



Greater
Good

Science
Center

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Science of a Meaningful Life for Students

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Happiness

(Peterson, 2006)



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1. Hedonic treadmill



2. Flow

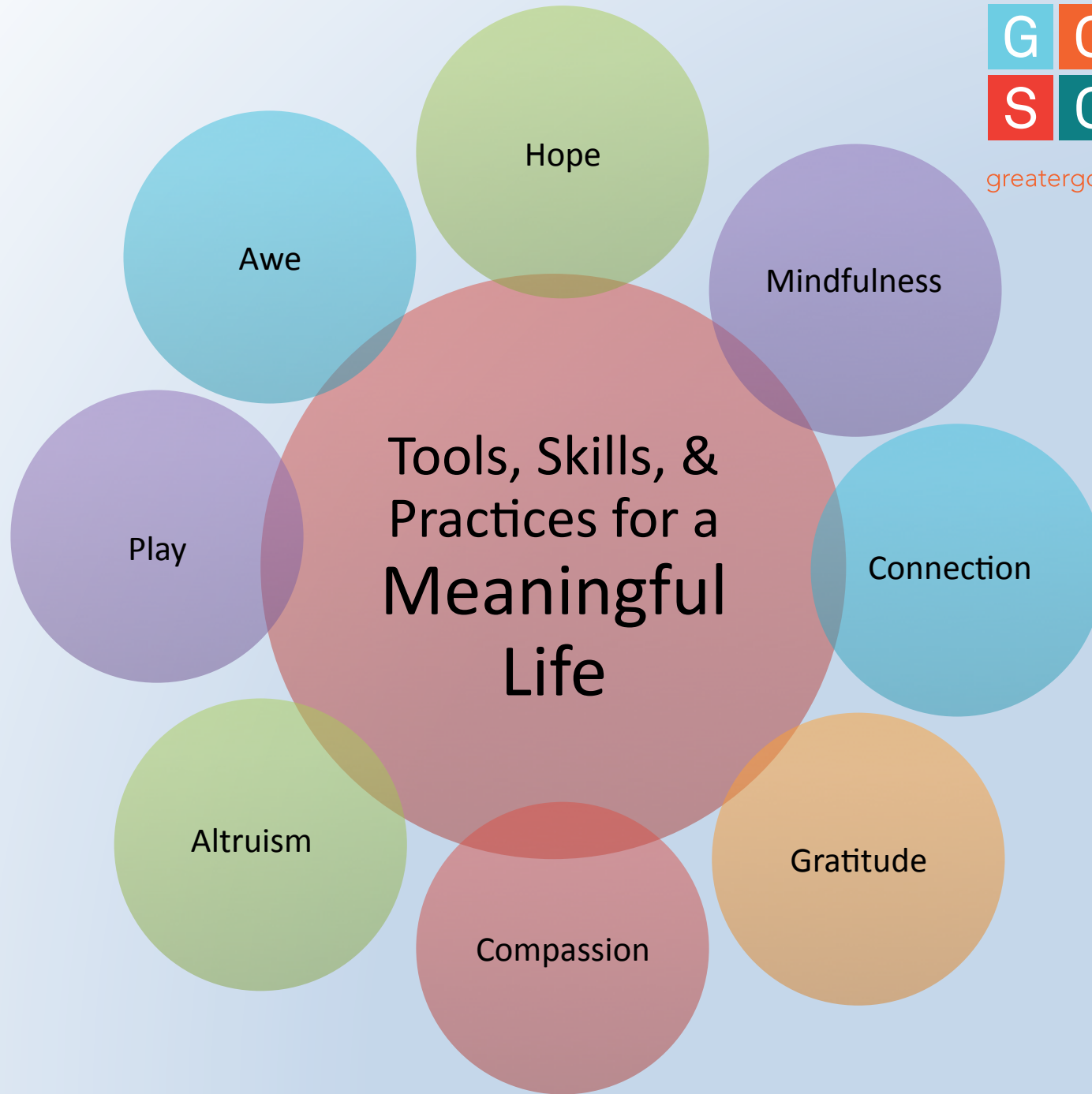


3. Meaningful life



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What IS
“a meaningful life”?



Hope



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- Set *clear and attainable* goals.
- Develop *multiple* strategies to reach those goals.
- Stay *motivated* to use the strategies to attain the goals, even when the going gets tough.



Developing Hope



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1. Create a “big picture” list of what’s important.
2. Create goals that are both specific and take a “solutions-oriented” approach.
3. Rank goals in order of importance.
4. Breakdown goals – especially long-term ones - into steps.
5. Visualize different paths to reaching each goal.
6. Tell stories of success.
7. Enjoy the process!



Mindfulness



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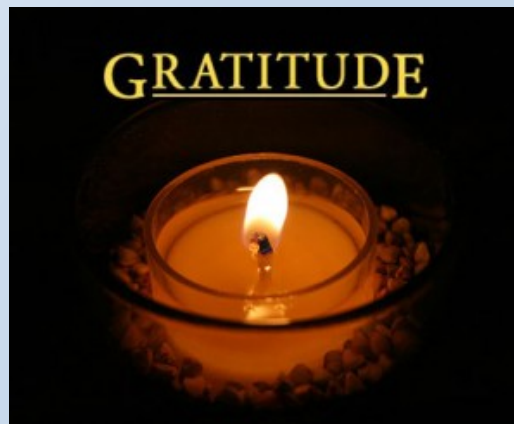
“maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.”

Gratitude (Emmons, 2007)



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“..it’s an affirmation of goodness--that there are good things in the world, gifts and benefits we’ve received.”



“We recognize that the sources of this goodness are outside of ourselves.... We acknowledge that other people—or even higher powers, if you’re of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives.”

Gratitude Activities

Gratitude journals

Gratitude letters



Gratitude classroom calendar

Stream of gratitude
(Mindful Writing) (Broderick, 2013)





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Act as if what you do makes a
difference. It does.

-William James

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