

The Happiness Killer

HUDL Podcast – Episode 1

RESPONSE QUESTIONS

1. What is a pet peeve of yours? Something that annoys you?
2. That “pet peeve” is rooted in an expectation that you have about the way things should be. Where did that expectation come from?
3. What are some expectations that you might consider changing/adjusting to help change the happiness level in your life?
4. What’s something that God is helping you work through because of unmet expectations (unrealistic – too low or high)?

What is the “happiness killer” when it comes to relationships?

Expectations.

What can a person do to better manage their expectations?

1. Don’t create expectations for others based on your strengths
2. Verbalize your expectations (early and often)
3. Focus on serving others (that’s what Jesus did).