**Name**: Mary Alice Hussey

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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’.*

I thought that this week’s different materials and discussions were super interesting. Especially the idea in linguistics and how words in our English vocabulary don’t exactly translate to other languages. And the difference in translating different synonyms of happiness to different languages. I thought particularly of one of the words I used for the Translation exercise, which was “fulfillment”. I translated it to french and when I translated it back it was “accomplishment” and I thought that could be reflective of them of their society and maybe how they view fulfillment in life as something you have to accomplish where has in American we might think of it in a more emotional way and think that you have to find within yourself rather than something material. I think I will take that lesson with me throughout this course. The idea that happiness can be defined by different things in different cultures and how happiness is defined is different to each person. That is one thing that I firmly believe about “the good life” is that it can be different according to each person, and that two people who are both living “the good life” can have completely different lives and values. I think that is one thing we definitely need to keep in mind during this course. That the “good life” is almost self defined and cannot be gained by living in a certain area or having a certain number of things.

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