

**Heartsong @ 1917 This Week – "Active Happiness"**  
**Wednesday, August 5, 2015, 10:45 a.m. – 12:00 noon**  
**UAB 1917 Clinic, 1st Floor Library, Room 151**  
**Facilitator: Steve Dellinger**

**Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with "unsubscribe" in the subject line.**

**UAB 1917 CLINIC WEBSITE:** <http://www.uab.edu/1917clinic>

**Featured Video #1:**

Video 1: <https://www.youtube.com/watch?v=isw2CYmJS9s>

**Discussion 1:**

- (1) Which was your favorite quote / note? ... *Why?*
- (2) Can we create our own happiness? ... *If "yes" - how? ... If "no" - why not?*
- (3) Is happiness an emotion? ... a decision? ... a consequence ... the result of something? *Why or why not?*
- (4) Can we create someone else's happiness? ... *Why or why not?*

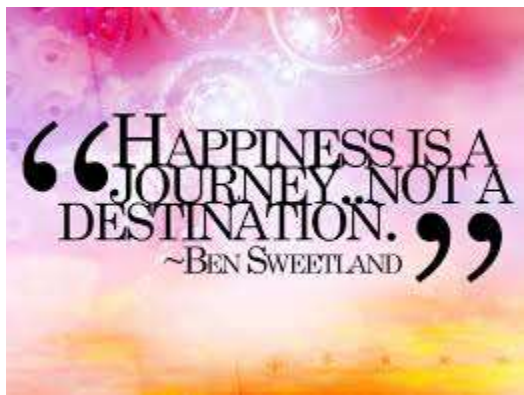
**Featured Video #2:**

Video 2: <https://www.youtube.com/watch?v=gc5TqIjRLe0>

**Discussion 2:**

- (1) Do you agree with this video? ... *Why or why not?*
- (2) Give an example of when circumstances have been 'not so wonderful', yet you have chosen to respond in a positive (HAPPY) way !
- (3) Give a recent example of something that happened to you when you chose not to be happy...but you could have ... *How do you think your day might have been different if you had 'chosen to be happy - regardless of what happened'?*
- (4) Can we 'decide to be happy regardless' (and really mean it)? ... *Why or why not?*

**Words on the Theme:**



*Every thought we think  
is creating our future*

Louise Hay

**HAPPINESS IS A  
CONSCIOUS CHOICE,  
NOT AN AUTOMATIC  
RESPONSE.**

[HTTP://DAILYQUOTES.CO](http://dailyquotes.co)





**NEXT**

**Heartsong@1917**

**Wednesday, August 12, 2015**

**10:45a.m., 1st Floor Library, Room 151**

**Topic: TBA**

**Joe Elmore, Facilitating**

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**"JOIN US EACH WEDNESDAY"**