

Answer the following questions in your own words in your journal. Make sure your answers are thorough and that you understand what you wrote.

1. List the 5 measurable elements of Well-Being and provide an example of each from your own life. Be specific in your examples, provide details about the times that you experienced these elements.
2. What is the main difference between Authentic Happiness Theory and Well-Being Theory? What are the goals of each?
3. How do you define the difference between Well-being and happiness?
4. After reading the entire article write about why you think Positive Psychology is focused more on well-being than on happiness?