

# LIVING WELL

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# What is a happy life ?

- How should you live ?
- Should you lighten up and have more fun
- Or devote yourself to perfecting a single talent
- How should you decide among the paths open to you
- Should you try for greatness

# greatness

- Depends on the content of the good life,
- If the best life for you is a life of perfecting your talents, then try for greatness.
- If the best life for you is pleasure, try reliable sources of pleasure and forgo perfection.

# target

- To know how to live, you should know what you are aiming at – the target.
- To have target is difficult.
- What if we have or can't have a target ?
- How can we develop a target ?

# Reason and Passion

- Two broad possibilities – Reason and Passion
- Reason:
  - The relevant point of view is a reflective or rational point of view
  - We live your life well by living in accordance with the plans you arrive at through reasoning and deliberation
  - Or by using reason to keep your desires and passions in check.

# Reason

- Putting reason in the driver's seat
- Identifying yourself with the rational or reflective part.
- When passions pull us in different directions, the rational self seems to be there to figure out which way to go.

# Demerits of reason

- But, reason is more fallible,
- makes inaccurate predictions about what we will find satisfying
- Plagued by biases
- Has a tendency to distraction
- When we try to be reflective about our choices, we end up confused about our reasons, and choose things we don't ultimately like.

# Contd.....

- The rule of reason may not be satisfying
- Our attentions and energy get hijacked by emotions or desires that are immune to our powers of reason
- Sometimes, it is not rational



# Reason and Passion

- Passion:
  - The relevant point of view is an emotional, appetitive, unreflective point of view
  - You live your life well by doing what you want
  - Or letting your feelings be your guide
  - A good life for you is one which you feel good, get what you desire, or enjoy your experience.

# Demerits of passion

- Passions can lead us in opposite directions, leading to a lot of frustration
- Can lead us in directions that frustrate our long term interest.
- It is as reflective creatures that we want to know how we ought to live our life

**What is the best life for me ?**

**How should I live ?**

# What now ?

- We can't abandon the reflective self
- We can't trust our reflective capacities either.
- What now ?

# Another strategy

- Different ways to improve our reflective processes
- Different ways of thinking about what role these improved processes should have in our thinking about how to live a good life.
- What do you think

# Improvements

- Lets train the rational and reflective capacities we actually have so that they can function together with our emotions, moods and desires
- It involves more humble about the powers of reflections and acknowledging the importance of our non-reflective experience.

# 3 things

- Three features of process based account of how to live well
  1. It must aim at reflective success; that it must give us guidance that will be satisfying from a person's actual reflective point of view
  2. It must include norms of improvement for our reflection that are not derived from an unachievable ideal.
  3. It must recognize the importance of our passions and experiences both as a source of information and as a motivational force

# How to improve your motivation

reasons we lose motivation

- Lack of Confidence
- Lack of Focus
- Lack of Direction



# Building Self-Discipline

- Self-Knowledge
- Conscious Awareness
- Commitment
- Courage
- Internal Coaching

# Think of it

- **What are your motivating factors to choose that BEST LIFE for you ?**
- **What are your plans and strategies to be there ?**

# TIPS TO INCREASE YOUR MOTIVATION

- Think, meditate and find out whether you really want to achieve your desire, and whether it is worth the effort and time.
- Make your goal very clear, writing it down will help.
- Think often about your goal or desire.

# TIPS TO INCREASE YOUR MOTIVATION

- Visualize your goal as already accomplished and your mind to contrary thought
- Think often about the benefits you will gain by achieving your goal.
- Start with doing something small concerning our goal. Success in small matters leads to greater success.

Thank you

