



**CHAPLAIN
DIRECTORATE**

FOUNDATIONAL READINESS DAY: A LIFE WORTH LIVING

Human Flourishing

05 JANUARY 2024



A LIFE WORTH LIVING TOPICS

- Human Flourishing and a “Life Worth Living”
- The Domains of Human Flourishing
- The Pathways to Human Flourishing
- Practical Exercises to develop Human Flourishing



WHAT IS A LIFE WORTH LIVING?

- FM 7-22 “Identifying one’s purpose, core values, beliefs, identity, and life vision defines the spiritual dimension. These elements, which *define the essence of a person*, enable one to build inner strength, make meaning of experiences, behave ethically, persevere through challenges, and be resilient when faced with adversity.” (paragraph 10-2)
- Definitions of human well-being have often been overly narrow and focused on the affective domain of emotions, e.g., a life worth living is a “happy one.” true but....
 - Limitations
 - Subject to circumstances beyond your control
- Human Flourishing focuses on a “complete human well-being” state that can be sustained over time across the domains of human experience.



DOMAINS OF HUMAN FLOURISHING

- Happiness and Life Satisfaction
 - Health: Both Mental and Physical
 - Meaning and Purpose
 - Character and Virtue
 - Close Social Relationships
 - Financial and Material Stability
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- These domains, when tended properly will demonstrate a flourishing life.
 - Each domain meets two criteria
 - Is an end state to itself
 - Is universally desired



PATHWAYS TO HUMAN FLOURISHING

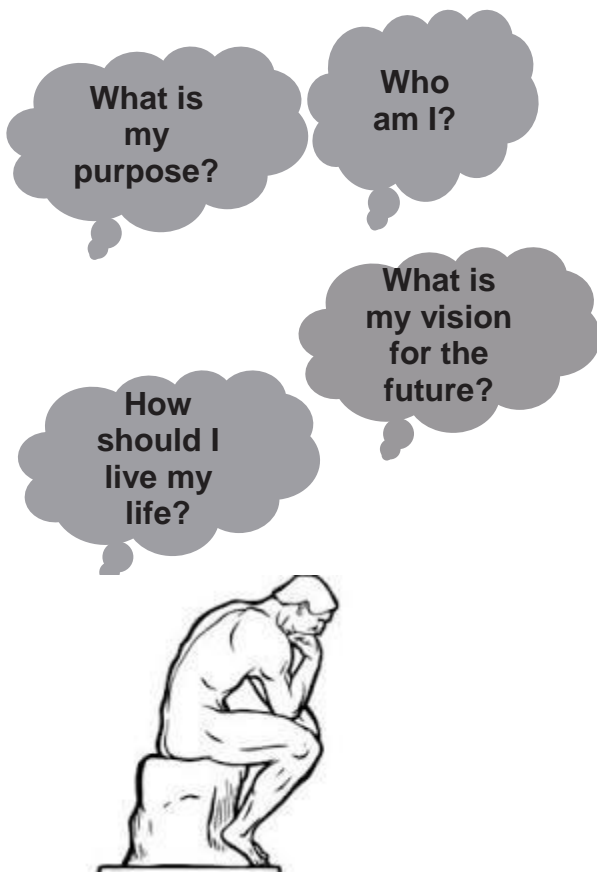
- There are four main pathways which help us build the domains of human flourishing. (these are not the only ones, just the main, that most have access to)
 - Family
 - Work
 - Education
 - Religious Communities
- “The argument here is not that for any individual all four [paths] must be present for flourishing. Nor is the argument that these four are exhaustive. Rather it is that these four pathways are important and common and that if efforts were made to support, improve, and promote participation in these pathways, the consequences for human flourishing would be substantial.”

(Vanderweele, Tyler “On the Promotion of Human Flourishing”)

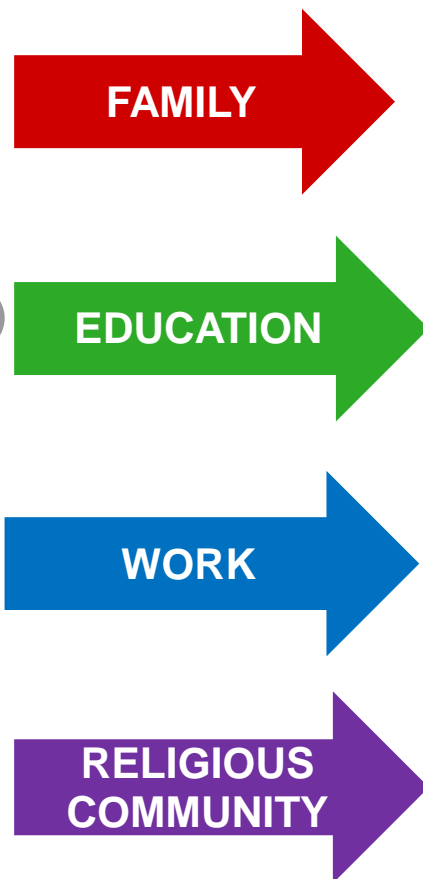


A LIFE WORTH LIVING

The Start of Human Flourishing



Paths to Human Flourishing



Human Flourishing



- | | |
|---------------------------------|----------------------------|
| Happiness and Life Satisfaction | Meaning and Purpose |
| Virtue and Character | Close Social Relationships |
| Mental and Physical Health | Financial Stability |

IMPROVING PATHWAYS TO HUMAN FLOURISHING



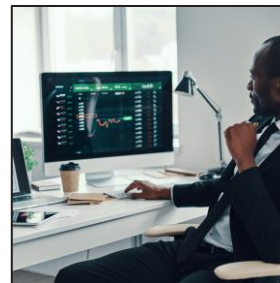
▪ FAMILY

- Prioritize relationships
- Consider birth family but also “chosen family”
- If married, go to counseling (not just for crises)
- If a parent, take a parenting class



▪ EDUCATION

- Think of education as a lifelong process not a piece of paper
- READ
- Attend seminars/lectures on a wide variety of topics
- Expose yourself to different ideas



▪ WORK

- Build collegial relationships
- Find work that is meaningful to you
- Stay away from drama
- Work from a moral and ethical framework



▪ RELIGIOUS COMMUNITY

- Participate consistently in a healthy community
- Volunteer to serve within the community
- Study the teachings of your faith group
- Practice the teachings of your faith group



PRACTICAL EXERCISE

JOB CRAFTING

The idea of job crafting is that one reflects upon one's work environment and takes actions at work to try:

- (i) to structure one's tasks so that they can be done more effectively, or so that tedious tasks are no longer necessary, or so that more challenging tasks are available;
- (ii) to have better, more meaningful, or more effective social interactions at work;
- (iii) to find meaning and purpose in the work being done.

You will first develop a job crafting plan. Then, over the next six weeks you will commit to implementing that plan. You will check back in weekly and write about both how you have been doing as well as what you might be able to do better in the upcoming week.



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