

# The Four Levels of Happiness

## Level 1 – The Goal is Pleasure

The Means are the Physical Senses.

The Breadth is the Self. The Duration is Immediate.

## Level 2 – The Goal is Ego Fulfillment

The Means is Personal Achievement.

The Breadth is the Self. The Duration is Short-term.

## Level 3 – The Goal is Good beyond Self

The Means is Contribution.

The Breadth is Others. The Duration is Long-term.

## Level 4 – The Goal is Ultimate Happiness

The Means is Prayer/Spirituality

The Breadth is Unlimited. The Duration is Eternal.

## Daily Reflection

Beginning of the Day Questions:

1. How can I make an optimal positive difference with my life today?
2. How can I look for the good news in another person today?
3. How can today be an adventure and opportunity?

End of the Day Questions:

1. Did I take time to reflect or meditate today?
2. How did I make an optimal positive difference today?
3. Did I see the good in others or someone particular today?
4. Was today an adventure and opportunity?

Pledge to the following five commitments for INCREASING TRUST:

I commit that I will:

1. Look for CONTRIBUTION to you and to our common cause before I make any comparisons.
2. Look for the GOOD NEWS in you even when I see bad news.
3. Connect with you as a WHOLE PERSON before looking at your skill set and utility function.
4. Look for the WIN-WIN before settling for the win-lose.
5. TRUST you until you give me ample reason to do otherwise and cut you plenty of slack because I realize that, like me, you're not perfect.

For more information see: [www.spitzercenter.org](http://www.spitzercenter.org)