

Philosophy for a happy life (worksheet)

Activity 1

Look at the quotes on happiness. Do you agree with them? Explain your choice.

Useful language:

The way I see it ...
 In my humble opinion ...
 There is no doubt that ...
 I am of the same opinion.
 It is not always true because ...
 I doubt whether...
 This is in complete contradiction to...
 I cannot share this view because...



Activity 2

Look at the people in the pictures and say what makes them happy.



Activity 3

Match the words with the definitions.



- | | |
|---------------------------|---|
| 1) freshman | a) to finish or complete a task |
| 2) to accomplish | b) difficulty |
| 3) devastated | c) move hesitatingly, as if about to give way |
| 4) obstacle | d) a first-year undergraduate |
| 5) to be passionate about | e) to be unable to move further |
| 6) to goof off | f) expressing strong emotions about something |
| 7) to supersede | j) to finish something successfully or to achieve something |
| 8) to strive for | h) to take the place or move into the position of |
| 9) to get through | i) feeling very shocked and upset |
| 10) to get stuck | j) to waste time, to be idle |
| 11) to look up to | k) to make a lot of effort to achieve something |
| 12) to falter | l) to admire and respect someone |

Activity 4

Choose the correct words to complete the sentences.

- It wasn't very easy. Sometimes I ____, because I had very bad days.
 - strove for
 - faltered
 - got through
- Sometimes I ____ in a paradox, where there is no room for any happiness or any other emotions.
 - accomplish
 - get through
 - get stuck



3. Of course, I don't ignore the negative aspects of the ___ that make my life more difficult.
 - a) obstacles
 - b) achievement
 - c) goals
4. I always choose things that I can do and I am really ____.
 - a) interested about
 - b) passionate about
 - c) devastated
5. I was able to ___ my dream of playing snare drum with the marching band.
 - a) look up to
 - b) supersede
 - c) accomplish
6. The music that we make together is true, is genuine, and it ___ Progeria.
 - a) supersedes
 - b) strives for
 - c) falters
7. My friends and me ___ a little bit by chatting and making fun.
 - a) are passionate about
 - b) goof off
 - c) get through
8. This is my friend, who is a role model for other people to ____.
 - a) look up to
 - b) get stuck
 - c) accomplish

Activity 5

Watch the [video](#) from the TED talks. What is Sam's philosophy for a happy life?



<i>Sam's philosophy for a happy life</i>		<i>Comments</i>
<i>Idea 1</i>		
<i>Idea 2</i>		
<i>Idea 3</i>		
<i>Idea 4</i>		

Activity 6

Watch the *video* again (from 03:00 till 07:00) and answer the questions.

- 1) How does Sam struggle with Progeria?
- 2) What did Sam play with the marching band?
- 3) Who are his closest people and what does he say about them?
- 4) What do Sam and his friends do as a musical band?
- 5) What does Sam like about being in a band?



Activity 7

Discuss the questions in pairs. Try to use as many new words as possible.

Words to use:

to accomplish, devastated, obstacle, to be passionate about, to goof off, to supersede, to strive for, to get through, to get stuck, to look up to, to falter.

- 1) Do you agree with Sam that you can accomplish your dreams even though there are many things you are not able to do? Explain your choice.
- 2) Do you know any disabled person who has strived for his/her dream despite the obstacles? If yes, what has he/she got through? Should other people look up to him?
- 3) Is there anything you are passionate about and would like to achieve? If yes, what steps are necessary to be taken to achieve it?
- 4) Do you usually focus on things you can do or on things you can't do? How do you deal with problems or things you can't do?
- 5) Do you think that happiness lies within you? Or does it depend upon other people and external things?
- 6) What affects your levels of happiness?
- 7) What was the happiest time in your entire life?



Activity 8

Choose a topic from the list and write an essay.



Words to use:

to accomplish, devastated, obstacle, to be passionate about, to goof off, to supersede, to strive for, to get through, to get stuck, to look up to, to falter.

- Happiness Is Helping Others
- The happiest Moment In My Life
- Forgiveness brings happiness
- Little things that make me happy