

WHAT IS A HUMANIST APPROACH TO LIVING A HAPPY LIFE?

We have one life so we should **make the most of life**. We should seek **happiness** in the here and now and should support other people to do the same. There's no one single way to be happy. Happiness might be found in our relationships with friends and family, in creativity, in nature, in achieving our goals, in being good to other people, in making the world a better place.



JESSICA

We should all be **free** to find what makes us happy. We should be free to choose what we believe and how we live, as long as we don't cause harm. We should be the authors of our own lives. There's no script we have to follow. We should therefore show **tolerance** for those who make choices that are different to our own. It is a good thing that we all have different tastes and talents as it makes life more interesting. Diversity should be celebrated.



HARI

We have a **responsibility** to think carefully and to make our own decisions about how to live. We need to consider the **consequences** of our actions on other people, animals, and the planet. We also need to recognise that not everyone is happy. Many people around the world do not have the freedom or opportunity to find happiness. We should try to create a world in which everyone has the **opportunity** to find happiness in the here and now.



GUY

Being happy and **being good** go together. It's not a choice between one or the other. It can be difficult to be good to other people if we are not happy ourselves. There is also good evidence that making other people happy can make us happy. We are **social animals**. Our happiness and the happiness of other people is often closely tied together.



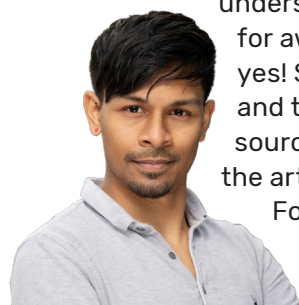
ZENA

I don't like the question, 'What is the meaning of life?' It implies there is an answer 'out there' that can be discovered. I prefer to ask the question, 'How can I make my life **meaningful**?' It is up to us to make our own meanings in life. For me, it is the **connections** we make that make life meaningful: connections with other people, connections with the ongoing human story, connections with the natural world and a recognition of our place in it.



JENNY

Some people ask whether the humanist understanding of life leaves space for awe or **wonder**. The answer is yes! Science, the natural world, and the human story can be sources of wonder. Creativity and the arts can bring comfort and joy. For humanists, a non-religious life is no less wonderful.



IMTIAZ