

Interview the Happiest Person You Know

Think about the people in your life and consider who is the happiest person you know. That doesn't necessarily mean the most jovial, effervescent person. It may be someone who is quietly happy, someone who is content with their life, someone who is enormously generous, someone who spreads joy. The person you interview could be any age! Submit a one-page summary.

Here are some questions you may wish to pose:

- a) My impression of you is that you are a very happy person. Please tell me what contributes most to your happiness?
- b) What lessons have you learned from overcoming obstacles in your life?
- c) Do you have any advice to share about living a happy life?