

FOUR CONCEPTS OF A GOOD LIFE ACCORDING TO POSITIVE PSYCHOLOGY



1 The Pleasant Life
The drive to do things that enhance self-satisfaction.

2 The Engaged Life
The process of seeking deeper insights into emotions, and character strengths, and acting to make changes where needed.

3 The Meaningful Life
The act of seeking your true purpose and meaning of life.

4 The Achieving Life
Where happiness and a true sense of self are derived from understanding, acknowledging and acting on core life dreams.

**"The good life is a process,
not a state of being."**
C a r l R o g e r s



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