

My Good Life

Each of us may have different definition of the term “Good Life.” For Aristotle, he associates this term with the concept of “eudaimonia” which refers to flourishing life filled with meaningful endeavors that empower the human person to be the best versions of themselves. It may also be a means of exploration in finding your purpose life and drawing happiness in doing so. As for myself, living a good life means living a life in content, live with less regrets, and achieving good things in life without stepping on others. I chose to live as I like and try to live also for the benefit of others, not merely for myself. At least that’s how I define the terms in living “a good life.”

I try to be contented to the things that I have right now. Finding goodness in life and to the things that I currently have, not yearning for more in the impossible. Trying to have fun with and value the friends that I currently have, instead of having to join for a more famous or prominent social circle. I am happy to have the chance to enjoy using my stuff, get educated, have a shelter to live in, and be able to eat three times a day. It is bad to be materialistic because life is not limited on just mere material things. We need to recognize what we currently have, since there are more people that’s more unfortunate in life in terms of physical needs. Though most of these people still find happiness in life despite lacking some material things, so why won’t we do the same. Good life also means to live a life with less regrets. There are a lot of challenges and difficulties that we faced that hinders in in achieving good life. Sometimes we get eaten up by fear, anxiety, failure, disappointments, and peer-pressure that we have gone through in our lives that we live with as regrets. Accidents and unexpected events may also incur in our lives that downs us. It depends on ourselves on how we conquer and handle these things as the best that we can do in order to have less regrets in life. For me, all the things that devalues us can’t all be perished. It depends on how we treat these things; not only as regrets that had happen, but as special learnings in life that we should have lived up to. Lastly, we should pursue to achieve things in life; be successful without stepping on others. Being contented in one thing, but it doesn’t mean that we must get stuck to the life we currently have. If you believe you have the capabilities to

do so, then go on and pursue to become something better. It is important to set goals for ourselves and mind our own future. Though. We should achieve these things with minimal effects in others. There are many ways to achieve success without the need of ruining the lives of others and our government. We can have our own innovative and creative solutions to some contemporary issues that our environment is facing right now. We can simply help our environment by simply practicing proper waste disposal, recycling, spending less resources like plastics, and leaning more into safer alternatives for our materials of consumption. It may be small, but I believe if we all would do it, it can bit by bit save our environment for the sake of future generations. At least that's my idea in achieving somethings in life for myself, for others, and for our environment.

To conclude, we can have our own meaning in living a good life. My idea of it is living a life with less regrets, having to feel contentment. We should also think not only of the present, but also for the future itself. We should achieve things not only for our own sake, but also for the sake of others and the environment. For me, this is the means of living a good life.