

THE HAPPINESS GRID

	RELIEF FIND RELIEF	FULFILLMENT ELEVATE FULFILLMENT	INSIGHT UNDERSTAND YOURSELF	MASTERY ACT SKILLFULLY	CONNECTION BUILD RELATIONSHIPS		
1	Your goal is to get rid of situations you don't want (e.g., move house, cancel plans, stop pollution)	Your goal is to get situations to go the way you want (e.g., new job, kids in college, solve world hunger)	Your goal is to understand yourself in terms of personal identity (e.g., your role as a parent, leader, community member)	Your goal is to build fun performance skills (e.g., amateur activities, hobbies, the arts, games)	Your goal is for your relationships to make you happy (e.g., personal, pets, professional, social)	INTENSITY: DEEPENS WITH CC&E	SCALE: For Others For Others For Others For Yourself For Others For Others
2	Your goal is to relieve subjective challenges you don't want (e.g., stop pain)	Your goal is to achieve intensity, variety, and duration of pleasant experiences (e.g., food, sights, pleasant states)	Your goal is to understand yourself psychologically (e.g., in terms of conditioning or archetypes)	Your goal is to build skills to help you succeed in life (e.g., any kind of pro training, including performance)	Your goal is to help others achieve happiness (e.g., through parenting, caregiving, mentoring, being of service)	INTENSITY: DEEPENS WITH CC&E	SCALE: For Others For Others For Others For Yourself For Others For Others
3	Your goal is to cope with sensory challenges using mindfulness skills	Your goal is to be skillful with sensory pleasure using mindfulness skills (e.g., by appreciating it fully)	Your goal is to understand yourself in real time as a sensory system using mindfulness skills	Your goal is to make necessary behavior changes / find and live by your core values	Your goal is to connect through subtle teaching (e.g., you're a role model, have good energy, love unconditionally)	INTENSITY: DEEPENS WITH CC&E	SCALE: For Others For Others For Others For Yourself For Others For Others
4	Your goal is to completely experience sensory challenges	Your goal is to completely experience sensory pleasure	Your goal is to understand yourself as originally complete	Your goal is to become dynamically spontaneous and creative in thought, speech, and action	Your goal is to make a universal connection by teaching others to develop happiness independent of conditions	INTENSITY: DEEPENS WITH CC&E	SCALE: For Others For Others For Others For Yourself For Others For Others