The 4 Levels of Happiness

4 Things to Know or Remember about The 4 Levels of Happiness:

1. ______________________ wants to be ____________________ (If you met someone who said they ____________ want to be ______________ you would probably think something was ___________ with them).

2. Typically, we will do _______________________________ to attain that which we think will make us happy.

3. A healthy culture focuses on _____ & ______ (an unhealthy culture focuses on ______ & ______ while ignoring or completely forgetting about ______ & ______).

4. Not everything on HL1-HL3 is _________. _________ made each level of happiness for us to ________. But if we rely on HL1-HL3 to completely fill our ______________ we will ultimately end up ____________________.

Happiness Level #1: ________________________________

Goal: ________________________________________________

Examples: ____________________________________________

Extra Notes:
• Focus is entirely on ________________________.
• Happiness is very ______________-term.

Happiness Level #2: ________________________________

Goal: ________________________________________________

Examples: ____________________________________________

Extra Notes:
• Focus is entirely on ________________________.
• Happiness is relatively ______________-term.
• Leads to ________________________________________.
• A lot of people never___________________________ HL2.
Happiness Level #3: ______________________________

Goal: ______________________________

Examples: ____________________________________________

Extra Notes:
• Focus is on __________________________.
• Happiness is ______________-term.
• Requires a lot of ______________ and ______________ (in other words, living at this level can be ___________________________!)
• Because people are _____________________ (not perfect) and mortal (will die someday), we will never find complete ______________ at this level.

Happiness Level #4: ______________________________

Goal: ______________________________

Examples: ____________________________________________

Extra Notes:
• Focus is entirely on ______________, which will naturally lead us to focus on ______________ as well.
• Happiness is ____________________________.
• Requires a lot of ______________ and ______________ (in other words, living at this level can be ___________________________!)
• Fulfills our desires for perfect ______________, ______________, ______________, ______________, and ______________ (home).

Conclusion:

Treatment #1
Memorize this quote from St. Augustine: “You have ______________ us for Yourself, O Lord, and our ______________ will remain ______________ until they rest in ________.”

Treatment #2
(In English) ________________________________
(In Latin) ________________________________

“The devil will ________________ us to death – if ________________.”

“Sometimes you have to think about your ______________ in order to start thinking about your ______________.”