as people?

- a. Relationships
- b. A healthy diet
- c. Doing Exercise
- d. Sleeping well
- e. Wealth
- f. Fame
- g. Working hard

3. **Watch it again and fill in the blanks with a word:**

- a. Happiness not about the number of \_\_\_\_\_ that you have or whether or not you are in a committed \_\_\_\_\_ with a partner.
- b. They found it's the \_\_\_\_\_ of the relationship what matters.
- c. It takes \_\_\_\_\_. It takes commitment
- d. The brain has this \_\_\_\_\_ to highlight the negative.
- e. This very tricky to revoke just by positive \_\_\_\_\_. It takes positive \_\_\_\_\_.

4. **Answer the following questions:**

- a. What's the difference between "positive thinking" and "positive action"?
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- b. What does Katarina mean when she says "some actions are more powerful than others when it comes to happiness"?
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