

Transcript

Template 2 – [PEACE] – Introduction

Template number 2 is to help you to define happiness specifically for yourself, according to five elements, namely:

- purpose;
- ethic;
- attribute;
- care;
- and enjoyment.

Although you can start defining happiness for yourself in specific roles, such as being a person, a spouse, a citizen, at work etc., at first it is easier to use it generically.

So, to use the template, you will start by defining your positive attributes.