**Title of the assignment**

Student First name Last Name

Trinity Western University

FNDN102GX: Fall 2022

Jack Reimer

Date submitted

**INSTRUCTIONS**

**Read everything in blue carefully** and make sure you are familiar with all the requirements for each part. These first two pages in blue are an overview of the assignment. Delete everything in blue before submitting. Begin your paper at the end of these two pages by inserting a page break and using the template provided. Formatting requirements are the same but we have provided you a starter template that you can use. Be sure to insert a page break after each e.g., after Part 1 [page break], Part 2 [page break], etc.

**Part 1: A Personal Flourishing Definition**

There is no ideal definition to measure up to, but we are looking for evidence that you’ve listened well, discussed, and wrestled to express what you really mean by human flourishing. Be sure your definition incorporates, or engages with, the concepts *including, but not limited to*: spirituality, happiness (pleasure), meaning (purpose), health, virtue (ethics) and suffering (pain). Think of it as a kind of personal manifesto, something you want to live by or grow into. Reference articles, course materials and other sources, quotes, scripture, etc, that have helped to shape your wording. Then provide two practical examples of how this conceptual definition has been, or could be, displayed in your behaviour. This is meant to be a final version of what you have been reflecting on during the semester.

**Criteria**

a) *Length:* minimum – half page, maximum one page (total)

b) *Quality* of writing (grammar, citation, etc.) This is an academic paper. Write accordingly.  
c) *Integration* of well-being concepts, sources / fulfillment of the requirements / for full marks cite two academic sources that helped you develop this personal definition. We have included two sources in the assignment folder (Crisp and Drakulic) but you may use more than two sources.

d) *Two specific, measurable examples* of practical behavioural ways you can apply your definition.

Be sure to cite your sources and provide a reference list in APA format either at the end of this definition or at the end of the document.

**Part 2: Spirituality and Flourishing**

As we discussed in class, spirituality can play a significant role in our wellbeing. This section has two parts:

1. In the first half page write your understanding or definition of spirituality.

Demonstrate engagement with *at least two different sources* we discussed with regard to definitions of spirituality (e.g. resources from class material, discussions,).

1. Then, in the second half page, based on personal experience and Viktor Frankl’s text (a reference to Frankl’s text is required), the scriptures or any other materials provided in this course (readings, videos, podcasts, presentations, class discussions, etc.), answer *one* of the following three questions (you choose): (min. ½ page)

* How does my understanding of spirituality (what you wrote above) help me find hope and meaning in life?
* How does my understanding of spirituality (what you wrote above) help me develop resiliency amidst suffering?
* How does my understanding of spirituality (what you wrote above) shape my understanding of human flourishing or what it means to live the “Good Life”?

**Part 3: Reflection on your 4-Week Personal Flourishing Proposal**

1. **Copy and paste your (possibly updated) flourishing proposal and completed weekly log sheets** (it’s OK if it takes several pages).
2. **Reflect on your 4-Week Personal Flourishing Proposal by answering the following questions as per the requested length and criteria (create a paragraph break between each response)**
   * What went well with your proposal? For example, did you achieve your desired outcomes? What challenges did you face in completing your plan? Identify and explain. (min.1/2 page)
   * What challenges did you face in completing your plan? Identify and explain. (min. 1/2 page)
   * If you were to re-do this plan, what would you change, add, refine? Why? (min. 1/2 page)
   * How has following this plan impacted your wellbeing and personal flourishing? Identify and give examples of at least two effects. (min. 1/2 page)
3. **Pre/Post-Life Satisfaction Scores**: a) Record your pre and post Life Satisfaction scores b) Reflect briefly on differences, similarities and what factors (e.g. your experience with your flourishing plan above) contributed to those scores. (min. ½ page).

**Part 4: Future Self**

Vision casting orgoal setting is an important activity for future success because it provides focus, and boundaries for what is relevant and irrelevant, and allows you to measure progress and motivation to overcome procrastination. Below you will write goals for the following areas of your life (see the template below for more details):

1. Social life

2. Leisure

3. Family life

4. Career

NOTE: You may leave the instruction sections for Part 4 in the document and simply respond where requested.

**Part 5: Insights into Human Flourishing**

List three takeaways (one new paragraph each) from the course that you think will impact your wellbeing now and into the future.

**PART 1: Personal Flourishing Definition**

Delete these lines or type over them. **Be sure to insert a page break before the next section**.

**PART 2: Spirituality and Flourishing**

Delete these lines or type over them. Be sure to insert a page break before the next section.

**PART 3: Reflection on your 4-Week Personal Flourishing Proposal**

*A) Copy and paste your flourishing proposal (no title page) and completed weekly activity logs below this.*

B) Reflection on my 4-Week Personal Flourishing Proposal (Be sure your answer is double-spaced)

*1. What went well with your proposal? For example, did you achieve your desired outcomes? What challenges did you face in completing your plan? Identify and explain. (min.1/2 page)*

Delete and replace these words, making sure your answers are double-spaced.

*2. What challenges did you face in completing your plan? Identify and explain. (min. 1/2 page)*

Delete and replace these words, making sure your answers are double-spaced.

*3. If you were re-do this plan, what would you change, add, refine? Why? (min. 1/2 page)*

Delete and replace these words, making sure your answers are double-spaced.

*4. How has this plan impacted your wellbeing and personal flourishing? Identify and give examples of at least two effects. (min. 1/2 page)*

Delete and replace these words, making sure your answers are double-spaced.

***C) Pre/Post-Happiness Scores:*** *a) Record your pre and post Happiness scores (e.g. insert screenshots of your results) b) Reflect briefly on differences, similarities and what factors (e.g. your experience with your flourishing plan) contributed to those scores. (min. ½ page).*

Delete this line: be sure to insert a page break before the next section.

**PART 4: Future Self**

Throughout this course we have reflected on a number of areas that will influence your long term flourishing. As you respond to each of the following sections demonstrate how you have personalized the key concepts that we discussed in each area.

**A. Your Social Life in the Future**

As we learned, friends and associates are an important part of a meaningful, productive life.

Indicate your attachment style and personality traits (e.g., introvert or extrovert) as part of your answer and consider the type of social network that would benefit you in the future in light of those observations. Think about the kind of friends you might want to have in light of your growing self-awareness, and the connections you might want to make. It is perfectly reasonable to choose friends and associates who are good for you. With these factors in mind describe your ideal social life. ***Answer using a minimum of 50 words (double-spaced) using complete sentences in the box below:***

|  |
| --- |
| Delete these lines, type over. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. |

**B. Your Leisure Activity in the Future**

In the leisure tracker you analyzed patterns in your own leisure time. As we have learned flourishing requires a plan. In light of what you learned from tracking your leisure time take a moment to consider the activities you would like to pursue outside of obligations such as work, family and school. What leisure activities have you determined would contribute to your wellbeing? Identify specific activities in which you experience flow. The activities you choose should be personally worthwhile and meaningful (salutogenic).

Include one *current* action step you can take toward this future leisure self.

***Think and write a minimum of 50 words (double-spaced) using complete sentences in the box below:***

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| Delete these lines, type over. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. |

**C. Your Family Life in the Future**

We discussed how your family has shaped you to date (think parenting styles and home life environment). Rich and supportive family life provides people with a sense of belonging, support for their ambitions, a personal safety net and reciprocal purpose in life. Identify which parenting style has shaped your family life and then describe what your ideal family would be like (including parenting style). You can write about desires for your current family or about your plans for your own partner, and/or future children, if any. ***Write a minimum of fifty words (double-spaced) using complete sentences in the box below***:

Delete these lines, type over. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words. Delete these lines. This is exactly fifty words.

**D. Future Career and Life Goals**

In our class materials this semester we provided resources related to career and vocation. Much of what people find engaging in life is related to their life work. A good career can contribute to your financial security, social status, sense of purpose, and the possibility of contributing to the larger community. Take a moment to consider your school or career goals. List your top career goal and what steps you plan to make in the next year, and five years, in order to achieve that goal.

Think carefully and be sure to include specific, measurable goals. For example, when discussing a goal for five years from now be very clear. If your goal is to be working for an organization in relief work, move beyond a statement like, “I hope to be involved in an entry level role in an NGO.” Consider something like, “I will have taken the following steps to be eligible for an entry level role in an NGO: a) completed my Bachelor’s degree b) contacted five NGOs with posting in the area I am interested in to ask for tips about what additional skills I might need c) volunteered with at least one NGO for a minimum of one month.

***Write a twenty-five word response (minimum) for each question (double-spaced) in the box below, using complete sentences***

|  |
| --- |
| **1. My top career goal (min 25 words/use complete sentences)**  Delete these lines and type over. This is exactly twenty-five words. Delete these lines and type over. This is exactly twenty-five words. Delete.  **1a. Measurable step(s) toward this goal I will take in the next year (min 25 words/use complete sentences)**  Delete these lines and type over. This is exactly twenty-five words. Delete these lines and type over. This is exactly twenty-five words. Delete.  **1b Two steps toward this goal I will take in the next 5 years (min 25 words/use complete sentences)**  Delete these lines and type over. This is exactly twenty-five words. Delete these lines and type over. This is exactly twenty-five words. Delete.  **1c. What is the largest threat to achieving this goal and what is one specific action you can take to reduce that threat? (min 25 words/use complete sentences)**  Delete these lines and type over. This is exactly twenty-five words. Delete these lines and type over. This is exactly twenty-five words. Delete. |

**Top life goal -** As we learned in the material on career and vocation, meaningfulness in one’s life or vocation is not always tied directly to one’s career. Take a moment to consider your top non-career related life goal that reflects what you currently think will give your life meaning in the long-term; for example, you goal might be to travel regularly. Describe that life goal and what steps you plan to make in the next year, and five years, in order to achieve that goal. Do not use phrases like, “I hope . . .” or “I’ll try to . . .”. As we mentioned in the instructions for the previous question, be sure to include measurable and specific steps.

*Use complete sentences.*

|  |
| --- |
| **2. Life goal that will give my life meaning (min 25 words/use complete sentences)**  Delete these lines and type over. This is exactly twenty-five words. Delete these lines and type over. This is exactly twenty-five words. Delete.  **2a. Measurable step(s) toward this goal I will take in the next year (min 25 words/use complete sentences)**  Delete these lines and type over. This is exactly twenty-five words. Delete these lines and type over. This is exactly twenty-five words. Delete.  **2b. Two steps toward this goal I will take in the next 5 years (min 25 words/use complete sentences)**  Delete these lines and type over. This is exactly twenty-five words. Delete these lines and type over. This is exactly twenty-five words. Delete.  **2c. What is the largest threat to achieving this goal and what is one specific action you can take to reduce that threat? (min 25 words/use complete sentences)**  Delete these lines and type over. This is exactly twenty-five words. Delete these lines and type over. This is exactly twenty-five words. Delete. |

[insert page break]

**Part 5: Insights gained in this course on Human Flourishing**

**DELETE these instructions (this paragraph) before beginning:** What are the three most important insights about human flourishing you gained from this course? Identify them, explain why they are important to you, and give at least one example, using a specific and measurable goal, of how you intend to implement each one going forward. (min. 1 page with one new paragraph per takeaway)

Delete these lines and type over.

*You may delete the rubric below. It is for your reference only.*

|  |  |  |
| --- | --- | --- |
| **FNDN102 Final Portfolio Grading Rubric** |  |  |
| **Description** | **Actual** | **Out of** |
| ***Part 1: Personal definition of Human Flourishing*** |  |  |
| 1. Quality of writing (grammar/citation, etc.) & length (between ½ to full page) | 10 | 10 |
| 2. Integration of well-being concepts, e.g.: happiness, suffering, spirituality and meaning | 20 | 20 |
| 3. Two sources cited in your definition as per the instructions above | 10 | 10 |
| 4. Two practical behavioural examples | 10 | 10 |
| **Sub-total** | **50** | **50** |
| ***Part 2: Spirituality and Flourishing*** |  |  |
| 1. Definition: Length (1/2 page) / evidence of interaction with concepts from course | 10 | 10 |
| 2. Optional response (1/2 page / evidence of interaction with Frankl or scriptures, other sources | 10 | 10 |
| **Sub-total** | **20** | **20** |
| ***Part 3: 4-Week Personal Flourishing Plan*** |  |  |
| A. Completed log copied and pasted into document (completeness, detail, correlation to 4-week plan) / quality | 20 | 20 |
| B1. What went well? (min ½ page) / quality | 10 | 10 |
| B2. What challenges did you? (min ½ page) / quality | 5 | 5 |
| B3. If you were to redo the plan, what would you change? (min ½ page) / quality | 5 | 5 |
| B4. How has this impacted your wellbeing and flourishing? Identify / 2 examples (min ½ page) / quality | 5 | 5 |
| B5. Pre/post scores (2 pts) / Similarities, differences explained (3 pts) (min ½ page) | 5 | 5 |
| **Sub-total** | **50** | **50** |
|  |  |  |
| ***Part 4: Future Self*** |  |  |
| **A. Social life / 50 words** | 5 | 5 |
| **B. Leisure / 50 words** | 5 | 5 |
| **C. Family life / 50 words** | 5 | 5 |
| **D1a. Top career goal** / 25 words | 5 | 5 |
| D1a. Measurable step / 1 yr / 25 words | 5 | 5 |
| D1ab Measurable step / 5 yrs / 25 words | 5 | 5 |
| D1c. Largest threat / 25 words | 5 | 5 |
| **D2. Top life / meaning goal** / 25 words | 5 | 5 |
| D2a. Measurable step / 1 yr / 25 words | 5 | 5 |
| D2b. Measurable step / 5 yrs / 25 words | 5 | 5 |
| D2c. Largest threat / 25 words | 5 | 5 |
| **Sub-total** | **55** | **55** |
|  |  |  |
| ***Part 5: Insights from Course (min 1 pg)*** |  |  |
| Three insights (one paragraph each): why & examples | **15** | **15** |
| Measurable implementations for each one | **10** | **10** |
| **Sub-total** | **25** | **25** |
|  |  |  |
| **Penalties: Professionalism: issues with: spelling, grammar, formatting. Removal of explanation texts** |  |  |
| **Total** | 200 | /200 |