

The Four Most Important Questions

adapted from Jay Shetty's podcast, "On Purpose" (by Amy Fox)

On his podcast, "On Purpose," author, life coach and former monk, Jay Shetty talks about the four most important decisions you make in life. These four decisions impact 90% of our happiness and help us to avoid unnecessary pain and stress.

Decision One:

What do I think/ feel about myself?

We do this every day we wake up and look in the mirror. We do this throughout our day as we complete tasks and engage in conversation and various activities. And how we think about ourselves, how we view ourselves, determines the actions that we'll take.

Take a moment to ask yourself this question: "What do I think or feel about myself? How do I view myself?"

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Decision Two:

How do I choose to make a living? How do I make money?

This question helps us assess our value to the world and what work it is we are doing.

How do you choose to make a living? Is the work you're doing fulfilling a deeper purpose for you?

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Decision Three:

Who do I serve? How do I contribute to the world?

This third question helps us assess the impact we make in the world and to others. How we serve is different than financial impact. This question is all about the impact we make through acts of service.

How do you serve and contribute to the world?

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Decision Four:

Who do I choose to give my love to? Who do I choose to receive love from?

While the first three questions are some of the most important decisions we will make in life, the fourth question is the one that carries the most impact.

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

Dr. Robert Waldinger, psychiatrist and director of the Harvard Study of Adult Development says, "Good relationships keep us happier and healthier."

Think about an important relationship in your life, an important person in your life. Call this person to mind and in your mind's eye, see them in front of you.

Notice what has shifted or changed in your body in this act of witnessing an important relationship. Is your body calmer? Is your breathing more even?

The act of where we shift our attention is a powerful driver for change.

See if you can deepen your breath here, allowing your breath to grow louder...

CLOSING CLASS

Research suggests that social connections make people happier and satisfying relationships not only make people happy, but they are also associated with better health and longevity.

What relationships can you invest in this week?
Who can you give your love to?

DURING CLASS

After Telling the Story

About 85 years ago, a study was conducted at Harvard that studied human lives. The researchers tracked the lives of 724 men, following up with each one on an annual basis to ask about their work, home lives and health.

They obtained this information from questionnaires, medical records, blood samples, brain scans and talks with the men's children.

The participants were broken up into two groups: The first group started in the study as sophomores at Harvard College and finished college during World War II, with most heading off to serve in the war. The second was a group of boys from Boston's poorest neighborhoods, selected specifically because they were from some of the most troubled and disadvantaged families in the Boston of the 1930s.

After gaining tens of thousands of pages of research data based on these participants, Waldinger said, the clearest message from the study is that "good relationships keep us happier and healthier."

The ongoing Harvard study is considered one of the world's longest studies of adult life, having started in 1938 during the Great Depression.

EXTRAS

What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone - but, according to psychiatrist Robert Waldinger, you're mistaken.

In this [TED talk](#), he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.