

HOST A *Happiness Dare* BOOK CLUB

Ideas, tips, and questions to set the scene for a delightful discussion

Remember the motto:

Messy house, messy hair?
Books & friends really don't care.
Keep it casual, warm & inviting.



Simple food ideas:

Cheese plate
Seasonal fruit
Hummus & pretzels
Crostitini & chicken salad
Quick breads
Quiche
Nuts



Dressed up drinks:

Swizzle iced tea with cinnamon sticks.
Float berries, citrus, cucumber, watermelon or fresh herbs in water.
Garnish lemonade with frozen berries.

Dark Chocolate Cheesecake Dip

8 oz cream cheese, softened
1 cup powdered sugar
¼ cup cocoa powder
½ cup heavy whipping cream



Beat cream cheese until creamy.
Add powdered sugar and beat til smooth.
Add cocoa powder, and whipping cream & beat til light & fluffy. Serve with crackers, pretzels, cookies, or fruit. (2 cups)



“Let's not wait
for the weekend
to create the
happy life that
God intended
for us.”



An invitation to happiness

Dare takers are world changers. No matter how happy or unhappy we are in this moment, our multiplied happiness matters more than we can imagine. Our world needs a huge happiness upgrade. Amen?

If ever we needed happy people down here, it is now.

Let's dive into *The Happiness Dare* together and begin the holy hunt toward living the happy life God intended.

The Happiness Style Assessment will personalize this adventure and we'll learn how we're wired for happiness and practical ways we can fight for our happy.

Happiness can change the world, but first it has to change us. We can't give to the world what we don't already have. Let's do this.

Will you take the dare?

The Happiness Dare

Quick discussion guide
(further questions can be found at Tyndale.com
or at the end of each chapter)



Do you think God cares about your happiness, your holiness, or both?
Do you feel like you must pick between happiness and Jesus?

Why might some people have a hard time describing God as a happy Father, or Jesus as a happy man?

How difficult is it to take the Happiness Dare in an age of cynicism, terror, and heartbreak? Why is it important to take the dare anyway?

How did the results of the happiness style assessment make you feel? Were they what you expected? Why or why not?

What small tasks bring you daily happiness? How might you rearrange your day to make more room for the tasks that bring joy to your life?

"You can have one thousand friends on Facebook and feel like the loneliest woman on the planet," Jennifer writes. Can you relate to that phrase? Why or why not?

Studies have shown that possessing faith can be a weapon against unhappiness. Would you agree or disagree? Why?

Would you describe yourself as a good "lingerer," allowing yourself to hit the pause button and reflect upon the positive experiences or accomplishments in your life? Or do you quickly move on to whatever's next?

Is it easy for you to live by the Principle of Good Enough, or does that kind of principle make you feel like a slacker? Explain.

How can feeling sad make a person's happiness more real, durable, and sustaining in the long run?

Study after study suggests that gratitude increases happiness. Based on your own life experience, how have you seen that to be true?

