

## The most important assignment/presentation ever

List the three things you have learned in this class that are most important to you. Explain why each is important to you and exactly how you will be using each to live a happier life.

The most important thing I have learned in this class is:

This is important to me because:

This is how I will be using it to live a happier life:

The second most important thing I have learned in this class is:

This is important to me because:

This is how I will be using it to live a happier life:

The third most important thing I have learned in this class is:

This is important to me because:

This is how I will be using it to live a happier life:

Here is what science can tell you:

**“Good relationships keep us happier, healthier and help us live longer.”  
You get more dopamine, serotonin and oxytocin!**

I have greatly enjoyed getting to know each and every one of you. You are amazing, authentic and accomplished, each in your own way. It was an extraordinary honor to be your professor this semester. Please come see me if there is anything I can ever do to help you here at UT. And remember, exercise every chance you get (more endorphins, serotonin, less cortisol) and also never stop asking “What makes me happy?”

Brent Iverson