

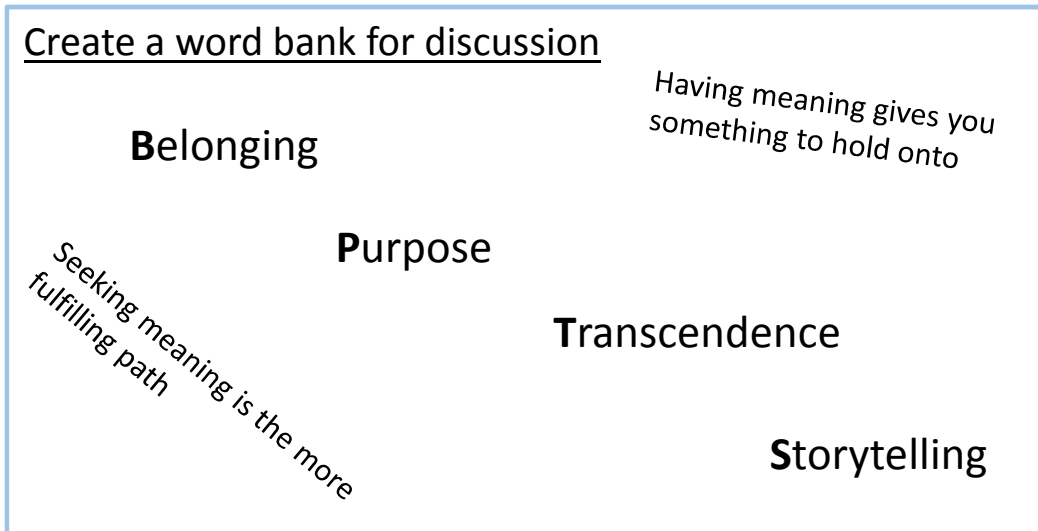
Tzu chi English Educational  
**There is more to life than being happy**



Make Questions

- ❖ Story
- ❖ Purpose
- ❖ Value others
- ❖ Define
- ❖ Connected
- ❖ Beyond
- ❖ Transcendence
- ❖ Love
- ❖ Value
- ❖ Share

Source - <http://www.abqtodo.com/categories/storytelling/>



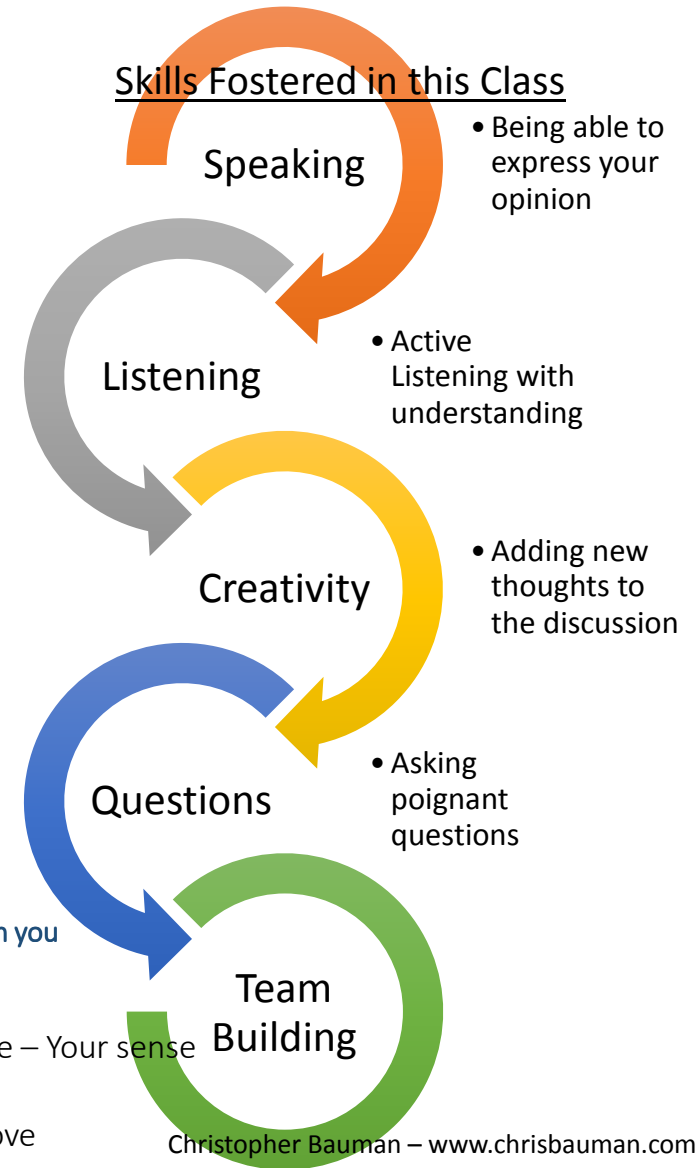
Meaning comes from belonging to and serving something beyond yourself and from developing the best from within you

Purpose is less about what you want, but what you give, using your strengths to serve others

Transcendence are those rare moments where you are lifted above the hustle and bustle of daily life – Your sense of self fades away and you feel connected to a higher reality

Storytelling – the stories that you tell yourself about yourself, defined by redemption, growth and love

Skills Fostered in this Class



Christopher Bauman – [www.chrisbauman.com.au](http://www.chrisbauman.com.au)

1. In the pursuit of happiness (success) many people feel anxious and adrift.

\_\_\_\_\_?

2. Even though life is getting better by every conceivable standard more and more people feel depressed and alone

\_\_\_\_\_?

3. What predicts despair is not caused by a lack of happiness, but by having a lack of meaning in life

\_\_\_\_\_?

4. Having meaning creates resilience within people

\_\_\_\_\_?

5. Belonging comes from being in relationships where you are valued for being who you are intrinsically..... (not for your beliefs or values)

\_\_\_\_\_?

6. Creating a narrative from the events of your life brings clarity

\_\_\_\_\_?

7. We are the authors of our stories and can change the way that we are telling them

\_\_\_\_\_?

8. A closing door can make you realise how to be a better person

\_\_\_\_\_?

Advanced Question Words

**Belonging** Rein in the ego  
 Serving others

**Finding Meaning** Weave a different story

True belonging springs from love

**Without something worthwhile to do, people flounder** Value others

you Find the good that sustains

If you were to re-write your story, what edits would you make?