

# Transcript

## Template 2 – [PEACE] – Summary

So you have started to define happiness for yourself, by using the templates and the five elements. Because you have more and more details under each of the elements.

So you can start now reflecting on the list that you have made with the template.

And there are four questions that you may use to reflect and see whether your definition of happiness works for you.

The first one is: Do the elements represent me well? That is, do you think that what you have listed now for first time is a good representation of who you are and what happiness maybe for you so you can use the same template to refine and review the list and you can do that periodically.

The second question is that: Are there any incompatibility within elements. So, for example, if you list under a value, individuality versus community, or if you list control and spontaneity, or authority and independence. How do these clash with each other and how are they compatible or not for you?

By the same token, you might also look at whether there are any incompatibilities between your elements. So, for example, if you have as a purpose to build or to achieve here and you spend all of your time with pleasure and enjoyment.

Or if you have as a value, respect and serving and you might not care using these values in your relationships, so is there any incompatibility?

The fourth question is that even though all of these elements might be useful and well listed for yourself, there may be some imbalance between these elements. So you may have an imbalance between your religious thoughts and actually your purpose, or even your values. Or between your values and some of your relationships and care. So you're able over time to keep asking questions and refining more and more what happiness may be for you.