



**Audience Questions for After the Project Happiness Film**  
(More at [projecthappiness.org](http://projecthappiness.org))

*The audience is invited to connect with the filmmakers and access free materials at [projecthappiness.org](http://projecthappiness.org).  
Questions for discussion:*

1. There are many definitions of happiness. What are some of yours?
2. In the film, what perspectives on happiness struck you the most? What scenes were your favorites? The Dalai Lama said about happiness, “As for me, I don’t know” and then he started laughing. What do you think he meant?
3. We cannot fully control what happens to us, but we can decide how we’ll deal with it. A Tibetan student said, “I believe that happiness is determined in one’s own mind.” Do you believe that happiness is a choice we can make?
4. How many of you are parents or caregivers to a young person? And what do you most want for this person, if you had to express it in one or two words? (If the audience is youth, ask, “What do you want most in your life?”). Ex: Happiness, Fulfillment, Joy, Contentment, Meaningful Life....
5. Okay, so what is being currently taught in our school systems? Ex: Math, English, Science...
6. This film inspired the Project Happiness school curriculum to teach happiness as a skill –the neuroscientist in the film states that we CAN change our brain. Did anyone know that the Science of Happiness is the most popular course at Harvard? How many of you would like to have learned about the Science of Happiness in your schools?
7. Gratitude is a huge part of happiness – take a moment and think of 3 things you are grateful for in your life. If you’d like, get into groups of 2 and share that with your neighbor.
8. On an airplane, we’re told to “put on your own oxygen mask, before you can help others.” Do you believe that by being happy, you can impact others in a positive way or do you think that happiness is a selfish pursuit?
9. What can you do to bring more happiness into your own life and the life of the people you care about? It can be large or small – even a smile can transform someone’s day, and each person has the ability to do that. Any ideas?
10. Finally, what is the most valuable thing you learned from the film about happiness --- for yourself?

Final Note: Now that you’ve seen the film, you are all AGENTS of HAPPINESS – you have the power to spread the word. Be part of the happiness movement and have screenings at your schools, and community centers, or start a happiness circle. Who could benefit by seeing this?

Thanks for being here – go out and spread some happiness!