

Name: _____

Date: _____

A. Reading Passage (Approx. 700 words)

Adapted from the ideas of Aristotle on Happiness and Virtue

Happiness, according to Aristotle, is the ultimate goal of human life. Every action we take, every decision we make, is in some way directed toward achieving happiness. However, Aristotle did not define happiness as simple pleasure or enjoyment. Instead, he believed that true happiness comes from living a life of purpose, reason, and virtue.

He explained that humans are unique because they possess the ability to think and reason. Therefore, a truly happy life must involve the proper use of this ability. Living well means not only enjoying life but also fulfilling one's potential as a rational being. For Aristotle, this involves practicing virtue, which he described as a habit of choosing the right action in the right situation.

Virtue, he argued, lies between extremes. This idea is often called the "Golden Mean." For example, courage is a virtue, but it lies between two extremes: recklessness and cowardice. A reckless person takes unnecessary risks, while a coward avoids challenges altogether. A courageous person, however, finds a balance between the two by facing fears wisely and thoughtfully.

Similarly, generosity lies between wastefulness and stinginess. A wasteful person gives too much without thinking, while a stingy person refuses to give at all. The virtuous person gives in a balanced and thoughtful way. According to Aristotle, developing such balance requires practice and self-awareness.

Aristotle also emphasized the importance of habit in shaping character. He believed that people are not born virtuous but become virtuous through repeated actions. Just as a musician becomes skilled by practicing regularly, a person becomes good by consistently choosing the right actions. Over time, these actions form habits, and these habits shape one's character.

Another key idea in Aristotle's philosophy is that happiness is not something that can be achieved instantly. It is not a moment of joy or success, but rather a lifelong process. True happiness is the result of living a complete life filled with meaningful actions and thoughtful decisions. It requires effort, discipline, and a commitment to personal growth.

Aristotle also believed that external factors, such as friendships, health, and a stable community, play a role in happiness. While virtue is essential, it is difficult to live well in complete isolation or hardship. Good relationships and a supportive environment help individuals practice virtue and lead fulfilling lives.

Importantly, Aristotle argued that happiness is self-sufficient. This means that a truly happy person does not depend entirely on external rewards like wealth or fame. Instead, their happiness comes from within, from living a life guided by reason and virtue.

In conclusion, Aristotle's view of happiness is both practical and profound. He teaches that happiness is not about seeking pleasure alone but about becoming the best version of ourselves. By practicing virtue, finding balance, and using reason wisely, we can achieve a meaningful and fulfilling life. His ideas continue to influence modern thinking and encourage individuals to reflect on their choices and actions.

B. Descriptive Questions

1. According to the passage, how does Aristotle define true happiness?

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2. What is the "Golden Mean," and how does it help in developing virtue?
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3. Explain the role of habit in shaping a person's character.

4. Why does Aristotle believe that happiness is a lifelong process?

5. How do external factors like friendships and community influence happiness?

C. Writing Section: Analytical Essay

Essay Prompt

"Happiness is not something we find, but something we create through our actions."

Write an essay analyzing Aristotle's idea of happiness and virtue. In your response:

- Explain Aristotle's concept of happiness
- Discuss the importance of virtue and balance (Golden Mean)
- Provide examples from real life or personal experience
- Conclude with your own opinion on whether you agree or disagree

Plan Your Essay

Introduction (Thesis Statement):

Main Idea 1 (Happiness and Reason):

Main Idea 2 (Virtue and Golden Mean):

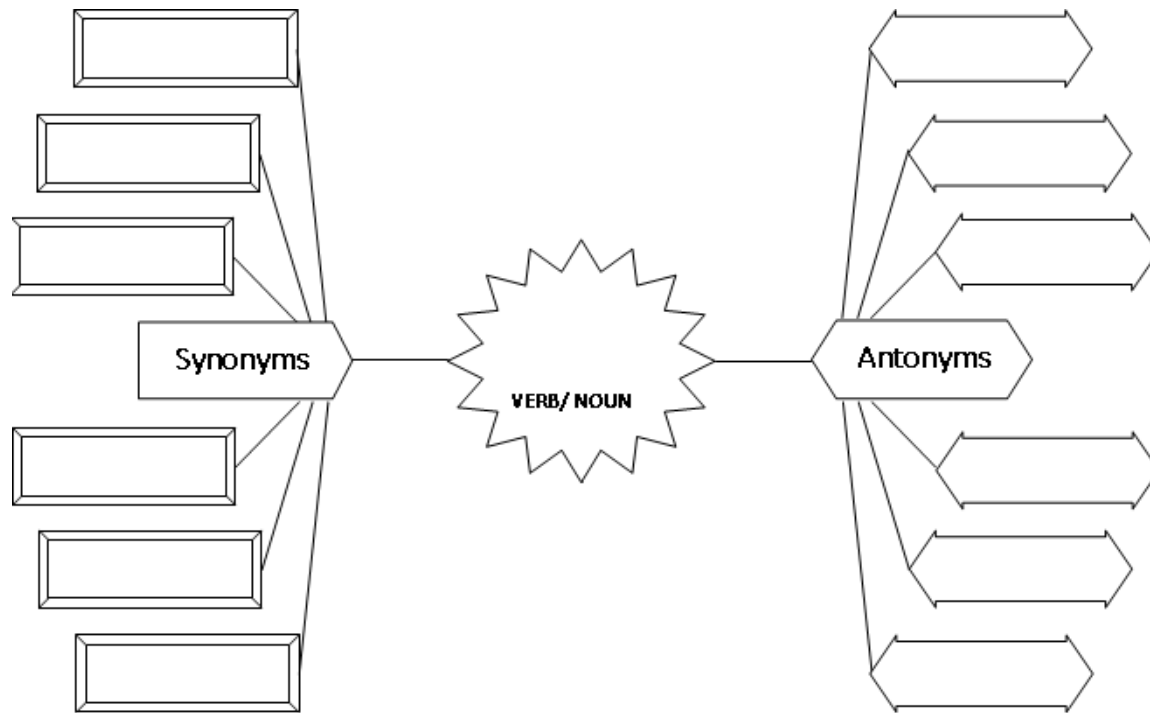
Example/Explanation:

Conclusion (Your Opinion):

Write Your Essay (150–200 words)

Word _____

Definition: _____



Sentences using original word, synonym, antonym and adverb/adjective.

1.

2.

3.

4.