Introduction (5 mins): Start this month’s Get-Together on **AWARENESS** by asking everyone to share their name and one action they’ve taken recently to bring happiness to themselves or others.

TUNE IN to our experience with mindfulness and gratitude

**Mindfulness Exercise (5 mins): Dwelling happily in the present moment**
Take a moment to ground yourself in mindful awareness, by bringing your attention to your breath and to the sensations in your body. Each moment of our lives is facilitated by so many supportive conditions that we can be grateful for right now - such as the air we are breathing.

**Gratitude Exercise (10 mins): Noticing conditions for our happiness**
Bring to mind the conditions that are helping to support your happiness and wellbeing right now. This might be the warm room around us, the people we are with or perhaps something we are bringing ourselves. Turn to someone next to you and share a little of what came up for you.

CONNECT with others to help us deepen our understanding

**Group Discussion (30 mins): Human doings or human beings?**
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

*Our minds are marvellous - capable of learning new things, coming up with ideas, analysing tricky problems, making up stories, anticipating issues, planning ahead and remembering the past. However, our minds can also work against us. They spend a lot of time thinking about almost anything other than what we’re presently doing. They can jump to conclusions without seeing the full picture or switch to automatic responses. They can go into overdrive at the slightest trigger, repeatedly admonishing us with what we should, or shouldn’t, have done, going over past events or imagining and worrying about what could happen in the future. All this can create unnecessary mental noise and lead to patterns and habits of thinking that don’t serve us well.*

Find out more in *10 Keys to Happier Living* (Chapter 4): [www.actionforhappiness.org/book](http://www.actionforhappiness.org/book)

Questions for discussion:
- What helps you to stay present and live more mindfully?
- How can we bring our attention to the present moment more regularly?
Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: www.actionforhappiness.org/get-together

“The best way to take care of the future is to take care of the present moment” ~ Thich Nhat Hanh