RESOURCE SHEET

VALUE OF LIFE – Human Flourishing

JANUARY FRD

1. Website: “The Human Flourishing Program at Harvard’s Institute for Quantitative Social Science” <https://hfh.fas.harvard.edu/>
2. Proceedings from the National Academy of Sciences (pnas.org)

*On the Promotion of Human Flourishing* <https://www.pnas.org/doi/10.1073/pnas.1702996114#sec-2>

1. Blog: Human Flourishing Blog hosted by Psychology Today

<https://www.psychologytoday.com/us/blog/human-flourishing-0>

1. Research on the Pathways of Flourishing:
   1. Religious Communities: <https://hfh.fas.harvard.edu/religious-communities>
   2. Work: <https://hfh.fas.harvard.edu/work-well-being>
   3. Family: <https://hfh.fas.harvard.edu/family-and-friendship>
2. *Activities for Flourishing: An Evidence-Based Guide*, the guide contains practical exercises to develop the pathways and domains of human flourishing. Contains book and workbook recommendations.

<https://hfh.fas.harvard.edu/files/pik/files/activitiesforflourishing_jppw.pdf>

1. Scale to measure human flourishing. Take an initial self-assessment. For 6 weeks develop your pathways and domains of human flourishing, retake.



1. APP: Flourishing App Booklet embedded (also available as mobile app for Apple or Android)

