

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		
Flourish		
Pleasure		
Joy		
Success		
Comfort		
Gratification		
Amusement		
Contentment		
Buzz		

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