

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?