

Want to be happier? Stay in the moment

Choose the correct answer to the questions:

PART 1

1. What did Aristotle call happiness?

- A) The ultimate goal of life
- B) The chief good
- C) The end of all other things
- D) The key to success

2. Why do people want a big house, a nice car, or a good job?

- A) Because they are intrinsically valuable
- B) Because they bring happiness
- C) Because they are necessary for survival
- D) Because they are status symbols

3. What is the paradox of happiness?

- A) People want happiness but don't know how to achieve it
- B) People have everything they want but are still unhappy
- C) Happiness is easy to achieve but doesn't last long
- D) Happiness is subjective and varies from person to person

4. What has been the focus of research on happiness in recent years?

- A) The causes of happiness
- B) The demographics of happiness
- C) The effects of income and education on happiness
- D) The relationship between marriage and happiness

5. According to the speaker, what are the big causes of happiness?

- A) Income and education
- B) Gender and marriage
- C) Moment-to-moment experiences
- D) Conventional notions of progress

6. *What is trackyourhappiness.org?*

- A) A website that monitors people's happiness in real time
- B) A mobile app that helps people track their daily activities
- C) A social network for people interested in happiness research
- D) A research project that studies the relationship between happiness and technology

7. *How does trackyourhappiness.org work?*

- A) It sends people signals at random points throughout the day
- B) It asks people to report their happiness levels once a day
- C) It collects data from people's social media accounts
- D) It analyzes people's online search history

8. *What is mind-wandering?*

- A) The ability to focus on the present moment
- B) The tendency to get lost in thought and lose focus on the present
- C) The practice of meditation and mindfulness
- D) The process of daydreaming and creative thinking

9. *What is the relationship between mind-wandering and happiness?*

- A) Mind-wandering is always a bad thing
- B) Mind-wandering can lead to increased happiness
- C) Mind-wandering has no effect on happiness
- D) Mind-wandering is a sign of unhappiness

10. *What is the speaker's main goal in studying mind-wandering?*

- A) To understand how it affects happiness
- B) To discourage people from mind-wandering
- C) To develop a technology that can prevent mind-wandering
- D) To promote the benefits of mindfulness and meditation

PART 2

1. What is the speaker's profession?

- a) Chef
- b) Scientist
- c) Teacher
- d) Musician

2. *What are the three questions asked in Track Your Happiness?*

- a) What are you doing, how do you feel, what are you thinking about?
- b) How old are you, what is your name, where do you live?
- c) What is your favorite color, what is your favorite food, what is your favorite animal?
- d) What is your job, what is your hobby, what is your favorite movie?

3. What is the first question asked in Track Your Happiness?

- a) What are you doing?
- b) How do you feel?
- c) What are you thinking about?
- d) What is your favorite activity?

4. What are the options for the mind-wandering question?

- a) Pleasant, neutral, unpleasant
- b) Happy, sad, angry
- c) Excited, bored, tired
- d) Focused, distracted, confused

5. What is the relationship between mind-wandering and happiness?

- a) People are happier when they're mind-wandering.
- b) People are less happy when they're mind-wandering.
- c) Mind-wandering has no effect on happiness.
- d) Mind-wandering and happiness are not related.

6. What is the speaker's explanation for why mind-wandering causes unhappiness?

- a) People often think about unpleasant things when their minds wander.
- b) People are too distracted to focus on their tasks.
- c) People are not engaged enough in their activities.
- d) People are not good at multitasking.

7. What is the causal relationship between mind-wandering and unhappiness?

- a) Mind-wandering is caused by unhappiness.
- b) Unhappiness is caused by mind-wandering.
- c) Mind-wandering and unhappiness are not related.
- d) The causal relationship is unclear.

8. What percentage of the time are people's minds wandering?

- a) 10%
- b) 30%
- c) 47%
- d) 65%

9. What is the highest rate of mind-wandering among the 22 activities?

- a) Exercising
- b) Working
- c) Taking a shower/brushing teeth
- d) Having sex

10. What is the speaker's hope for tracking people's happiness and experiences?

- a) To uncover important causes of happiness
- b) To prove that mind-wandering is not important
- c) To create a future that's richer in material possessions
- d) To find a cure for unhappiness