What Makes A Good Life?

According to a Harvard study that's observed subjects for over 80 years, a good life comes from good relationships. Relationship quality predicts whether someone has a happy, long life better than intelligence, genes, or even cholesterol.

The Harvard Study

- A Harvard study has tracked hundreds of people for 80 years to answer the question "What makes a good life?"
- Initially, the study looked at genetics, biology, intellect, and personality traits to try and determine which participants would most likely lead long and happy lives.
- In the end, they determined that the quality of someone's close relationships gives a more accurate prediction of whether they'll have happy, long lives than their intelligence, genes, or even their cholesterol levels.

Improving Your Life

According to Martin Seligman, one of the founders of the positive psychology movement, these five main factors drive well-being.

1. **Positive emotions**: A feeling of optimism about your life, where you’ve come from, and where you’re going.
2. **Engagement**: Finding things you enjoy doing. Getting into a state of flow.
3. **Relationships**: Maintaining real, authentic, supportive relationships.
4. **Meaning**: Finding a way to make a purposeful existence.
5. **Accomplishments**: Feeling a sense of accomplishment.