

Exercise 1: Understanding the difference between Hedonic and Eudaemonic

From your understanding what status would you give these adjectives:

	Is it Hedonic? Hedonic is subjective well being - SWB	Is it Eudaemonic? Psychological Well Being - PWB
Thrill	Yes	
Flourish		Yes
Pleasure	Yes	
Joy	Yes	
Success		Yes
Comfort	Yes	
Gratification		Yes
Amusement	Yes	
Contentment		Yes
Buzz	Yes	

Exercise 2: Do your goals have a balance between Hedonic and Eudaemonic?

For each of the 8 core values or purposes of your life write down your goals in that area and then decide what status it is between Hedonic and Eudaemonic.

Core value / Purpose	Your Goal	Is it Hedonic? It is the pursuit of pleasure as the goal.	Is it Eudaemonic? Seeking meaning and challenge to your potential
Physical self Fitness, health, selfcare, diet nutrition, sleep.			
Financial Money, savings, earnings, investments.			
Intellectual Academic, self development, understandings, education, reading.			
Occupational Career, work, job, business.			
Environment Home/Office, living area. Not a toxic environment, that you absorb.			
Social Hobbies, friends, lifestyle, relaxing, family, community, fun.			
Personal / Spiritual Development Understanding yourself, wellness, religious, self worth.			
Romance Intimacy, love, relationship.			