

# Happiness

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“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

--Aristotle

# Happiness: an end in itself

- Happiness is desirable in itself and never for the sake of something else. But honor, pleasure, reason, and every virtue we choose indeed for themselves, but we choose them also for the sake of happiness, judging that by means of them we shall be happy. Happiness, on the other hand, no one chooses for the sake of these, nor, in general, for anything other than itself. Happiness, then, is something final and self-sufficient.

--Aristotle

# American Declaration of Independence

"We hold these truths to be self-evident, that all men are created equal and that they are endowed by their Creator with certain unalienable rights: that among these are life, liberty, and the pursuit of happiness. That to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed..."

# Happiness and its calculation

A boy is not happy owing to his age; boys who are called happy are being congratulated by reason of the **hopes** we have for them. For there is required not only complete virtue, but also a complete life, since many changes occur in life, and all manner of chances, and the most prosperous may fall into great misfortunes in old age.

# Happiness, wealth and power

Consider the case of the miser. The miser thinks that happiness consists solely in accumulating and hoarding a pile of gold. To achieve this end, he ruins his health, lives in isolation from other human beings, does not take part in the life of his country -- and is subject to wild fears and constant worries. There the miser sits fondling his gold. Is he a happy man or is he miserable?

# *Authentic Happiness*

Dr. Martin Saligman

PERMA

Positive Emotion

Engagement

# *Authentic Happiness*

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Relationship

Meaning

Accomplishment



# Positive Emotion

Feeling of pleasure,  
rapture, ecstasy...

# Engagement

The loss of self-consciousness  
during an engaging activity

# Relationship

Healthy quality relationships

# Meaning

Belonging to and serving something  
that is bigger than the self

# Accomplishment

IQ vs.  
Grit/Self-discipline