

Healing the Culture: Happiness (reviewed); Definition of Success; Quality of Life

- REVIEW – happiness
 - Definition of happiness: fulfillment of desire
 - Four levels of happiness
 - One: Immediate Gratification
 - Objective: maximize pleasure and minimize pain
 - Characteristics
 - Obligation to self alone
 - No desire for common, intrinsic, or ultimate good
 - Lack of self-worth; fear of tangible loss/harm; boredom
 - Gratification: immediate (immediately had; immediately gone again)
 - Two: Personal Achievement/Ego
 - Objective: Ego centeredness; be better than; gain advantage
 - Characteristics
 - Promotion of self is primary
 - Personal power and control are crucial
 - Jealousy, contempt, and cynicism
 - Isolation and loneliness
 - Fear of failure
 - Gratification: short term (soon to be had; soon to be gone again)
 - Three: Good Beyond the Self
 - Objective: do good beyond self
 - Characteristics
 - Principles include justice, love, and community
 - Intrinsic goodness is an end in and of itself
 - Decisions are focused on the greater good
 - Gratification: long term
 - Four: The Ultimate Good
 - Objectives
 - Participation in giving and receiving is ultimate meaning
 - Goodness, ideals, and love
 - Characteristics
 - Good is ultimized
 - Principles include perfect Beauty, Goodness, and Truth (the Transcendentals)
 - Gratification: eternal
- Success
 - DISCUSSION: What is success? (Let us formulate our own group definition of success)
 - DISCUSSION: What are some measures of success, given our definition? Who sets up and establishes those measures, assigns them, defines them?
 - DISCUSSION: What is the connection (if any) between success and happiness?
- Quality of Life
 - DISCUSSION: What makes for a high quality of life?
 - DISCUSSION: What is the connection between success and quality of life? And *if* there is a connection, what is the connection, if any, between happiness and quality of life)?
 - DISCUSSION: Is *quality* of life the same thing as *value* of life? Why or why not?