



## You Don't Find Happiness, You Create It by Katarina Blom.

1. **Brainstorming: How can you create happiness?** \_\_\_\_\_
  
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"?
  
  - b. What does Katarina mean when she says "some actions are more powerful than others when it comes to happiness"?