

Activity 1:

What would a 'good life' as an adult look like for you? Can you think of anyone who you think lives a good life? What aspects of their life would you like to emulate? Why are these aspects important ?

Write a journal entry describing your response to these questions?



Activity 2:

Many people have asked questions about what it means to live a good life.

Look at the different ideas about what a good life is (next page). What does each person say about a 'good life.' How do you think this will affect how they act?

A life that has been predominantly shaped around the **search for knowledge**.

hedonism
 (1) THE PURSUIT OF PLEASURE, HAPPINESS, ENJOYMENT.
 (2) THE STATE THAT PLEASURE OR HAPPINESS IS THE PROPER END AND THE WAY TO OBTAIN IT.

A life that has been predominantly shaped around the **quest for status, respect, fame, influence**.

A life that has been shaped predominantly around the **quest for wealth** and the acquisition of things.

A life that has been shaped around ethical living, around **how to live out morally virtuous activities** – a life that has been marked by feeling, thinking and acting well.

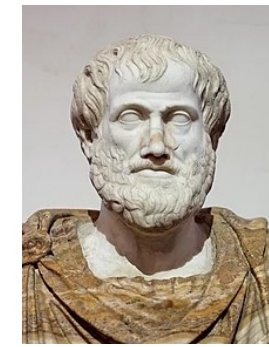
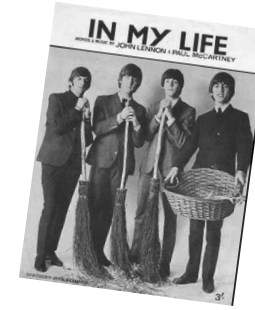
A life that has been shaped around the **quest for power** – or having your way, or rigging others round to it, either by force, or by reasoned persuasion.

GOOD
BAD



Activity 4:

How does the content of Lennon & McCartney's song 'In My Life' and Frank Sinatra's song 'My Way' go about answering the question 'What is the good life?' What would Aristotle say about them both?



Aristotle has in mind, as a minimum, a life that is marked by:

- Courage**, rather than rashness or cowardice;
- Self-control**, rather than self-indulgence, or insensibility;
- Generosity**, rather than miserliness, or wastefulness;
- Friendliness and civility**, rather than rudeness, or flattery;
- Tact and discretion**, rather than boorishness, or buffoonery;
- Truthfulness, and integrity**, rather than false modesty, or bragging;
- Good temperedness**, rather than prickliness, or indifference to the concerns of others;
- Fairness**, rather than unfairness.



EUDAIMONIA DESCRIBES A LIFE OF FLOURISHING, A LIFE IN WHICH A PERSON IS CONSTANTLY STRIVING FOR SELF-IMPROVEMENT, TO BE MORE VIRTUOUS, MORE WISE, MORE THOUGHTFUL AND SELF-AWARE. BETTER.



What do you think about Aristotle's idea of 'Eudaimonia' ?
 Do you think it is possible to become more courageous, kind, generous?
 How do you think you can develop these virtues?

What do you think of Aristotle's answer?

Is he on to something, or is he completely off the mark? Why? Why not? Which other qualities, or virtues would you add to this list and why?





A life that has been predominantly shaped around the **search for knowledge**.

A life that has been shaped around the **thirst for power** – or having your way, bringing others round to it, either by force, or by reasoned persuasion.



hedonism
(heed-n-iz-uhm) noun.
(1) THE PURSUIT OF PLEASURE; SENSUAL SELF INDULGENCE.
(2) THE THEORY THAT PLEASURE OR HAPPINESS IS THE HIGHEST GOOD AND THE AIM OF HUMAN LIFE.

A life that has been shaped predominantly around the **pursuit of pleasure**, of feelings and sensations



A life that has been predominantly shaped around the **quest for status, respect, fame, influence**.

A life that has been shaped predominantly around the **pursuit of wealth** and the acquisition of things.



A life that has been shaped around ethical living, around **how to live out morally virtuous activities** – a life that has been marked

