

# Models of Fulfillment and the Happy Human Life:

---

## ***Roy Baumeister***

- 1) we have a need for purpose: we want to be able to connect current events with the future.
  - 2) we have the need for value: we want our own actions to have a positive value.
  - 3) we have the need for efficacy: we want to influence our environment.
  - 4) we have the need for self-worth: we want our self to have a positive value.
- 

## ***Anthony Robbins***

- 1) Security
  - 2) Insecurity
  - 3) Love
  - 4) Significance
  - 5) Growth
  - 6) Contribution
- 

## ***Self Determination Theory (Deci / Ryan)***

- 1) Autonomy:

2) Relatedness:

3) Competence:

---

### ***Wong***

(not model for fulfillment, but 'component's of a meaningful life')

- 1) achievement striving
  - 2) religion
  - 3) relationship
  - 4) fulfilment
  - 5) fairness-respect
  - 6) self-confidence
  - 7) self-integration
  - 8) self-transcendence
  - 9) self-acceptance
- 

### ***Ryff (1989)***

- 1) positive relation with others
  - 2) self-acceptance
  - 3) purpose in life
  - 4) autonomy
  - 5) environmental mastery
  - 6) personal growth
- 

### ***Seligman***

- P - Positive emotions
- E - Engagement
- R - Relationships
- M - Meaning

## A - Accomplishment

---

### ***John A. Schindler***

"Six Basic Needs:"

- 1) Love
  - 2) Security
  - 3) Creative Expression
  - 4) Recognition
  - 5) New Experiences
  - 6) Self-Esteem
- 

### **Erich Fromm:**

#### **Relatedness**

Relationships with others, care, respect, knowledge.

#### **Transcendence**

Being thrown into the world without their consent, humans have to transcend their nature by destroying or creating people or things. Humans can destroy through malignant aggression, or killing for reasons other than survival, but they can also create and care about their creations.

#### **Rootedness**

Rootedness is the need to establish roots and to feel at home again in the world. Productively, rootedness enables us to grow beyond the security of our mother and establish ties with the outside world. With the nonproductive strategy, we become fixated and afraid to move beyond the security and safety of our mother or a mother substitute.

#### **Sense of Identity**

The drive for a sense of identity is expressed nonproductively as conformity to a group and productively as individuality.

#### **Frame of orientation**

Understanding the world and our place in it.

#### **Excitation and Stimulation**

Actively striving for a goal rather than simply responding.

**Unity**

A sense of oneness between one person and the "natural and human world outside."

**Effectiveness**

The need to feel accomplished.

---