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“Independence is happiness.”

Susan B. Anthony

Themes: Self-Awareness, self-confidence, self-discipline, self-motivation, self-efficacy, goal-setting

Claims: The more freedom you have, the happier you are.

Counterclaims: Giving up freedom and trusting others lead to happiness.

Essential Question: Can you be happy without freedom?

Storytelling: Talk about what your freedoms are. Talk about what constraints are put on you. Talk about a time when you had a lot of freedom and it made you happy. Talk about a time when you gave up your freedom and it made you happy. What are the things in life that you want control over? What things do you want other people to control for you?