WORKSHEET 1

WHAT IS HAPPINESS IN LIFE?

EXERCISES

1. Draw your personal life timeline. Connect each high and, if applicable, low point with an event that has already happened or that you expect to happen in the future.

2. Compare your lifeline with Mr. Schmitz's photo album. What constitutes a happy life for you?

3. Discuss in plenary whether and to what extent lasting happiness is attainable.

