

Nicomachean Ethics

<i>Speech Category/Type:</i>	Self- Improvement
<i>Speech Title:</i>	The Key to Happiness
<i>General Purpose:</i>	To enlighten
<i>Specific Purpose:</i>	To help others on what happiness really is and how to achieve it.
<i>Thesis/Central Idea:</i>	Aristotle believed that happiness was not a state of being but and activity for the soul, called the Nicomachean Ethics.
<i>Main Points:</i>	A) What is Happiness B) How to be Happy C) How to Stay Happy

The Key to Happiness

I. Introduction

A. Attention Getter: The Key to Happiness has been around for over a thousand years!

- B. Introduction to Self:** My name is Elijah Noisin. I am a 3rd year psychology major at Georgia Gwinnett College.
- C. Credibility Factor/ Speaker Credibility:** I wrote a paper about Aristotle's Nicomachean Ethics which explains the key to happiness
- D. Importance of Topic:** Everyone spends their entire lives trying to be happy.
- E. Motivate the Audience:** What I will explain today will help you find happiness
- F. Thesis Sentence:** Aristotle believed that happiness was not a state of being but an activity for the soul, called the virtue.
- G. Preview Summary Sentence:** Once you have learned how to be virtuous you can be happy forever.

Transition: But, first you must know what happiness is.

II. Body

A. What is Happiness?

- 1) Aristotle believed that the root of all we do is to be happy
 - A. Getting car, house, girlfriend
 - B. The reality is you are the only thing that can make you happy
- 2) Happiness to Aristotle was not a state of being. What happiness was to him was having a "good soul" which would translate to Eudaimon
- 3) When you have a "good soul" or are a eudaimon you then experience eudaimonia
- 4) Eudaimonia is the sense of joy get when you are flourishing and expressing the best version of yourself

Transition: Now that you know what happiness is how do you become a eudaimon?

B. How to be Happy?

- 1) Aristotle's answer to that was to be virtuous
- 2) What does it mean to be virtuous
 - A. Being virtuous is to live with excellence
- 3) To live with excellence you have to express the best version of yourself in all that you do.
- 4) That does not mean you have to be perfect all the time. What it does mean, is that you have to reflect on your life and find areas in it that you know you could be doing better in.
 - A. Find your potential and you will find excellence
- 5) When reflecting be aware of the areas in your life that you are deficient or excessive in. The key is to find the middle point because that is where virtue lies.
 - A. Take courage for example being deficient in this area makes a coward and being excessive makes you reckless. Being courageous means knowing when you are outmatched and finding another way to solve the problem, this is virtuous.
 - B. The middle is not the same for everyone it is relative to you and you only
- 6) To my next point, you have to take action on improving in that area immediately.

- A. Just because you went to race doesn't mean you will win. You have to actually participate if you want to win.

Transition: It's not a one and done kind of deal you have to continuously be striving to be your best self.

C. How to Stay Happy?

- 1) That is the key to staying happy forever.

III. Conclusion

- A. Signal to Close:** So now that you know go out and be happy
- B. Relevance to Audience:** remember the steps: What are you excessive and deficient in and take action to be in the middle.
- C. Summary Sentence of Main Points:** I have explained what happiness is, how to achieve it, and how to continue it for the rest of your life now go out and be virtuous.
- D. WOW Statement/ Restate Thesis:** And remember happiness is not a state of being but a virtuous activity for the soul
- E. Thank You!**

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Human Communication Section 03
Unit 6 -B- Outline Assignment
10/28/2019

Works Cited

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