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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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This week's readings gave me new ways to think about happiness and well-being. In Mapping Well-Being, Tim Lomas talks about how different cultures have unique words for emotions and happiness that don't always translate into English. Through our activity for class, I saw that glee turned to joy after being translated to Indonesian and back. He argues that language shapes how we understand well-being, so happiness isn't the same everywhere but that it depends on culture.

On the other hand, The Netherlands: Happiness is a Number focuses on how happiness is measured using surveys and statistics. The Dutch are often ranked as some of the happiest people, partly because of their strong social systems and work-life balance. But this way of measuring happiness feels different from Lomas’ idea, which suggests that well-being is more personal and cultural, instead of something that you can measure with numbers.

I found Lomas’ ideas really interesting because they made me think about how language affects my own understanding of happiness. It made me think and ask myself if there are feelings I’ve had but never had the right words for. This made me realize that happiness isn’t just about outside factors like money or work, but that it is also about how we define and experience it in our own way. While surveys are useful, I think real well-being is about personal experiences and cultural perspectives. It made me bring up this topic to a dinner with my friends parents, talking about how we all have heard different things about what happiness is. The mom commented on it saying she saw a graph that said money is a factor in happiness but at a very low margin, enough to keep people comfortable but any amount after that does not factor in. The topic is interesting and the conversation engages so many different perspectives and things to consider.