

The science of happiness ①

# My top five

Happy people remember good things in their lives.

① What are the five best things in your life in the last year?



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Ideas:

- things you did
- people
- things you learned



② Work with a partner. Tell about your ideas.  
Listen to your partner. Ask questions.

When...?

Where...?

Who...?

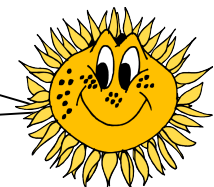
What...?

Why?

How...?

③ If there is time, change partners. Keep going.

Try thinking of 5 good things every week.  
Notice how good you feel!



Language focus: past simple, asking questions  
Positive psychology focus: Happy people remember good things in their lives.

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