

The Future of Happiness - Book Club Discussion Guide

Staying Grounded

- What are the biggest distractions that you face in your day?
- How many times a day do you think you check your phone?

Know Thyself

- The iPhone came out (in 2007). Do you feel like technology has increased or decreased your overall happiness in that time period?
- Are you a technology resister, embracer, or accepter?
- Who or what most influenced your attitude towards technology?
- How do you personally know when you are about to fall off the happiness cliff? Or is it more that “hindsight is 20/20”
- Have you ever tried lifelogging, either through a fitness tracker or otherwise? What insights do you gain about yourself?

Train your Brain

- What are some microdecisions or inflection points in your day where you would like to see change (i.e. hitting the snooze button, spending too long on the phone, managing your to do list, exercising)? And how can you use technology to help you make sustainable positive change?
- The S.T.A.G.E. framework helps us develop skills that train our brain to be happier. Have you used an app to train your brain, and if so, which one? What worked? What didn't?

Create a Habitat for Happiness

- How did books, TV shows or movies influence your vision of what the future will look like?
- What are some invisible fences that you use at work, home, or with your children?
- How do you deal with your tech graveyard at home?

Conscious Innovation

- If you could invent one technology to make the world a happier place, what would it be (feel free to work solo or in groups)?