

Matthew's Happiness Cake Recipe

Discussion points:

- 3 cups of relationships - family, friends, pets and others
- 1 cup of personality. Why personality is so important in the happiness stakes?
- Some freshly squeezed health. The group discussed the importance of diet, exercise and mental wellbeing
- 3 tablespoons of vision, values or purpose. What do these mean in our path of happiness seeking?
- A dash of money. How important is money to our happiness?
- Sprinkle with something bigger than yourself. This was about belonging to a group; believing in an idea or having spiritual faith of some sort
- Finally, bake with gratitude. What is gratitude and what does it have to do with happiness

