*University of Phoenix Material*

Polling Exercise

Conduct a poll of at least ten people by asking the following questions. Evaluate each answer and decide whether you would consider it as hedonic or eudaimonic, and record it in the table. Finally, answer the question below the table in 200-350 words.

* What makes you happy?
* Would you say you are living “the good life?” Why or why not?
* If you could make any changes you wished that would make you happier, what would those be?

|  |  |
| --- | --- |
| Hedonic | Eudaimonic |
|  |  |

Write a summary of your results. What common beliefs about happiness were evident in your results?