



# *Personal Development:* Long-Term Planning, Self-Sufficiency, and Life Satisfaction

*Aren Jayanthan (I am not a professional and this has not been proofread, please do your own research.)*

*Dedicated to David Porter, for being the symbol of making your own way and not sacrificing yourself for someone else's way of living<sup>1</sup>.*

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Unreviewed, Objectively Researched, Subjectively Organized Paper (printer-friendly)

- *Is it your own destiny? Or is it a destiny someone else tried to force on you?" It's time for you to look inward, and start asking yourself the big questions. Who are you? And what do you want? - Uncle Iroh (Avatar the Last Airbender)*
- *I'm sorry your life turned out so bad. But don't blame me you messed it up yourself. You just focused on the bad stuff when all you had to do was let go of the past and keep moving forward. - Lewis (Meet the Robinsons):*
- *Sometimes you meet someone who transforms your life, someone who pushes you closer to becoming the person you always dreamed you could be. Yet, as in real life, things don't always work out the way we hope, and ultimately, we're left to walk our path alone.*
- *When dealing with people, let us remember we are not dealing with creatures of logic. We are dealing with creatures of emotion, creatures*
- bristling with prejudices and motivated by pride and vanity. - Dale Carnegie, How to Win Friends and Influence People*
- *If you can only get what you want by telling a lie, then you are not smart enough to get it by telling the truth. - Jordan Peterson*
- *I have always loved you, and if one loves anyone, one loves the whole person, just as they are and not as one would like them to be. - Leo Tolstoy*
- *Authenticity: the way you behave when there is no risk of punishment. - Alex Hormozi*
- **Kindness:** The way you treat others when there is no clear reward, purpose, and/or reciprocity.
- *It's not that anything is actually special, but that we believe it's special that makes it so.*

<sup>1</sup> Dave is a symbol of a helluva lot of things, including: being proud of yourself despite your setbacks, to be capable of violence (physical and emotional) but not use it against other people, making mental space for other people, and doing so much that failure becomes obsolete. Love you, Dave.

Don't make me lose this.

This is a part of who I am when you met me - and you like me for me, you might not like that part of me, but it's part of me - don't make me lose that, just because you don't like it.

Having that ability to say: "I give to you in the hopes that you give to me" and as long as that reciprocity is there and no one feels like they're being taken advantage of, trust gets built better that way. I'm showing you this as a token of trust, don't abuse it [or use it against me].

*David Porter*

I would want to tell her, my daughter, to not fall into the trap of feeling you have to conform to what society wants you to be. That peer pressure is going to lead to always chasing the same thing, which is ever changing. Chasing that level of acceptance can be detrimental, because you are going to have to change your personality every time. Be yourself and be happy with yourself.

*Zak Ruppert*

## INTRODUCTION

Steven Bartlett: *What is the meaning of life?*

Jimmy Carr: *Enjoying the passage of time.*

This paper is meant to be personality-irrelevant, regardless of the Myres-Biggs or Big Five categorization.

*No one food source has everything the human body needs. No one instructor has everything that one student needs. - David Porter*

Just as in relationships with other people (don't expect one person to do everything, such as share your hobbies and be your therapist and be emotionally available whenever it is convenient for you), there is no one framework that summarizes life perfectly.

This is also: take your favorite parts of people (laughter, honesty, kindness) and be around them

if you want more of that. That is what that person naturally does, maybe not 100% all the time, but that may be intrinsically motivated so it is self-generating.

Take your favorite parts and embody that more. Exposure therapy, placebo effect, pavlov's conditioning, your mind is extremely powerful.

Don't expect someone is capable of something unless you have clear evidence that they are capable of doing that thing.

But at the same time, you have been and always will be human. Be easy on the person, hard on the problem.

## PERSONAL DEVELOPMENT IN CONTEXT

**Super definition of Personal Development<sup>2</sup>:**

<sup>2</sup> Super Definitions breakdown is in the Super Definitions in Context section

The process of natural growth and evolution to develop differential characteristics<sup>3</sup> relating to an individual's character and intentions<sup>4</sup> that lead to the result (of said individual's actions) being rational, self-conscious, and with deliberate effort over time (done with and/or without the intervention of another).

## POSITIVE AND NEGATIVE AFFECT

Watson and Clark argued that positive affect (PA) and negative affect (NA) are two independent dimensions of emotional experience rather than opposite ends of a single continuum.

Positive affect reflects the extent to which a person feels enthusiastic, active, and alert, while negative affect represents subjective distress and unpleasant engagement.

### From the paper<sup>5</sup>:

*Although the terms Positive Affect and Negative Affect might suggest that these two mood factors are opposites (that is, strongly negatively correlated), they have in fact emerged as highly distinctive dimensions that can be meaningfully represented as orthogonal dimensions in factor analytic studies of affect.*

*Briefly, Positive Affect (PA) reflects the extent to which a person feels enthusiastic, active, and alert. High PA is a state of high energy, full*

*concentration, and pleasurable engagement, whereas low PA is characterized by sadness and lethargy.*

*In contrast, Negative Affect (NA) is a general dimension of subjective distress and unpleasurable engagement that subsumes a variety of aversive mood states, including anger, contempt, disgust, guilt, fear, and nervousness, with low NA being a state of calmness and serenity.*

*Trait PA and NA roughly correspond to the dominant personality factors of extraversion and anxiety/neuroticism, respectively.*

## HEDONIC VS EUDAEMONIC

**Hedonic comes from the Greek word *hēdonē* (ἡδονή), meaning “pleasure.”**

### Super Definition for Hedonism<sup>6</sup>:

The doctrine that either the desire and/or inclination to be in a state of satisfaction (through a sufficient form of emotional compensation, typically obtained by something external) or to be in a state of well-being and contentment, is the sole or chief good in life.

**Eudaemonic<sup>7</sup> comes from the Greek word *eudaemonia* (εὐδαιμονία), which roughly**

<sup>3</sup> **Differential Characteristics:** Having the qualities of uniqueness rather than a thing or conforming to a group homogeneity.

<sup>4</sup> An individual's character and intentions (plus a thousand other things) should easily recognized, understood, and accepted by the mind to be right. This is not the same as “good” and “bad”, because even evil people believe they are doing good.

<sup>5</sup> Watson, D., Clark, L. A., & Tellegen, A. (1988)

<sup>6</sup> <sup>6</sup> Super Definitions breakdown is in the Super Definitions in Context section

<sup>7</sup> **Eudaimonic vs Eudaemonic:** Eudaimonic is the more modern and now more common spelling in academic literature, especially in psychology. Eudaemonic is the older, more traditional transliteration that preserves the Greek diphthong “ai” as “ae”.

**translates to "flourishing," "the good life," or "human flourishing."**

Eudaemonism (noun)<sup>8</sup>: *a theory that the highest ethical goal is happiness and personal well-being.*

Eudaemonic (adjective)<sup>9</sup>: *producing happiness: based on the idea of happiness as the proper end of conduct.*

**Comparing Hedonic and Eudaemonic is itself a whole paper on its own. The nuances in the original Greek wording:**

- *Hedone* (pleasure) ultimately meaning *ataraxia* (tranquility, freedom from anxiety) combined with *aponia* (freedom from bodily pain).
- Eudaemonic being not a feeling or a passive state, it's *energeia* (an ongoing activity).

**Oversimplified interpretation:**

**- Hedonic: What feels good?**

- It's about pursuing pleasure and avoiding pain as the primary good. A hedonic person might work extremely hard, they just measure success by how good they feel.
- Transactional/accounting mentality: that everything (relationships, actions, behaviors) has to be balanced or compensated to value-based, subjective satisfaction.

**- Eudaemonic: What is good?**

- Living according to your highest potential and virtue. It's about flourishing through excellence of character, regardless of whether life feels easy or hard.
- Reciprocity and seeing results (immediately or indefinitely) do not necessarily have to happen to continue the actions and

behaviors. This is tied to purpose, intrinsic motivation, and consistency without understanding (not incompetence, just doing it because it is the right thing to do, even if it doesn't feel good).

This is kinda sorta similar to the quote from the movie 1776: *There are two creatures of value on the face of the earth, those with a commitment and those who require the commitment of others:* You could say there are people who are primarily **passive/reactive** (responding to circumstances, seeking comfort) versus **active/intentional** (choosing their path, building character), but both types can exist in either hedonic or eudaemonic frameworks.

**From Epicurus on Hedonism<sup>10</sup>:**

*Pleasure is our first and kindred good. It is the starting-point of every choice and of every aversion, and to it we come back, inasmuch as we make feeling the rule by which to judge of every good thing.*

*And since pleasure is our first and native good, for that reason we do not choose every pleasure whatever, but often pass over many pleasures when a greater annoyance ensues from them<sup>11</sup>.*

*And often we consider pains superior to pleasures when submission to the pains for a long time brings us as a consequence a greater pleasure.*

*While therefore all pleasure because it is naturally akin to us is good, not all pleasure is worthy of choice, just as all pain is an evil and yet not all pain is to be shunned.*

***It is, however, by measuring one against another, and by looking at the conveniences and inconveniences, that all these matters must be judged.***

<sup>8</sup> Merriam Webster: Eudaemonism

<sup>9</sup> Merriam Webster: Eudaemonic

<sup>10</sup> Epicurus. (n.d.) R. D. Hicks, Translation (Original work published ca. 300 BCE)

<sup>11</sup> Possibly tied to fair-weather friends (those who are with you at your best but not at your worst) and Cognitive Load Theory.

*Sometimes we treat the good as an evil, and the evil, on the contrary, as a good.*

**From Aristotle on Eudaemonism<sup>12,13</sup>:**

*The question may be determined also by a reference to our definition of **Happiness, that it is a working of the soul in the way of excellence or virtue of a certain kind**: and of the other goods, some we must have to begin with, and those which are co-operative and useful are given by nature as instruments.*

*And of this nature Happiness is mostly thought to be, for this we choose always for its own sake, and never with a view to anything further:*

- *whereas honour, pleasure, intellect, in fact every excellence we choose for their own sakes, it is true (because we would choose each of these even if no result were to follow),*
- *but we choose them also with a view to happiness, conceiving that through their instrumentality we shall be happy: but no man chooses happiness with a view to them, nor in fact with a view to any other thing whatsoever.*

*Moreover, since Happiness is a kind of working of the soul in the way of perfect Excellence, we must enquire concerning Excellence: for so probably shall we have a clearer view concerning Happiness...*

*For to constitute Happiness, there must be, as we have said, complete virtue and a complete life: for many changes and chances of all kinds arise during a life, and he who is most prosperous may become involved in great misfortunes in his old age, as in the heroic poems the tale is told of*

*Priam: but the man who has experienced such fortune and died in wretchedness, no man calls happy.*

## SUBJECTIVE WELLBEING VS PSYCHOLOGICAL WELLBEING

**Subjective Wellbeing** (SWB, Ed Diener, Hedonic) vs **Psychological Wellbeing** (PWB, Carol Ryff, Eudaemonic)

**From a more recent interpretation of hedonic and eudaemonic:**

**Subjective Wellbeing<sup>14</sup>:** *The area of subjective well-being has three hallmarks.*

- *First, it is subjective. According to Campbell (1976), it resides within the experience of the individual.*
  - *Notably absent from definitions of SWB are necessary objective conditions such as health, comfort, virtue, or wealth (Kammann, 1983). Although such conditions are seen as potential influences on SWB, they are not seen as an inherent and necessary part of it.*
- *Second, subjective well-being includes positive measures.*
  - *It is not just the absence of negative factors, as is true of most measures of mental health. However, the relationship between positive and negative indices is not completely understood.*

<sup>12</sup> Aristotle. (2008). W. D. Ross, Translation (Original work published ca. 350 BCE)

<sup>13</sup> Aristotle also mentions (simplified): This raises the question: can happiness be learned, developed through practice, or does it come from the gods or by chance? If the gods give gifts to humans, happiness would likely be one of them, perhaps their greatest gift. However, even if happiness doesn't come directly from the gods but instead comes through virtue, learning, or training, it's still godlike because virtue's reward is clearly something excellent, divine, and blessed. It makes more sense that happiness comes through our efforts rather than by chance. Why? Because things that follow nature, art, or any cause - especially the best causes - naturally work in the best way possible. Leaving something as important and noble as happiness to mere chance would contradict this principle.

<sup>14</sup> Diener, E. (1984)

- *Third, the subjective well-being measures typically include a global assessment of all aspects of a person's life.*
  - *Although affect or satisfaction within a certain domain may be assessed, the emphasis is usually placed on an integrated judgment of the person's life.*
- *Andrews and Withey (1976) have found three general components of subjective well-being: **life satisfaction judgments, positive affect, and negative affect.***

This will be expanded on in the **Satisfaction with Life Scale (SWLS)** section.

#### **Psychological Wellbeing<sup>15</sup>:**

- *It is argued that there has been an absence of theory guiding this research;*
  - *an implicit negativism in the proposed conceptions of well-being;*
  - *a neglect of the possibility for continued growth and development in old age;*
  - *and a failure to see conceptions of positive ageing as human constructions that are open to cultural variations and historical change.*
- *An alternative approach that draws on the convergence in life-span developmental theories, clinical theories of personal growth, and mental health perspectives is presented.*
- *Six criteria of well-being result from this integration: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth.*

This will be expanded on in the **Scales of Psychological Well-Being (SPWB)** section.

<sup>15</sup> Ryff, C. D. (1989)

<sup>16</sup> Ryan, R. M., & Deci, E. L. (2000)

## SELF-DETERMINATION THEORY

You have everything you need, you don't need everything you want, but you can want everything you can get.

Motivation is needed when reality doesn't meet the expectations.

From *Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being<sup>16</sup>*:

*The findings have led to the postulate of three innate psychological needs - **competence, autonomy, and relatedness** - which when satisfied yield enhanced self-motivation and mental health and when thwarted lead to diminished motivation and well-being.*

•••

- **Amotivation:** *At the far left of the self-determination continuum is amotivation, the state of lacking the intention to act.*
  - *When amotivated, people either do not act at all or act without intent - they just go through the motions.*
  - *Amotivation results from not valuing an activity (Ryan, 1995), not feeling competent to do it (Bandura, 1986), or not expecting it to yield a desired outcome (Seligman, 1975).*

*The term **extrinsic motivation** refers to the performance of an activity in order to attain some separable outcome and, thus, contrasts with intrinsic motivation, which refers to doing an activity for the inherent satisfaction of the activity itself.*

- **Extrinsic:** *The extrinsically motivated behaviors that are least autonomous are referred to as externally regulated.*

- *Such behaviors are performed to satisfy an external demand or reward contingency.*
- *Individuals typically experience externally regulated behavior as controlled or alienated, and their actions have an external perceived locus of causality.*
- **Introjected:** *A second type of extrinsic motivation is labeled introjected regulation. Introjection involves taking in a regulation but not fully accepting it as one's own.*
  - *It is a relatively controlled form of regulation in which behaviors are performed to avoid guilt or anxiety or to attain ego enhancements such as pride.*
- **Identified:** *A more autonomous, or self-determined, form of extrinsic motivation is regulation through identification.*
  - *Identification reflects a conscious valuing of a behavioral goal or regulation, such that the action is accepted or owned as personally important.*
- **Integrated:** *Finally, the most autonomous form of extrinsic motivation is integrated regulation. Integration occurs when identified regulations are fully assimilated to the self, which means they have been evaluated and brought into congruence with one's other values and needs.*
- **Intrinsic:** *Perhaps no single phenomenon reflects the positive potential of human nature as much as intrinsic motivation, the inherent tendency to seek out novelty and challenges, to extend and exercise one's capacities, to explore, and to learn.*
  - *The construct of intrinsic motivation describes this natural inclination toward assimilation, mastery, spontaneous interest, and exploration that is so essential to cognitive and social development and that represents a principal source of enjoyment and vitality throughout life.*

## SCALES TOO LONG; DIDN'T READ

(Not sorted in any particular order)

- PERMA-Profilers: **Positive Emotion** (joyful, positive, and contented); **Engagement** (being absorbed, interested, and experiencing flow or timelessness); **Relationships** (having support, feeling loved, and being satisfied with relationships); **Meaning** (purposeful, finding life worthwhile, and having direction); **Accomplishment** (making progress, experiencing achievement, and feeling capable) + **Negative Emotion** (anxious, angry, and sad); **Health** (health, satisfaction with health, and health comparison) + Other items include feeling **lonely** and **happy**.
- Maslow's Hierarchy (used here as domains, not as a hierarchy): **Physiological Needs, Safety Needs, Love and Belongingness Needs, Esteem Needs, Self-Actualization (+ Cognitive Needs, Aesthetic Needs, Self-Transcendence)**
- WHOQOL: **Physical Capacity, Psychological, Level of Independence, Social Relationships, Environment, Spirituality/Religion/Personal Beliefs**
- SPWB: **Self-Acceptance, Personal Growth, Purpose in Life, Positive Relations with Others, Environmental Mastery, Autonomy**
- SWLS: In most ways, my life is close to my **ideal**; The **conditions of my life** are excellent; I am **satisfied with life**; So far, I have gotten the **important things** I want in life; If I could live my life over, **I would change almost nothing**.
- PANAS: **Positive Affect** (interested, excited, strong, enthusiastic, proud, alert, inspired, determined, attentive, active) and **Negative Affect** (distressed, upset, guilty, scared, hostile, irritable, ashamed, nervous, jittery, afraid)
- WEMWBS: **positive affect** (feelings of optimism, cheerfulness, relaxation), **satisfying interpersonal relationships and positive functioning** (energy, clear thinking, self

acceptance, personal development, competence and autonomy).

- Wheel of Life: **Family and Home, Financial and Career, Mental and Educational, Physical and Health, Social and Cultural, Spiritual and Ethical**
- DHS: **Depression items (R = reverse-scored):** Sad (R), Failed (R), Dissatisfied (R), Disappointed (R), Worthless (R), Crying (R), Indecisive (R), Unattractive (R), Cheerless (R), Tired (R), Lethargic (R), Meaningless (R), Run down (R); **Happiness items:** Alert, Cheerful, Satisfied, Healthy, Successful, Happy, Optimistic, Rewarding, Purpose, Pleased, Decisions, Enjoyable

## PERMA AND PERMA-PROFILER

Positive Emotion, Engagement (flow), Relationships, **M**eaning, **A**ccomplishment.

**From Flourish<sup>17</sup> (cut up for simplicity, please refer to the book's page 23-ish):**

**Positive emotion:** *The first element in well-being theory is positive emotion (the pleasant life).*

- *Happiness and life satisfaction, as subjective measures, are now demoted from being the goal of the entire theory to merely being one of the factors included under the element of positive emotion.*

**Engagement:** *Engagement remains an element. Like positive emotion, it is assessed only subjectively ("Did time stop for you?" "Were you completely absorbed by the task?" "Did you lose self-consciousness?").*

*Positive emotion and engagement are the two categories in well-being theory where all the factors are measured only subjectively.*

*As the hedonic, or pleasurable, element, positive emotion encompasses all the usual subjective*

*well-being variables: pleasure, ecstasy, comfort, warmth, and the like.*

*Positive emotion and engagement easily meet the three criteria for being an element of well-being:*

- (1) *Positive emotion and engagement contribute to well-being.*
- (2) *They are pursued by many people for their own sake, and not necessarily to gain any of the other elements (I want this back rub even if it brings no meaning, no accomplishment, and no relationships).*
- (3) *They are measured independently of the rest of the elements. (There is, in fact, a cottage industry of scientists that measures all the subjective well-being variables.)*

**Positive Relationships:** *When asked what, in two words or fewer, positive psychology is about, Christopher Peterson, one of its founders, replied, "Other people." Very little that is positive is solitary.*

- *When was the last time you laughed uproariously?*
- *The last time you felt indescribable joy?*
- *The last time you sensed profound meaning and purpose?*
- *The last time you felt enormously proud of an accomplishment?*

*Even without knowing the particulars of these high points of your life, I know their form: all of them took place around other people.*

*Other people are the best antidote to the downs of life and the single most reliable up. Hence my snide comment about Sartre's "Hell is other people."*

*Empirically, Ma Post's maxim has been put to rigorous test, and we scientists have found that doing a kindness produces the single most reliable*

<sup>17</sup> Seligman, M. E. P. (2011)

*momentary increase in well-being of any exercise we have tested.*

**Meaning:** *I retain meaning (belonging to and serving something that you believe is bigger than the self) as the third element of well-being.*

*Meaning has a subjective component ("Wasn't that all-night session in the dormitory the most meaningful conversation ever?"), and so it might be subsumed into positive emotion.*

*Meaning meets the three criteria of elementhood:*

- (1) It contributes to well-being.*
- (2) It is often pursued for its own sake; for example, your single-minded advocacy for AIDS research annoys others, makes you miserable subjectively, and has gotten you fired from your writing job on the Washington Post, but you persist undaunted.*
- (3) And meaning is defined and measured independently of positive emotion or engagement and independent of the other two elements—accomplishment and relationships—to which I now turn.*

**Accomplishment:** *Here is what Senia's challenge to authentic happiness theory—her assertion that people pursue success, accomplishment, winning, achievement, and mastery for their own sakes—has wrought.*

*I have become convinced that she is correct and that the two transient states above (positive emotion and meaning, or the pleasant life and the meaningful life in their extended forms) do not exhaust what people commonly pursue for their own sakes.*

*Two other states have an adequate claim on "well-being" and need not be pursued in the service of either pleasure or meaning.*

**PERMA-Profiler<sup>18</sup>:**

The measurement tool for PERMA: 23 items total: 15 core items (3 per domain: P, E, R, M, A) covering

- The **Positive Emotion** dimension includes feeling joyful, positive, and contented.
- The **Engagement** dimension encompasses being absorbed, interested, and experiencing flow or timelessness.
- The **Relationships** dimension covers having support, feeling loved, and being satisfied with relationships.
- The **Meaning** dimension involves feeling purposeful, finding life worthwhile, and having direction.
- The **Accomplishment** dimension includes making progress, experiencing achievement, and feeling capable.

There are also 8 additional filler items.

- The **Negative Emotion** items include feeling anxious, angry, and sad.
- The **Health** items cover health, satisfaction with health, and health comparison.
- Other items include feeling **lonely** and **happy**.

**Positive Emotion:** *Emotions can be classified as a circumplex consisting of valence (negative to positive) and activation (low to high) dimensions.*

*People can experience both negative and positive emotions simultaneously. Numerous reviews support the value of positive emotion across a range of life outcomes.*

**Engagement:** *In positive psychology, measures have focused on flow, or an extreme level of psychological engagement that involves intense concentration, absorption, and focus.*

*In the organizational domain, work engagement has been defined in terms of vigor, dedication, and absorption.*

<sup>18</sup> Butler, J., & Kern, M. L. (2016)

**Relationships:** *Social relationships are fundamental to life. A review found over 18,000 articles published on social relationships and health in the past decade alone.*

*Social support has been linked to less depression and psychopathology, better physical health, lower mortality risk, healthier behaviors, and other positive outcomes.*

*Sub-domains include social ties (number of persons in social sphere), social networks (number of ties and quality of those ties), received support (objective perspective of resources), perceived support (subjective perspective of resources), satisfaction with support, and giving support to others.*

**Meaning:** *A sense of meaning has been defined in terms of having direction in life, connecting to something larger than oneself, feeling that one's life is valuable and worthwhile, and that there is a purpose to what one does.*

*Meaning provides a sense that one's life matters. It has been linked to better physical health, reduced mortality risk, and higher life satisfaction.*

**Accomplishment:** *Superior performance is often recognized and acknowledged in Western societies.*

*However, objective success is also impacted by circumstances, opportunities, and personal ambitions.*

*Subjectively, accomplishment involves a sense of working toward and reaching goals, mastery, and efficacy to complete tasks.*

*Indeed, Self-Determination Theory suggests that competence is a core basic human need (Ryan & Deci, 2000).*

*Several of the existing wellbeing measures include items related to competence, mastery, or efficacy, whereas national surveys tend to focus on objective indicators of achievement.*

## MASLOW'S DOMAINS

Maslow's 5+3 hierarchy is used here as different components, not as the traditional pyramid structure.

### Original five:

- **Physiological needs** (food, water, sleep, shelter)
- **Safety needs** (security, stability, protection)
- **Love and belongingness needs** (relationships, connection)
- **Esteem needs** (respect, recognition, status)
- **Self-actualization** (reaching full potential)

### + three that Maslow added later (kinda<sup>19</sup>):

- **Cognitive needs** (knowledge, understanding, curiosity)
- **Aesthetic needs** (beauty, balance, order)
- **Self-transcendence** (helping others, connecting to something beyond oneself)

From *A theory of human motivation*<sup>20</sup>:

### The Physiological Needs:

*Two recent lines of research make it necessary to revise our customary notions about these needs,*

- *first, the development of the concept of homeostasis, and*
- *second, the finding that appetites (preferential choices among foods) are a fairly efficient indication of actual needs or lacks in the body.*

### The Safety Needs:

*If the physiological needs are relatively well gratified, there then emerges a new set of needs,*

<sup>19</sup> In his 1971/1993 book, from what I read, the three weren't necessarily standalone categories.

<sup>20</sup> Maslow, A. H. (1943)

which we may categorize roughly as the safety needs.

•••

Again we may say of the receptors, the effectors, of the intellect and the other capacities that they are primarily safety-seeking tools.

Again, as in the hungry man, we find that the dominating goal is a strong determinant not only of his current world-outlook and philosophy but also of his philosophy of the future.

Practically everything looks less important than safety (even sometimes the physiological needs which being satisfied, are now underestimated). A man, in this state, if it is extreme enough and chronic enough, may be characterized as living almost for safety alone.

#### **The Love Needs:**

If both the physiological and the safety needs are fairly well gratified, then there will emerge the love and affection and belongingness needs, and the whole cycle already described will repeat itself with this new center.

Now the person will feel keenly, as never before, the absence of friends, or a sweetheart, or a wife, or children.

He will hunger for affectionate relations with people in general, namely, for a place in his group, and he will strive with great intensity to achieve this goal.

He will want to attain such a place more than anything else in the world and may even forget that once, when he was hungry, he sneered at love.

#### **The Esteem Needs:**

All people in our society (with a few pathological exceptions) have a need or desire for a stable, firmly based, (usually) high evaluation of themselves, for self-respect, or self-esteem, and for the esteem of others.

By firmly based self-esteem, we mean that which is soundly based upon real capacity, achievement and respect from others.

These needs may be classified into two subsidiary sets. These are,

- first, the desire for strength, for achievement, for adequacy, for confidence in the face of the world, and for independence and freedom.
- Secondly, we have what we may call the desire for reputation or prestige (defining it as respect or esteem from other people), recognition, attention, importance or appreciation.

#### **The Need for Self-Actualization:**

Even if all these needs are satisfied, we may still often (if not always) expect that a new discontent and restlessness will soon develop, unless the individual is doing what he is fitted for.

A musician must make music, an artist must paint, a poet must write, if he is to be ultimately happy. What a man can be, he must be. This need we may call self-actualization.

This term, first coined by Kurt Goldstein, is being used in this paper in a much more specific and limited fashion.

It refers to the desire for self-fulfillment, namely, to the tendency for him to become actualized in what he is potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming.

#### **The Preconditions for the Basic Need Satisfactions:**

There are certain conditions which are immediate prerequisites for the basic need satisfactions. Danger to these is reacted to almost as if it were a direct danger to the basic needs themselves.

Such conditions as

- freedom to speak,
- freedom to do what one wishes so long as no harm is done to others,

- freedom to express one's self,
- freedom to investigate and seek for information,
- freedom to defend one's self, justice, fairness, honesty, orderliness in the group are examples of such preconditions for basic need satisfactions.

Thwarting in these freedoms will be reacted to with a threat or emergency response. These conditions are not ends in themselves but they are almost so since they are so closely related to the basic needs, which are apparently the only ends in themselves.

### The Desires to Know and to Understand

So far, we have mentioned the cognitive needs only in passing. Acquiring knowledge and systematizing the universe have been considered as, in part, techniques for the achievement of basic safety in the world, or, for the intelligent man, expressions of self-actualization.

From Maslow's *The farther reaches of human nature*<sup>21</sup>:

"Useful" in this context means both "useful for survival" and "useful for growth toward self-actualization and freedom from basic deficiency-needs."

More specifically, it means a way of life and a world view generated not only by the hierarchy of basic needs

- (for sheer physical survival,
- for safety and security,
- for belongingness, friendship, and love,
- for respect, esteem, and dignity,
- for self-esteem and feelings of worth),
- but also by the need for the actualization of one's personal, idiosyncratic potentialities (i.e., identity, Real Self, individuality, uniqueness, self-actualization).

That is, it refers to the fulfillment not only of one's specieshood, but also of one's own idiosyncratic potentialities. Such people live in the world, coming to fulfillment in it. They master it, lead it, use it for good purposes, as (healthy) politicians or practical people do.

That is, these people tend to be "doers" rather than meditators or contemplators, effective and pragmatic rather than aesthetic, reality-testing and cognitive rather than emotional and experiencing.

The other type (transcenders?) may be said to be much more often aware of the realm of Being (B-realm and B-cognition),

- to be living at the level of Being; i.e., of ends, of intrinsic values;
- to be more obviously metamotivated;
- to have unitive consciousness and "plateau experience" (Asrani) more or less often;
- and to have or to have had peak experiences (mystic, sacral, ecstatic) with illuminations or insights or cognitions which changed their view of the world and of themselves, perhaps occasionally, perhaps as a usual thing.

### Metamotivations:

Self-actualizing individuals (more matured, more fully human), by definition, already suitably gratified in their basic needs, are now motivated in other higher ways, to be called "metamotivations."

By definition, self-actualizing people are gratified in all their basic needs (of belongingness, affection, respect, and self-esteem).

This is to say that they have a feeling of belongingness and rootedness, they are satisfied in their love needs, have friends and feel loved and lovable, they have status and place in life and respect from other people, and they have a reasonable feeling of worth and self-respect.

If we phrase this negatively - in terms of the frustration of these basic needs and in terms of

<sup>21</sup> Maslow, A. H. (1993)

*pathology - then this is to say that self-actualizing people do not (for any length of time) feel anxiety-ridden, insecure, unsafe, do not feel alone, ostracized, rootless, or isolated, do not feel unlovable, rejected, or unwanted, do not feel despised and looked down upon, and do not feel deeply unworthy, nor do they have crippling feelings of inferiority or worthlessness.*

## WHOQOL

### The World Health Organization Quality of Life (WHOQOL)<sup>22</sup>:

- **Domain I Physical Capacity:** Pain and discomfort, Energy and fatigue, Sleep and rest
- **Domain II Psychological:** Positive feelings, Thinking, learning, memory and concentration, Self-esteem, Bodily image and appearance, Negative feelings
- **Domain III Level of Independence:** Mobility, Activities of daily living, Dependence on medication or treatments, Work capacity
- **Domain IV Social Relationships:** Personal relationships, Social support, Sexual activity
- **Domain V Environment:** Physical safety and security, Home environment, Financial resources, Health and social care: accessibility and quality, Opportunities for acquiring new information and skills, Participation in and opportunities for recreation/leisure activities, Physical environment (pollution/noise/traffic/climate), Transport
- **Domain VI Spirituality/Religion/Personal Beliefs:** Overall quality of life and general health perceptions

## SPWB

### Scales of Psychological Well-Being<sup>23</sup> (SPWB):

<sup>22</sup> World Health Organization. WHOQOL: Measuring quality of life.

<sup>23</sup> Ryff, C. D., & Keyes, C. L. M. (1995)

<sup>24</sup> Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985)

*The convergence of these multiple frameworks of positive functioning served as the theoretical foundation to generate a multidimensional model of well-being (Ryff, 1989b, 1995). Included are six distinct components of positive psychological functioning (see Appendix).*

*In combination, these dimensions encompass a breadth of wellness that includes*

- *positive evaluations of oneself and one's past life (**Self-Acceptance**),*
- *a sense of continued growth and development as a person (**Personal Growth**),*
- *the belief that one's life is purposeful and meaningful (**Purpose in Life**),*
- *the possession of quality relations with others (**Positive Relations With Others**),*
- *the capacity to manage effectively one's life and surrounding world (**Environmental Mastery**),*
- *and a sense of self-determination (**Autonomy**)*

## SWLS

### Satisfaction with Life Scale

SWLS measures only one dimension: the person's own cognitive judgment of how satisfied they are with their life as a whole.

From the paper<sup>24</sup>:

*In this research, three separable components of subjective well-being have been identified: **positive affect, negative affect, and life satisfaction** (Andrews & Withey, 1976).*

*The first two components refer to the affective, emotional aspects of the construct; the latter to the cognitive-judgmental aspects.*

*Shin and Johnson (1978) define life satisfaction as "a global assessment of a person's quality of life according to his chosen criteria" (p. 478).*

*Judgments of satisfaction are dependent upon a comparison of one's circumstances with what is thought to be an appropriate standard.*

*It is important to point out that the judgment of how satisfied people are with their present state of affairs is based on a comparison with a standard which each individual sets for him or herself; it is not externally imposed.*

*As Tatarkiewicz (1976) wrote, "...happiness requires total satisfaction, that is satisfaction with life as a whole" (p. 8).*

#### Items in SWLS:

- In most ways, my life is close to my ideal.
- The conditions of my life are excellent.
- I am satisfied with life.
- So far, I have gotten the important things I want in life.
- If I could live my life over, I would change almost nothing.

## PANAS

### Positive and Negative Affect Schedule

Also known as the Well-Being Theory, emphasizes that well-being is about all five pillars rather than just happiness, and involves both feeling good and actually having meaning, good relationships, and accomplishment.

Measures two independent affect dimensions via 20 single-word adjectives.

- **Positive Affect (10 items):** interested, excited, strong, enthusiastic, proud, alert, inspired, determined, attentive, active.

- **Negative Affect (10 items):** distressed, upset, guilty, scared, hostile, irritable, ashamed, nervous, jittery, afraid.

From the paper<sup>25</sup>:

Briefly, **Positive Affect (PA)** reflects the extent to which a person feels enthusiastic, active, and alert.

- High PA is a state of high energy, full concentration, and pleasurable engagement, whereas low PA is characterized by sadness and lethargy.

*In contrast, Negative Affect (NA) is a general dimension of subjective distress and unpleasurable engagement that subsumes a variety of aversive mood states, including anger, contempt, disgust, guilt, fear, and nervousness, with low NA being a state of calmness and serenity.*

*Trait PA and NA roughly correspond to the dominant personality factors of extraversion and anxiety/neuroticism, respectively.*

*Drawing on these and other findings, Tellegen has linked trait NA and PA, respectively, to psychobiological and psychodynamic constructs of sensitivity to signals of reward and punishment. He has also suggested that low PA and high NA (both state and trait) are major distinguishing features of depression and anxiety, respectively.*

*NA—but not PA—is related to self-reported stress and (poor) coping, health complaints, and frequency of unpleasant events.*

*In contrast, PA—but not NA—is related to social activity and satisfaction and to the frequency of pleasant events.*

*Anomalous and inconsistent findings have also been reported, however. For example, whereas most studies have found these NA and PA scales to have low or nonsignificant correlations with one another, others have found them to be substantially related.*

<sup>25</sup> Watson, D., Clark, L. A., & Tellegen, A. (1988)

## WEMWBS

### Warwick-Edinburgh Mental Well-being Scale

From the paper<sup>26</sup>:

*With reference to current academic literature describing psychological and subjective well-being, the expert panel agreed key concepts of mental well-being to be covered by the new scale:*

- **positive affect and psychological functioning** (autonomy, competence, self acceptance, personal growth) and **interpersonal relationships**.

*Using this framework and data from the qualitative and quantitative studies described above, the panel identified items for retention and rewording from Affectometer 2 and agreed the wording of new items.*

*A new scale composed only of positively worded items relating to aspects of positive mental health was developed.*

*The final scale consisted of 14 items covering both hedonic and eudaimonic aspects of mental health including*

- **positive affect** (feelings of optimism, cheerfulness, relaxation),
- **satisfying interpersonal relationships** and
- **positive functioning** (energy, clear thinking, self acceptance, personal development, competence and autonomy).

•••

1. *I've been feeling optimistic about the future*
2. *I've been feeling useful*
3. *I've been feeling relaxed*
4. *I've been feeling interested in other people*

<sup>26</sup> Tennant, R., Hiller, L., Fishwick, R., Platt, S., Joseph, S., Weich, S., Parkinson, J., Secker, J., & Stewart-Brown, S. (2007)

<sup>27</sup> McGreal, R., & Joseph, S. (1993)

5. *I've had energy to spare*
6. *I've been dealing with problems well*
7. *I've been thinking clearly*
8. *I've been feeling good about myself*
9. *I've been feeling close to other people*
10. *I've been feeling confident*
11. *I've been able to make up my own mind about things*
12. *I've been feeling loved*
13. *I've been interested in new things*
14. *I've been feeling cheerful*

## WHEEL OF LIFE

This has many versions and interpretations as it is intended to be subjective.

**12 Category:** Career & Vocation, Financial Well-Being, Physical Health, Emotional Well-Being, Family, Friends, Relationships & Love, Community & Giving, Fun & Recreation, Physical Environment, Personal Growth, and Spirituality.

**10 Category:** Personal Growth & Learning, Spirituality, Money & Finances, Career & Work, Health & Fitness, Fun & Recreation, Environment, Community, Family & Friends, and Partner & Love.

**Meyer's Life Wheel concept:** Family and Home, Financial and Career, Mental and Educational, Physical and Health, Social and Cultural, Spiritual and Ethical

## DHS

### Depression-Happiness Scale<sup>27</sup>:

*Depression and happiness are words used in everyday life to denote mood swings.*

*Depression can be thought of as shading naturally into normal unhappiness which in turn shades into happiness.*

*These are affective states which most people experience from day to day, while only 4 or 5 percent of a population meet the criteria for clinical depression at any one time.*

*Although the goal of clinical research may be to describe and classify sickness, the goal of social research is more often to quantify a continuum of affect.*

*There remains a need therefore for a continuous measure of happiness and depression with which to assess current frequency of mood for use with cross-sectional samples in survey research.*

*The measurement literature appears to be divided into two categories, scales which are concerned with happiness and satisfaction with life and scales concerned with loneliness and depression.*

**- Depression items (R = reverse-scored<sup>28</sup>):**

- Sad (R), Failed (R), Dissatisfied (R), Disappointed (R), Worthless (R), Crying (R),

Indecisive (R), Unattractive (R), Cheerless (R), Tired (R), Lethargic (R), Meaningless (R), Run down (R)

**- Happiness items:**

- Alert, Cheerful, Satisfied, Healthy, Successful, Happy, Optimistic, Rewarding, Purpose, Pleased, Decisions, Enjoyable

## SUPER DEFINITIONS IN CONTEXT

### Personal Development:

The process of natural growth and evolution to develop differential characteristics<sup>29</sup> relating to an individual's character and intentions<sup>30</sup> that lead to the result (of said individual's actions) being rational, self-conscious, and with deliberate effort over time (done with and/or without the intervention of another).

**- Definition of development<sup>31</sup>:**

- As a transitive verb<sup>32</sup>: *to work out the possibilities of; to create or produce*

<sup>28</sup> **Reverse-scored** means the item is worded negatively (depression-related), so the scoring is flipped when calculating the total scale score. Respondents rate each item on a 4-point scale: never (0), rarely (1), sometimes (2), often (3). For normal items (happiness): Higher ratings = more points toward happiness. For reverse-scored items (depression): The scores are flipped so that higher ratings of depression contribute to a lower total happiness score.

<sup>29</sup> **Differential Characteristics:** Having the qualities of uniqueness rather than a thing or conforming to a group homogeneity.

<sup>30</sup> An individual's character and intentions (plus a thousand other things) should easily recognized, understood, and accepted by the mind to be right. This is not the same as "good" and "bad", because even evil people believe they are doing good.

<sup>31</sup> Merriam-Webster: Develop

<sup>32</sup> **Transitive Verb:** The verb transfers action from the subject to an object (a direct object is present)

*especially by deliberate effort over time; to make active or promote the growth of; to make available or usable; to cause to evolve or unfold gradually: to lead or conduct (something) through a succession of states or changes each of which is preparatory for the next; to expand by a process of growth; to cause to grow and differentiate along lines natural to its kind; to become infected or affected by; to acquire gradually; to set forth or make clear by degrees or in detail:*  
expound

- As an intransitive verb<sup>33</sup>: *to go through a process of natural growth, differentiation<sup>34</sup>, or evolution by successive changes; to become gradually manifest<sup>35</sup>; to come into being gradually*
- Definition of personal<sup>36</sup>: *of, relating to, or affecting a particular person; done in person without the intervention of another; carried on between individuals directly; relating to the person or body; relating to an individual or an individual's character, conduct, motives, or private affairs often in an offensive manner; being rational and self-conscious; having the qualities of a person rather than a thing or*

*abstraction; intended for private use or use by one person*

### **Hedonism:**

The doctrine that the desire and/or inclination to be in a state of satisfaction (through a sufficient form of emotional compensation, obtained by something external) or to be in a state of well-being and contentment (internal compensation) is the sole or chief good in life.

Hedonism<sup>37</sup>: *the doctrine that pleasure or happiness is the sole or chief good in life.*

- **Pleasure**<sup>38</sup>: *desire, inclination; a state of gratification; sensual gratification; frivolous amusement; a source of delight or joy*
- **Guilty Pleasure**<sup>39</sup>: *something pleasurable that induces a usually minor feeling of guilt*
- **Desire (as a verb)**<sup>40</sup>: *to long or hope for; exhibit or feel desire for; to want to have sex with (someone); to express a wish for; as an intransitive verb: to have or feel desire.*
- **Desire (as a noun)**<sup>41</sup>: *conscious impulse toward something that promises enjoyment*

<sup>33</sup> **Intransitive Verb:** The action stays with the subject; nothing receives the action (a direct object is not present)

<sup>34</sup> **Differentiation:** the act or process of differentiating (to develop differential or distinguishing characteristics in); development from the one to the many, the simple to the complex, or the homogeneous to the heterogeneous; (biology) the sum of the processes whereby apparently indifferent or unspecialized cells, tissues, and structures attain their adult form and function. Also there is implicit, partial, and probably other kinds differentiations/this is not a complete explanation. Merriam-Webster: Differentiation; Merriam-Webster: Differentiate

<sup>35</sup> **Manifest:** readily perceived by the senses and especially by the sense of sight; easily understood or recognized by the mind: obvious. Merriam-Webster: Manifest

<sup>36</sup> Merriam-Webster: Personal

<sup>37</sup> Merriam-Webster: Hedonism

<sup>38</sup> Merriam-Webster: Pleasure

<sup>39</sup> Merriam-Webster: Guilty Pleasure

<sup>40</sup> Merriam-Webster: Desire

<sup>41</sup> Merriam-Webster: Desire

*or satisfaction in its attainment; longing, craving; sexual urge or appetite; something longed or hoped for: something desired; a usually formal request or petition for some action*

- **Inclination**<sup>42</sup>: *a tendency to a particular aspect, state, character, or action; a deviation from the true vertical or horizontal [mathematical]; an act or the action of bending or inclining; a particular disposition of mind or character: propensity*
- **Propensity**<sup>43</sup>: *an often intense natural inclination or preference*
- **Gratification**<sup>44</sup>: *Reward, Recompense; the act of gratifying; the state of being gratified; a source of satisfaction or pleasure*
- **Recompense**<sup>45</sup>: *to give something to by way of compensation (as for a service rendered or damage incurred); to pay for; to return in kind: Requite*
- **Happiness**<sup>46</sup>: *a state of well-being and contentment: joy; a pleasurable or satisfying experience; felicity, aptness*

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<sup>42</sup> Merriam-Webster: Inclination

<sup>43</sup> Merriam-Webster: Propensity

<sup>44</sup> Merriam-Webster: Gratification

<sup>45</sup> Merriam-Webster: Recompense

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