



Discussion questions for

# Happier Hour

by Cassie Holmes

*Reframe your time around life's joyful moments to build days that aren't just full—but fulfilling.*

1. Think about your weekly schedule. Do you feel like you have too little or too much free time? How does this affect your emotional well-being?
2. What is one activity that you feel like you don't have time to do, but you wish you did?
3. When was the last time you experienced awe (e.g. watched a sunset or saw an amazing live performance)? What activity could you schedule in the coming month to regain that sense of expansion and time affluence?
4. Reflecting back over your past couple weeks, which three activities made you feel greatest joy and fulfillment? When in the upcoming week (be specific) can you protect time for these activities (i.e., your golf balls)?
5. What is your “time sand”? What activity (or activities) fill your time but, upon reflection, are a waste? How might you reduce this sand in your upcoming week?
6. When do you feel the greatest sense of genuine connection?
7. What chore (or activity that feels like a chore) could you outsource?
8. What chore (or activity that feels like a chore) could you bundle with a more enjoyable activity? And what would that more enjoyable activity be?
9. What routine in your day-to-day life could you turn into a ritual to make it feel more special?
10. At the end of your life, how do you want to be remembered? What legacy do you want to leave? What are three words you'd like people to use to describe you? Think about how this clarity of what ultimately matters to you could inform how you spend your upcoming hours.

