

Book Study #106 *The Happiness Advantage (Seven Principles that Fuel Success and Performance at Work)* by Shawn Achor. Book Study

You have the opportunity to earn more than 3 CEUs when you take the SORLA book–study class. To earn the additional CEUs, you will need to both read the book and also complete an assignment BEFORE coming to SORLA.

Jodi Prchal, PK12

Lakeville, Monday, June 22, 8:30-3:30

Assignment to earn a total of 10 CEUs

Before you come to our book study, please purchase or borrow The Happiness Advantage by Shawn Achor. After each chapter, reflect on the following discussion questions. Please choose your favorite way to record your thinking about the discussion questions listed below and print a copy to submit on the day of our class. These questions will serve as the foundation of our discussion and activities.

1. Before reading this book...what makes you happy? What do you think makes the majority of the people feel success?
2. Read through page 18. What are your thoughts about sacrificing happiness for success? Have you witnessed this in your lifetime?
3. Read pages 19-33 How does having a growth versus fixed mindset relate to this section?
4. Read pages 37-61. Choose one activity that can increase your “Happiness Advantage”. Why did you choose it and what is your plan for making that activity a reality?
5. Read pages 62-86. Describe a fulcrum and a lever that you feel you can change in your life.
6. Read pages 87-104. What 3 things are you most grateful for and why?
7. Read pages 105-127 How can a crisis lead to success?
8. Read pages 128-144 Describe the Zorro Circle.
9. Read pages 145-170 How can you incorporate the 20 second rule into your life?
10. Read pages 171-196 Describe how a positive social climate can benefit a workplace.
11. Read page 197- end. What did you take away from this book? What is your plan?