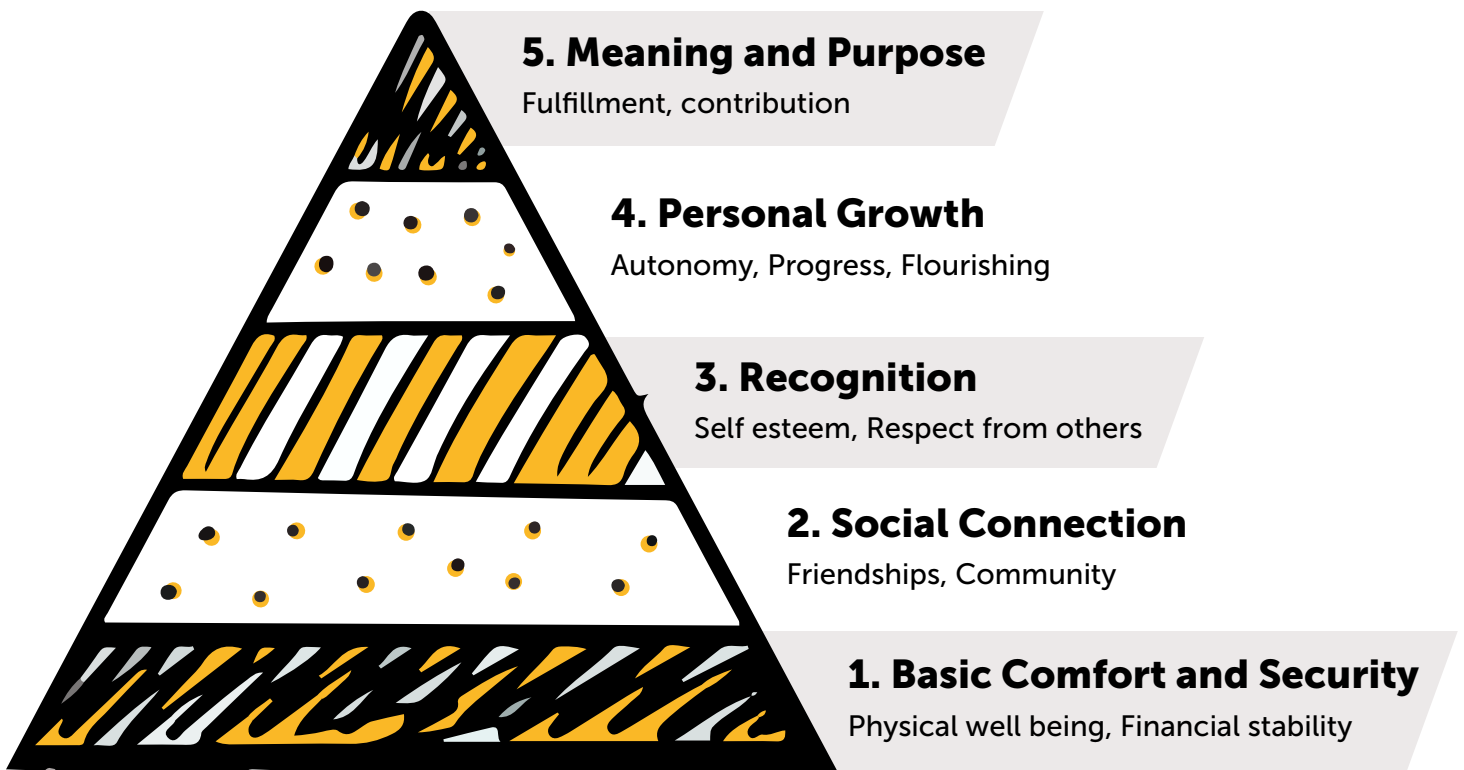


# Hierarchy of Happiness



# Hierarchy for Happiness

## 1. Basic Comfort and Security

- Physical Well-being: Access to food, shelter, health, and safety.
- Financial Stability: Having enough financial resources to meet basic needs without constant stress.

## 2. Social Connection

- Relationships: Strong, positive connections with family, friends, and romantic partners.
- Community: Feeling part of a group or community where one feels accepted and valued.

## 3. Esteem and Recognition

- Self-Esteem: Confidence in oneself and a sense of personal worth.
- Respect and Recognition: Feeling appreciated and recognized by others for one's contributions and abilities.

## 4. Personal Growth

- Autonomy: Having control over one's own life and decisions.
- Achievement: Pursuing and achieving personal goals and ambitions.
- Learning: Continual growth through learning new skills, knowledge, and self-improvement.

## 5. Meaning and Purpose

- Fulfillment: Engaging in activities that provide a sense of accomplishment and meaning.
- Contribution: Contributing to something larger than oneself, such as helping others, environmental causes, or a sense of spirituality.



## Explanation of Each Level

1. Basic Comfort and Security: At the foundation of happiness is ensuring basic physical and financial needs are met. Without these, it is difficult to focus on higher aspects of happiness.

2. Social Connection: Human beings are social creatures, and meaningful relationships and a sense of belonging are crucial for happiness. This includes close relationships as well as feeling part of a larger community.

3. Trust: Feeling good about oneself and being recognized by others contribute significantly to one's sense of happiness. This includes both internal self-esteem and external recognition.

4. Sense of Progress: Happiness is also derived from personal development. This includes having the freedom to make choices, pursuing goals, and continually learning and growing.

5. Meaning and Purpose: At the top of the hierarchy, true happiness involves having a sense of purpose and meaning in life. This could be through work, hobbies, volunteerism, or any activities that feel fulfilling and contribute to something greater than oneself.

Absolutely! Team happiness can be incorporated into the hierarchy as part of the social and professional aspects of happiness. Here's how we can include it:



# Hierarchy for Happiness (Including Team Happiness)

## 1. Basic Comfort and Security

- Physical Well-being: Access to food, shelter, health, and safety.
- Financial Stability: Having enough financial resources to meet basic needs without constant stress.

## 2. Social Connection

- Relationships: Strong, positive connections with family, friends, and romantic partners.
- Community: Feeling part of a group or community where one feels accepted and valued.
- Team Happiness: Positive and supportive relationships within professional or collaborative teams, feeling valued, and having a sense of camaraderie and shared purpose.

## 3. Esteem and Recognition

- Self-Esteem: Confidence in oneself and a sense of personal worth.
- Respect and Recognition: Feeling appreciated and recognized by others for one's contributions and abilities.
- Team Recognition: Feeling recognized and valued within a team, both individually and as a group for collective achievements.

## 4. Personal Growth

- Autonomy: Having control over one's own life and decisions.
- Achievement: Pursuing and achieving personal goals and ambitions.
- Learning: Continual growth through learning new skills, knowledge, and self-improvement.
- Team Development: Opportunities for team members to grow together, improve teamwork skills, and achieve collective goals.



## 5. Meaning and Purpose

- Fulfillment: Engaging in activities that provide a sense of accomplishment and meaning.
- Contribution: Contributing to something larger than oneself, such as helping others, environmental causes, or a sense of spirituality.
- Team Purpose: Working towards a shared mission or goal within a team, contributing to a larger purpose that enhances both individual and collective sense of meaning.

### **Explanation of Each Level (with Team Happiness)**

1. Basic Comfort and Security: At the foundation of happiness is ensuring basic physical and financial needs are met. Without these, it is difficult to focus on higher aspects of happiness.

2. Social Connection: Human beings are social creatures, and meaningful relationships and a sense of belonging are crucial for happiness. This includes close relationships, feeling part of a larger community, and fostering team happiness through positive, supportive professional relationships.

3. Esteem and Recognition: Feeling good about oneself and being recognized by others contribute significantly to one's sense of happiness. This includes both internal self-esteem, external recognition, and team recognition for contributions to group achievements.

4. Personal Growth: Happiness is also derived from personal and team development. This includes having the freedom to make choices, pursuing goals, continual learning, and opportunities for teams to grow together and improve their collective skills.

5. Meaning and Purpose: At the top of the hierarchy, true happiness involves having a sense of purpose and meaning in life. This could be through individual endeavors or shared team missions that contribute to something greater than oneself.

Including team happiness acknowledges the importance of positive professional and collaborative relationships in overall well-being and happiness

