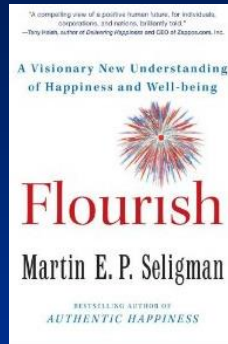
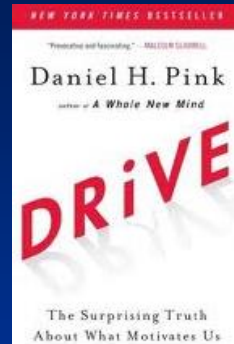


Happiness & Fulfillment (充実感?): 3rd & 4th Books



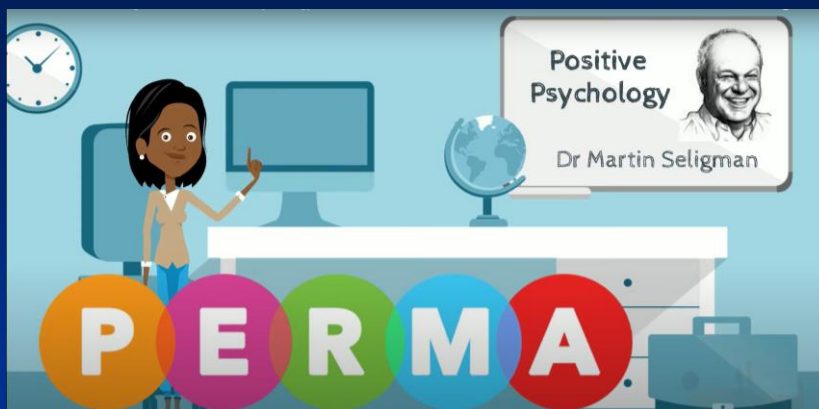
Martin Seligman
"Flourish"
(繁荣?)



Daniel Pink
"Drive"
(検認?)

1

Flourish ..5 parts



<https://www.youtube.com/watch?v=mn1ZUgFPIM>

2



3



POSITIVE EMOTION

What makes you feel GOOD?

(Ben Shahr)

Why?

- Feeling GOOD helps us to achieve.
- Encourages optimism & HOPE.
- Strengthen our relationships
- Improve physical health

(Mihaly)

ENGAGEMENT

What are the things that help you lose track of time?

FLOW describes a STATE of immersion in the present moment

4

Flourish ...Part #3 & #4



“...to give as well as take and be a part of the bigger picture”

(Ben Shahr)



“...activities that encourage us to think and feel beyond ourselves”

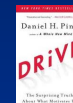
5

Flourish ...Part #5

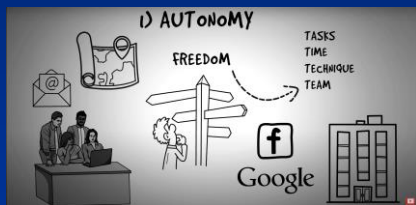


“...cultivates resilience so we don't give up when things are challenging...”

Drive ...3 Parts...Part #1



(Time = 3:10)



Autonomy = Control of...
o Task (what?)
o Time (when?)
o Technique (how to...?)
o Team (who? friends, etc)

<https://www.youtube.com/watch?v=Ulx5d6nhqz8> (first 6:47)

6

Drive ...Part #2 & #3



(Time = 4:03)



Mastery = Accomplishment:
 ○ too easy -> boredom
 ○ too hard -> stress
 ○ Goldilocks = "just right" } (Mihaly)

Pink: Mastery
 =
 Seligman: Accomplishment

(Time = 5:34)



Pink: Purpose
 =
 Seligman: Meaning } (Ben Shahaar)

7

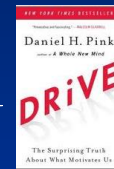
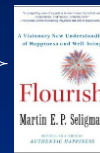
Summary...1st Two Books



Pleasure
 喜び、快樂
 Purpose
 生活の目的

Flow
 無我夢中

2nd Two Books...



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