

## Meeting:

Happiness/ Life

Goals:

- Have youths gain an understanding of what happiness is.
- Describe what happiness means to them and how they achieve it.
- Youths will describe their past experiences concerning happiness.

Meeting format:

1. Opening: Youths will come in. Youths will be asked to act their perfect day. Get about 2-3 volunteers, one being a leader.
2. Next: Group up. Question will be asked: What does happiness mean to you? People that acted out their perfect day- Why does this day bring happiness to you? Compare the three people who acted out their day. What was different? Does happiness differ in age?
3. Maze Activity???
4. Small Group questions:
  - a. Are there different types of happiness?
  - b. What does it mean to be content? How do we try to find real happiness?
  - c. So even though we know better, we still fall into traps that tell us happiness can be found in "worthless things." Why is that?
  - d. Have any of you experienced that—finding contentment during a difficult time?
  - e. How does our identity give us happiness?
5. Activity: Youths will be given paper. On it they write down their goals till the end of high school (What they plan to achieve). Afterward they will write their goals till the end of college. Afterward youths will be invited to discuss their results.
6. Questions for afterward:
  - a. Are these goals that want? Your parents want?
  - b. What is significant about these goals?
  - c. Do they let you enjoy yourself as much as you want?
  - d. How do your goals differ from high school/ college?