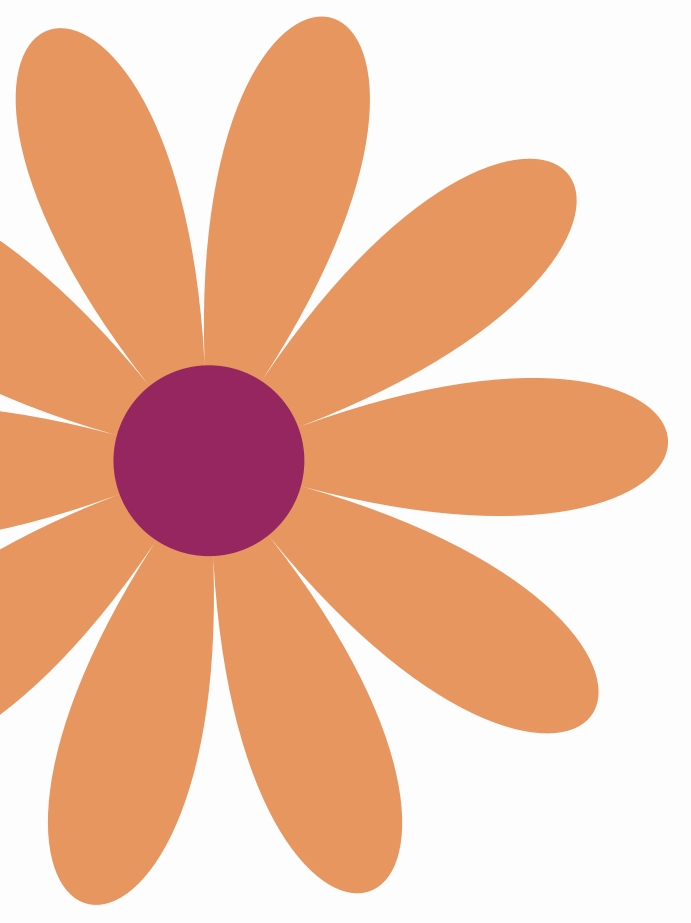




The Three Dimensions of Happiness

The Pleasant Life: A life that successfully obtains the positive emotions about the past, today and tomorrow.

The Good Life: Using signature qualities and strengths to obtain rich satisfaction by doing activities in real scenario of life.



The Meaningful Life: Using signature strengths and virtues in something much larger than we are.

Based on the work of Martin E.P. Seligman, PH.D.

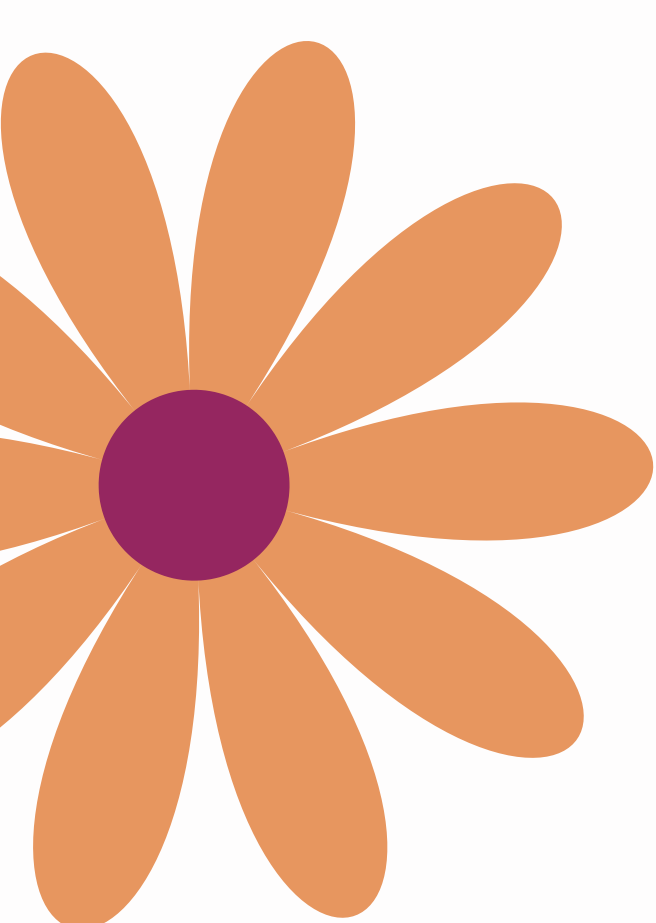




Journal Exercise: The Three Dimensions

The Pleasant Life: What are the positive emotions associated with your past, present, and future?

The Good Life: What are your signature qualities and strengths that you bring into real life scenarios that make you special? If you feel unsure, ask a trusted friend to help.



The Meaningful Life: What are your strengths and virtues? How can these be utilized differently in your life to increase your connection to a more meaningful experience?

