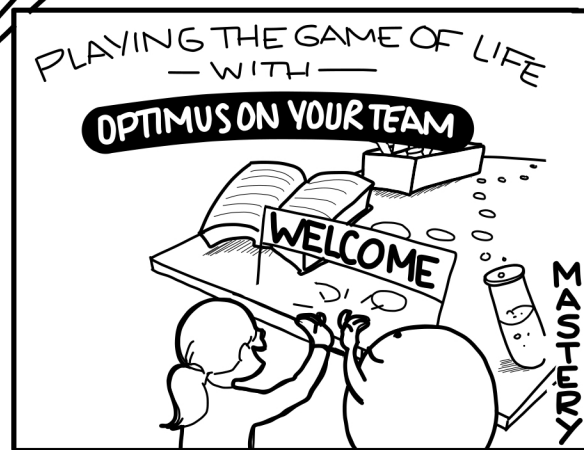
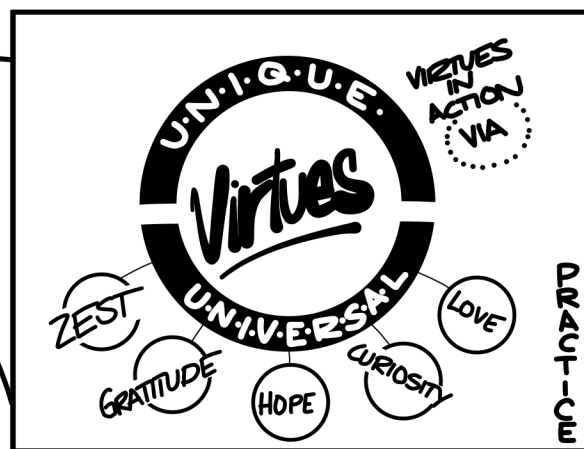
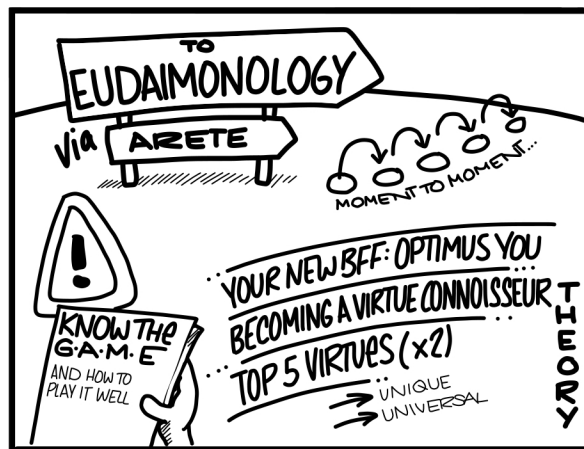


EUDAIMONOLOGY

THE STUDY OF A GOOD SOUL + HOW TO OPERATIONALIZE VIRTUE VIA
ANCIENT WISDOM + MODERN SCIENCE + PRACTICAL OPTIMIZING TOOLS



VIA TOP 5 UNIQUE VIRTUES

KNOW YOUR TOP 5 VIRTUES AND PUT THEM INTO ACTION

TAKE THE VIA CHARACTER STRENGTH SURVEY ([VIACHARACTER.ORG](http://viacharacter.org))

AND THEN COMPLETE THE FOLLOWING TABLE

WISDOM

PRACTICE

MY VIA TOP 5 VIRTUES

HOW WILL YOU BRING EACH VIRTUE TO LIFE BY PRACTICING IT, TODAY?

1

2

3

4

5

TOP 5 UNIVERSAL VIRTUES

OPERATIONALIZE AND FLOURISH

MOVE FROM THEORY TO PRACTICE TO MASTERY

ON THE VIRTUES MOST HIGHLY CORRELATED WITH EUDAIMONIA

ENERGY

WORK

LOVE

GRATITUDE

WHAT ARE YOU GRATEFUL FOR?

HOPE

WHAT FUTURE REALITY ARE YOU HOPEFUL TO MOVE TOWARDS?

ZEST

WHAT ARE THE TOP 3 BEHAVIORS YOU DO WHEN YOU'RE ON?

CURIOSITY

WHAT BEHAVIORS ARE YOU CURRENTLY
DOING THAT COULD USE A LITTLE WORK?

LOVE

HOW WILL YOU INTEGRATE MORE LOVE INTO YOUR LIFE?



VIRTUE TASTING PARTY

BECOME A VIRTUE CONNOISSEUR

DEVELOPING OUR KNOWLEDGE OF VIRTUE AND CULTIVATING AN
EXQUISITE TASTE FOR THE VIRTUOUS MEAN BETWEEN DEFICIENCY AND EXCESS

1 "SAMPLE" A TYPICAL DAY OR WEEK OF YOUR LIFE, AND NOTE HOW MUCH OF THIS VIRTUE IS PRESENT.

2 COMPLETE THE FACE TO INDICATE HOW THE CURRENT LEVEL OF THIS VIRTUE IN YOUR LIFE MAKES YOU FEEL.

3 WHAT TOOL WILL YOU USE TO FIND THE VIRTUOUS MEAN?

REGION: ANCIENT WISDOM
WITH UPDATED OPTIMIZED LABELS

REGION: MODERN SCIENCE
UNIVERSAL VIRTUES

WISDOM

TEMPERANCE SELF → SELF MASTERY

COURAGE

JUSTICE → LOVE

GRATITUDE

HOPE

ZEST

CURIOSITY

LOVE (MODERN SCIENCE VARIETY)

DEFICIENCY (TOO LITTLE)

EXCESS (TOO MUCH)

FINES WELL WITH: (TOOLS)

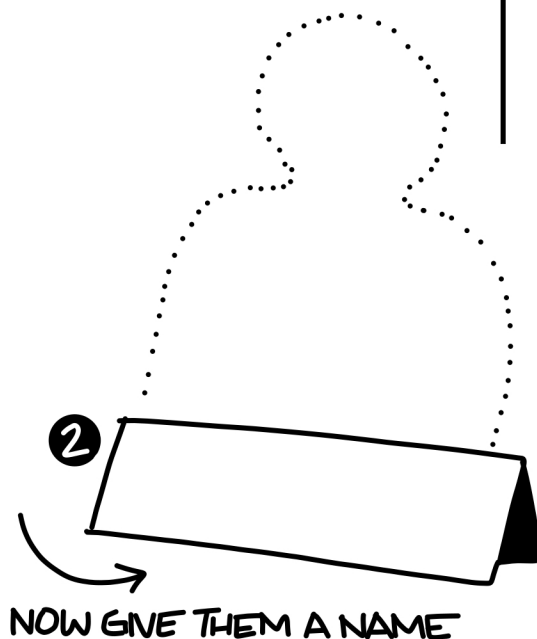
SAMPLE DAY

HEY (OPTIMUS), WHAT SHOULD WE DO?

PLAY THE GAME WITH A TOP RANKED PARTNER

NAME THE BEST VERSION OF YOURSELF, TURN TO THEM
FOR ADVICE, AND THEN FOLLOW THEIR LEAD.

- 1 IMAGINE THE BEST VERSION
OF YOURSELF: YOUR DAIMON.
THE PERSON YOU'D BE PROUD
TO BE. THE VOICE THAT WHISPERS
TO YOU AND CONFIDENTLY, ENCOURAGINGLY,
LOVINGLY, BOLDLY, COURAGEOUSLY NUDGES
YOU IN THE DIRECTION OF WHO YOU
ARE CAPABLE OF BEING.



- 3 THROUGH THE DAY, ASK THE BEST
VERSION OF YOU FOR GUIDANCE:

WHAT WOULD YOU
LIKE ME TO DO
RIGHT NOW?

HEY OPTIMUS,
WHAT DO YOU
THINK RIGHT
HERE?

WHAT VIRTUE
SHOULD WE
PRACTICE RIGHT
NOW?

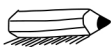
THEN DO WHAT THEY SAY!

DAILY GRATITUDE

APPRECIATING OUR BLESSINGS

SELECT AND COMPLETE AT LEAST ONE OF THE FOLLOWING PRACTICES* EVERY DAY
EACH TIME, DROP FROM YOUR HEAD INTO YOUR HEART AND DO THE BEST TO FEEL THE
JOY AND APPRECIATION WITHIN YOU.

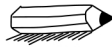
GRATITUDE JOURNALING



COMPLETE THIS SENTENCE AT LEAST 5 TIMES:

"THANK YOU _____
FOR BLESSING ME WITH THE
GIFT OF _____"

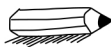
GRATITUDE LETTER



PICK SOMEONE THAT'S
HAD AN IMPACT ON YOU &
WRITE THEM A LETTER
EXPRESSING YOUR APPRECIATION
FOR THEM.

(BONUS: READ THEM THE LETTER)

MEAL-TIME GRATITUDE

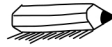


WHEN SHARING A MEAL
WITH OTHERS, INVITE
EVERYONE TO

**SHARE 1, 2 OR 3 THINGS THAT
THEY ARE GRATEFUL FOR.**

NOTE: 101 YOUR DAIEMON COUNTS
AS "AN OTHER"

GRATEFUL FLOW



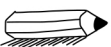
SET A TIMER FOR 3min
AND BEAM GRATITUDE
THROUGH THE MIDDLE OF
YOUR CHEST TOWARDS
AS MANY

PEOPLE, OBJECTS, EXPERIENCES...
AS POSSIBLE.



TRY STARTING WITH YOUR
IMMEDIATE SURROUNDINGS
& EXPANDING OUTWARDS FROM
THERE.

"THANK YOU"



SPEND 5 MINUTES
REPEATING THE

MANTRA 'THANK YOU'
(EITHER SILENTLY OR LOUD)

[BONUS] PRACTICE THIS WHY IN THE MIDDLE
OF A CHALLENGING EXPERIENCE

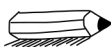
GRATITUDE REVERSAL



IDENTIFY AN ITEM, PERSON
OR EXPERIENCE THAT YOU
ARE CURRENTLY **TAKING FOR GRANTED**

→ NOW, SEE HOW THAT ITEM / PERSON /
EXPERIENCE CAN BE TAKEN AS
GRANTED AND TAKE A MOMENT
APPRECIATING IT!

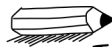
BIG 3 (x2)



WRITE DOWN
3 THINGS THAT YOU'RE
GRATEFUL FOR IN EACH OF

ENERGY + WORK + LOVE

ANTIFRAGILE GRATITUDE



THINK BACK ON A CHALLENGING
EXPERIENCE AND WRITE DOWN

**ALL THE WAYS THAT YOU GOT STRONGER
BECAUSE YOU WENT THROUGH IT.**

(OMMS!)

