

# 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.