



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"?
-