**Name**: Emma Freyermuth

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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’.*

In order to develop an understanding of the “good life” I think it is important to take note of how things can and will play a part in that. Starting off the week discussing the idea of AND and OR even when looking things up was a good starting point. It shows how there is so much out there and one word can even change the outcome of all your results. We used many synonyms of happiness this week and one time in which we used the to make combinations using AND and OR to see and compare the results we got. This will help us to better understand how we can look things up and how we can try different combinations to get many different results when hoping to dive deeper into the idea and aspects of the “good life”. This first chapter was a good opening too into exploring different cultures and their lifestyles. The Netherlands was very interesting because culturally, religiously, economically and other aspects of their lifestyle are very different than we have here in America. It was very interesting to see their perspective and idea of happiness or the “good life” compared to what we may consider being happy or satisfied with our life. I think it is very interesting and eye opening to look into another country and see life through someone else's eyes because it can be so unique and different from our own. The word happiness is relevant in our whole world but has many different meanings and interpretations that go into it. The things that make you happy or consider you to be living the “good life” are also pretty different by where you are. This is very interesting and important when continuing to study other places the rest of the year because it does show how much language and the actual word matters. It was also a good opener to dive into the idea of linguistics and basic sentence structure. How we see, interpret, and share everything with our words and sentences which sometimes can have many different meanings. This leaves room for interpretation from the listener and can alter what message is actually being sent across. It is important in order to fully comprehend what is being communicated that there is context and definitions behind the terms and even the order of the words in which they make a sentence. You can use the same words to pull together many different sentences but placement of words and order matter. To exercise this, we each created mind maps and compared. These maps were very eye opening how we could have each done different original words but in the end we had some overlap meaning that words could be interpreted differently by different people. This makes defining and understanding the concept of happiness very difficult because there is no set definition or understanding of what it truly is. There are also many synonyms that people could even think mean the same thing but others may not interpret them that way. When looking into the “good life” there are so many crucial aspects like language and understanding that we may never have a definition for. So how can we even compare or measure the “good life” and happiness when there is no way of measurement or set in stone definition?