

Four Levels of Happiness™

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Ultimate Good

- Objective:** Participate in giving and receiving ultimate meaning, goodness, ideals, and love.
- Characteristics:** Good is ultimatized. Principles include ultimate Truth, Love, Justice, and Beauty.
- Gratification:** Eternal

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Good Beyond Self

- Objective:** Do good beyond self.
- Characteristics:** Principles include Justice, Love, and Community. Intrinsic goodness is an end in itself. Decisions are focused on the greater good.
- Gratification:** Long-term

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Personal Achievement/Ego

- Objective:** Ego Centeredness, better than, gain advantage.
- Characteristics:** Promotion of self is primary. Personal power and control are key. Jealousy, fear of failure, contempt, isolation, loneliness, and cynicism.
- Gratification:** Short-term

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Immediate Gratification

- Objective:** Maximize pleasure and minimize pain.
- Characteristics:** Obligation is to self alone. No desire for common, intrinsic, or ultimate good. Lack of self-worth, fear of tangible loss/harm, boredom.
- Gratification:** Immediate