ANSWERS TO WS 1

HOW TO ACHIEVE HAPPINESS - APPROACHES FROM PHILOSOPHY AND HAPPINESS RESEARCH

EXERCISES

Read texts below and work in a group.

1. Evaluate the text on the World Happiness Report and write a table on the causes of happiness. Distinguish between internal and external causes.

Outer conditions	Inner conditions
high income	basic satisfaction
long life expectancy	perceived freedom to shape one's own life
well-developed social network	perceived security
functioning government, democracy, political rights	trust in each other and in state institutions
safe, stable country	freedom to make own decisions
low corruption	few worries, sadness and anger
socially progressive	
social coexistence	
gender equality	

2. Which statements from the World Happiness Report and from the quotations prove that one's own happiness is related to the happiness of others? Underline the corresponding statements.

   World Happiness Report: social togetherness, trust in each other, gender equality, safe, free, stable country

   Quotes: Doing good (Socrates), Happiness doubles when shared (Albert Schweitzer)

3. Formulate a conclusion and present it in the plenary.

   Happiness comes from a basic satisfaction and positive inner attitude by developing certain good qualities and also involving others.