

# Happiness

On a scale of one to ten how would you rate the happiness level in your life at the moment?

What was the happiest time in your life? Why was it so happy?

What do you think are the key principles to having to a happy life?

Do you think you would be happier if you had more money? How much would you need to maximize your happiness?

What activities make you happiest? Do you do them often?

What possessions make you happiest?

What people in your life make you the happiest? Do you spend much time with them?

Does delicious food tend to make you happy?

Does drinking alcohol make you happy?

Do you think having a job makes you happier or less happy?

Do you think having children is important to happiness in your life?

Do you think happiness is an attitude that can be cultivated in spite of problems in your life?

Do you think people usually get happier as they get older?