

THE HAPPINESS CHALLENGE

Frequently Asked Questions

We were so excited to hear your feedback from Week 1! Thank you for sharing your comments and questions. We noticed that many of you asked similar things about how this works, so we put together a quick FAQ sheet to help you navigate your way through the program's ins and outs. Here's what we wanted you to know:

Q Who is receiving this Learning Companion?

A Both you and your partner have access to this Learning Companion.

Q Why is it so long? And what should we do if there's not enough time to cover everything in 30 minutes?

A With 4000+ participants in the Happiness Challenge, from different spots on the globe, and various levels of Jewish knowledge, we knew we'd have to make a pretty unique learning companion to try to suit everyone's needs. We did this as best we could by trying to incorporate extensive explanations as well as original sources for those familiar with Hebrew text-based study.

During your session with your partner, what's most important is that the two of you go at your own pace. While the big "take-aways" are understood best if you've covered all the material, you'll still gain by covering just a few sections too. Feel free to decide together with your partner where you'd like to read up to each week.

If you know you won't be able to cover everything, but you'd still like to get a more comprehensive idea of the topics covered, then try the following: (1) Read the intro and the explanation sections of each source, (2) Read the conclusion or sum-up at the end, and (3) Choose a challenge for the week.

Q Do we have to finish the material within 3 weeks?

A If you don't finish the material within 3 weeks, that's okay. You're welcome to continue reading through the Learning Companion with your partner even after the Happiness Challenge has ended.

Q Should I read the material before the session or during the session with my partner?

A There is no need to read the material ahead of time. However, you are welcome to do so.

Q There are a lot of things on the Program Page. Do we have to attend or participate in everything for this program to make sense?

A Participating in all of the programming offered will certainly give you the best experience. That being said, it's not essential to take advantage of everything, as each component (be it the Happy Hour program, a video we posted, or the Learning Companion itself) is also beneficial on its own.

Q Do we have to do the discussion questions? What if it's uncomfortable for me?

A During this program, we'll be asking many thought-provoking questions to help you analyze what you're learning more deeply. Don't feel that you must do these. There is no need to share if you're not comfortable. However, if you do want to share, please be mindful not to overshare. Your partner is (hopefully becoming) your friend – not your therapist.