A Full Life:  
Pathways to Well-Being

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A good life is _______________.
What Do Psychologists Say?

Orientations to Happiness
(Peterson, Park, & Seligman, 2005)

1. Pleasure
2. Engagement
3. Meaning
The Pleasant Life

- Pleasure and positive emotion
  - Gratifications – activities people enjoy doing (actions)
  - Pleasures – momentary sensory experiences (feelings)
The Engaged Life

- Being deeply involved & absorbed in what you’re doing in multiple life roles
  - Passion
  - “Flow State”
  - Sense of Accomplishment
The Meaningful Life

- Belonging to & serving something larger than yourself
  - Purpose (p & P)
  - Strengths & Values
  - Relationships
  - Spirituality
A Full Life

Peterson, Park, & Seligman (2005)
How About You?

1 ---------------------------- 3 ---------------------------- 5
Not Like Me                  Somewhat Like Me             Very Much Like Me

• I agree with this statement: “Life is short. Eat dessert first.”  **Pleasure**
• I seek out situations that challenge my skills and abilities.  **Engagement**
• I have spent a lot of time thinking about what life means and how I fit into it’s big picture.  **Meaning**
Can We Impact Happiness?

- Happiness – life satisfaction & well-being
  - Genetic “Set Point” = 50%
  - Circumstances = 10%
  - Intentional Action = 40%
Create Your Full Life!

1. What gives you:
   • Pleasure?
   • Engagement?
   • Meaning?

2. Are there areas you’d like to maintain or strengthen?
Ways to Increase Pleasure

• Three Good Things
• Gratitude Lists
• Savoring Expedition
Ways to Increase Engagement

- Identifying Character Strengths (VIA)
- Use Strengths (in new ways too)
- Finding the “Right” Pathway for You
Character Strengths - Values in Action
Ways to Increase Meaning

- Capture Meaning in Everyday Life
- Interpersonal Relationships
- Involvement with Groups/Activities that fit your values and strengths
Goal Setting & Increasing “Hope”

1. Wish
2. Outcome
3. Obstacle
4. Plan
Why is a Full Life Important for Success?
Questions and Resources
Thank you