



Discussion Guide

Theme One: Want Happiness? You Go First

Tips for Discussion Group Leaders

Are you leading a discussion group for the first time? How great! Here are some things to consider:

- Many people feel nervous if they are the first to arrive, so be sure to arrive a little early so that you can make introductions.
- If your group has more than just a few members, why not have name tags? Even if there is only one person who doesn't know everyone else, think of how much more relaxing it will be for him or her.
- What is going to make your group fun? Are you meeting in a fun place? Going for a hike? Will there be any food and drinks?
- Warm people up with a quick ice-breaker, e.g. have people tell about a happy moment from their childhood.
- Arrange yourselves in a circle, and during the warm-up, have people introduce themselves in the order they are sitting (rather than randomly). That way, the shyer people will be encouraged to speak right away.
- As the discussion leader, be sure to encourage everyone to answer the questions you pose. Similarly, encourage people to refrain from judgment and to be supportive.
- Have fun!

Suggested Questions

Week 1: Prioritizing Happiness

- How do *you* spend your time? What beliefs, activities, and habits do you have that routinely bring greater happiness and meaning into your life?



- What activities do your *children* do, and to what end? Which of their activities—including family routines and such—do you think will ultimately bring them the greatest happiness?

Week 2: Make Time for Bliss

- What bright spots did you identify in your life? Which were with your kids? Which were alone? With other adults?
- Were you successful adding more of them to your regular life? If so, how? If not, what were the challenges? What is your plan now?

Week 3: Stop “Shoulding” on Yourself

- What types of activities did you notice routinely make you feel “crazybusy”? What types of things did you find you are doing out of obligation or routine, that you feel you *should* do, but that don’t actually bring you (or your kids) joy? What do you do because you are afraid of missing out?
- Were you successful taking some of these things off of your calendar? If so, how? If not, what were the challenges? What is your plan now?
- What rules did you make for yourself to help simplify your schedule (to not feel so busy)?
- Who did you get support from? On the other hand, is there someone in your life whose expectations are making this exercise more difficult? Who is imposing “should dos”?

Week 4: Start Using the Habit Tracker

- What habit did you start?
- How is it going? Do you feel optimistic that you are going to be able to make this big change?