



Aristotle on the Good Life

Aristotle states that the good life is the possession, over the course of a lifetime, of all those things that are really good for us.

According to Aristotle the real goods that we should all seek to obtain in order to live well are:

- 1) bodily goods – health, vitality, vigour and pleasure;
- 2) external goods – food, drink, shelter, clothing and sleep; and
- 3) goods of the soul – knowledge, skill, love, friendship, aesthetic enjoyment, self-esteem and honour.

Aristotle argued that the way to bridge the gap between knowledge of the good life and actually living it was through the development of a good **moral character**. And this entails developing good **habits (virtues)**.

What are the four moral virtues?

Virtue (traditional term)	Virtue (Contemporary term)	Definition

How can developing good habits (virtues) lead us to living a 'good life'?

**Solutions to Worksheet GRL-RL561 Aristotle and the Good Life**

Virtue (traditional term)	Virtue (Contemporary term)	Definition
Prudence	Wise Judgement	▪ The ability to determine what is right in a practical situation and to act on it.
Temperance	Wholeness	▪ Moderation (especially in our appetites: food, sex, drink); the ability to balance all parts of self.
Justice	Justice	▪ The ability to ensure that the rights of each and every person are respected in action.
Fortitude	Courage	▪ The ability to do what is right in the face of difficulty.