

Criteria for A Good Life

- Happiness
- Meeting personal goals
- Money
- Positive mental attitude
- Finding peace in yourself
- Stability
- Proud of your life
- Finding balance
- Leaving behind a good legacy

- 1) Peace/positive attitude in oneself
- 2) Have balance & stability
- 3) Being proud of the legacy that we will leave behind
- 4) Meeting personal goals

A good life

Criteria for Happiness

- ✓ Doing what we love
- ✓ Achieving self goals
- ⊗ Seeing others happy
- * ⊗ Simple pleasures
- ✓ Money
- ✓ Having interests to persue
- * ⊗ Stability in your basic needs
- ⊗ Being busy

- 1) Having interests and engaging in them
- 2) Achieving our personal goals
- 3) Having simple pleasures
- 4) Stability in your basic needs

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