

“Positive” conceptualization of well-being

Hedonic (from ἡδονή “pleasure”) and Eudaimonic well-being (from δαίμων “daemon”):

Hedonic well-being:

Positive emotions
Absence of negative emotions
Life satisfaction
Happiness

Eudaimonic well-being:

Autonomy
Personal growth
Self-acceptance
Meaning of life
Competence
Social connection

Flourishing