

Home Work - Read and annotate: The Science of Happiness in Positive Psychology 101

### Chart 1: Vocabulary & Concepts Tracker

Terms of Concept	Definition	Example from the article	Personal Connection or Question
Positive Psychology	psychology that focuses on the good in life	"there was space at the table for a focus on the positive in life"	
Hedonic VS. Eudaimonic	Someone who enjoy and love pleasure. Someone that looks for a deeper meaning	"the presence of positive emotions and..." "Happy people tend to make others happier as well"	
Flow	when things move forward	?	
Gratitude	being thankful, appreciation	"pleasure and hope"	
PERMA model	?	?	

### Chart 2: Author's Purpose & Tones

Section or Quote	what is the author's purpose?	what tone is used? (optimistic, informative...)	How does this affect your understanding?
"Happiness is not just a feeling"	happiness is much more than a feeling.	optimistic, informative, gently persuasive	helps me understand that happiness is multi-dimensional and not just about feeling good
"Studies show that gratitude"	"Studies" serve as back-up claims with research.	informative	reinforces that small practices have scientific backing.

## Section by section reading tasks:

Section - what is happiness?

# the emotions linked to happiness in this section include joy, contentment, gratitude and fulfillment.

# Happiness means not only feeling good but also living a purposeful life.

# What's the difference between experiencing short-term pleasure and living with long-term meaning?

## Section - factors that influence happiness

# Internal factors (within us) - personality traits, mindset, optimism.

# External factors (from our environment) - wealth, social class, culture etc

# Emotion Identification - these factors can affect streets, hope and confidence.

# paraphrase - our happiness depends on both our inner qualities and the circumstances we live in.

# Questioning strategy - which matters more for lasting happiness our mindset or our life circumstances?

## Section - Practices that boost happiness (complete):

FIVE STAR

FIVE STAR

FIVE STAR

FIVE STAR

### Practice

### Emotional Impact

Gratitude journaling

increases appreciation, joy, and positivity by focusing on the good in life.

Acts of kindness

creates warmth, connection, and self-worth by helping others.

Mindfulness

reduces stress and anxiety, increases calm, awareness, and contentment.

Exercise

boosts energy, confidence and mood through endorphin release

Building strong relationship

strengthens feelings of love, trust etc.

## Post Reading Reflection:

Prompt

what surprised you most?

response idea

I was surprised by how much science influences happiness, not just external things (like money)

What emotions did you feel while reading?

I felt curiosity, and inspiration. It made me reflect on my own happiness in my life.

How would you define happiness now?

Happiness is not just a temporary good feeling - it's a mix of positive emotions, meaningful relationships and living purpose.