### 1.2 ACTIVITY 3 : Past performances

## Please fill in the following information:

Full name: $\qquad$

Entity/School: $\qquad$
Country: $\qquad$

There is a difference between the word happiness and the word joy. Happiness is always situated in the here and now. You can't be happy anywhere else. Like the breath, we only have this special moment here and now, the moment in which we breathe in and the moment in which we breathe out. It is always in the present, the here and now. It is important to reflect on what true happiness is and where we can find it. If we think about it we will see that we cannot find it in the past or in the future. The past is gone and our memories of it are unreliable. The future is the unknown and the uncertain. Therefore, we can only find happiness in the present.
On the other hand, joy, which is always associated with time - with the future or with the past. We can look ahead or have a pleasant anticipation of things we will do and like, or we can look back in time and remember situations we have enjoyed. While happiness is associated with consciousness, with the enjoyment of the here and now, joy is associated with thinking and thinking always needs a temporal dimension, the past or the future: making plans (future), comparing (past), deciding on the basis of experience (past) etc.

## CHOSEN THEME:

write down the pleasant experiences you have just evoked, focusing on the strengths and talents you have used in this situation. I hope this will help you in future challenges!

