DISCUSSION QUESTIONS

LAUREN COOK

• What changes can you make to give yourself a happier life?
• What have you learned about the science of happiness?
• How do goals affect happiness?
• How does gratitude affect happiness?
• What philanthropy or charity do you want to be passionate or curious about?
• What have you learned about mental health?
• How can you prioritize self-care through mindfulness and body awareness?
• What are some of your positive affirmations to remind yourself that you are enough?
• How can you develop a lifelong appreciation and love for Greek life after graduation?
• What does it mean to be a member of an organization or chapter?
• Why are you proud to be Greek?