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**Cohort**: (Francom, French, McMahan)

*In what follows, reflect on your learning and personal growth at this point in our course. Consider this week’s readings, multimedia sources, presentations, discussions, activities, etc. To your best ability attempt to integrate these experiences into our own developing understanding of the ‘Good Life’.*

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My definition of a good life has shifted over the last two weeks. I used to think that it remained around the theme of happiness, but now I think having strong relationships, good physical and mental health, and having a good work and life balance are all huge factors. Reading the chapter on India, the in-class presentation, and the Utopias and Communes assignment all contributed to my understanding of the good life this week. This chapter in the Geography of Bliss Weiner goes to India to understand the country's views on happiness. He notices that even though India has a lot of poverty and chaos, it is a country where people still seem to be happy and have peace. I think a key theme in this chapter is not worrying about materialism. For example, India has a great connection with inner peace and spiritual practices such as yoga and meditation instead of caring about money and material wealth for finding happiness. Weiner also talks about how the streets and cities in India are extremely chaotic and loud. But, he makes the point that the Indians adapt and get used to it to where they go with the flow. Weiner makes the point that this can “contribute to resilience and contentment,” which can lead to happiness and an aspect of a good life. Next, the in-class presentation helped with my understanding of the good life because the presenters asked our tables questions to talk about for a few minutes. Getting to hear my tablemate's answers always makes my mind think about new perspectives. These questions were related to the theme of happiness in India and how they experience it. I think after reading this chapter and hearing this presentation I learned that there is a big shift between the United States views on happiness vs India's views. Lastly, the Utopias and Communes assignment helped with my understanding because I got to think about what rules I would want if I had control over my society. Getting to think about what I would want vs what some countries have/do not have was interesting. I think it is important for people to have access to basic needs and resources and I would like to see sustainability goals that can help our environment in the United States.