

Common Goals of Life (for adults)

Common = means commonly held, at least the majority of these goals
Goals = or wished-for conditions

Ted Greene – 1977, March 1

Many of these concepts are not 100% possible.
(Not all people want all of these goals)

Level 1:

Recognition To figure out what the goals are (i.e. that there *are* any goals at all).

Level 2:

Happiness

Level 3:

- 1) **Physical Gratification** (gratification of the senses)
- 2) **Emotional Gratification**
- 3) **Mental Gratification**

Level 4:

What People Specifically Want to Gain, Preserve, Create, Do, Be:

- 1) **Survival** (self-preservation, existence)
- 2) **Freedom** – being able to live your life the way you want to (not 100% possible)
- 3) **Health, Vitality, Youth**
- 4) **Time, Long Life** (some say no here, but that's because they unfortunately have unhappy lives)
- 5) **Security**: – assuredness of continuation of (or improvement of) present worthwhile concepts in areas of:
 - 1) **Financial** – Due to any combination of amassed, present or future income and wealth.
 - 2) **Emotional** – Long-term relationships, friendships; 2 levels: from *without* and *within*.
 - 3) **Physical** – Two levels of this: from *outer* harm and inner harm.
 - 4) **Spiritual** – (Beliefs in) good live here and hereafter; faith, guidance
 - 5) **Cultural Preservation** of one's **Achievements**, and all that you think is valuable.
 - 6) **Mental** – Peace of mind, stable intelligence.
- 6) **Justice** All causes produce deserving effects and no unwarranted injury, illness, loss, loss of property, etc., is possible.
- 7) **Brotherhood** (Peace) [the condition of general good-will (at least) towards one's fellow man]
Possibly: desire to serve one's fellow man
- 8) **Purpose** (Hope) (High but realistic *goals*); feeling *cared for, needed, worthwhile, worthy, loved, respected, admired, important*, desire for status, prestige, fame, power, desire for *greatness, high-level achievement*; making the world as good a place as it can possibly be; excelling in whatever you do; generally, being the highest force for good that you can be (being an instrument to provide as many benefits to yourself and others as you can possibly be).

9) Reasonable degree of **Love of Self** (self esteem). Self: approval, admiration, respect, which lead to self-confidence, self-love, even possibly self-fulfillment (containment) to a high degree.

In areas of (where applicable):

- 1) Your *Outer* self: appearance (desire for physical beauty), personality, manners, manner
- 2) Your *Inner* self: beliefs, goals, integrity and character, self-reliance, self-control, self-discipline, ability to think, reason, etc. General wisdom, talent(s), creative abilities,
- 3) (Related to #2 [above](#)) Your Life: what you are actually *doing* or *have done* (with your short time on this earth) to accomplish your goals, respect for your use of time and energy, how hard you are working for what you believe in, self-actualization, living up to your highest abilities and maybe even your highest ideals too, or knowing you are doing the best you can for yourself and others (to provide as many benefits as possible); ability to earn a living at something you enjoy and believe in.

10) **Love of Others** (loving others – includes animals or ?) Knowing others whom you can admire, respect, care for, love and ? (see below). Applied to inner self and outer self and their lives.

11) **Love From Others** (including animals or ?) Tolerance, open-mindedness, courtesy, cooperation, attention, interest, patience, cheerfulness, warmth, fairness, justice, appreciation, gratitude, honesty and sincerity, acceptance, approval, praise, admiration, sensitivity, respect, generosity, unselfishness, humility, proper forgiveness, compassion, kindness, empathy, consideration, caring, sharing, affection, love, sacrifice (where proper), loyalty (where proper).

All this applied once again to your inner self, outer self, your life.

12) **Beautiful Universe** (environment, climate, beautiful places to visit, and ?)

13) **Entertainment, Short-term** (although it occasionally will turn into long-term) **Gratification** of appetites in areas of: food, sex, recreation, rest, music, and other cultural areas?, miscellaneous gratification of the senses and emotions – higher level (generally): inspiration, new experiences variety, things to be excited about or to look forward to (these aren't *always* in the domain of entertainment).

14) **Education, Knowledge, and Miscellaneous Mental Gratification** – Knowledge of how and will power to attain all this (or at least access the same).

15) **Creative Outlets** so as to produce **Creative Expression**

16) **Comfortable Living Situation or Condition** – definitely related in some ways to #12)

17) **The Condition Where Those You Care For** (and maybe others too, depending on the individual) **are and/or have attained or will attain the above too.**

18) **Various Negative Wants**, like: not having to work, everything or at least many things handed to you on a silver platter (general “something for nothing” attitude). (It's not the wants that are bad, it's what they *produce*). Also: power, revenge, someone(s) to manipulate, and the power to do it with instant or easy solutions.

Mutually exchangeable qualities, actually

Many of these concepts are not 100% possible

COMMON GOALS OF LIFE (FOR ADULTS)

RECOGNITION 3-1-77

Not all people want all of these goals

LEVEL 1: HAPPINESS

or wished for conditions
Means commonly held, at least the majority of these goals

LEVEL 1: TO FIGURE OUT WHAT THE GOALS ARE (i.e. that there are any goals at all)

- LEVEL 2: ① PHYSICAL GRATIFICATION (of the Senses)
- ② EMOTIONAL GRATIFICATION
- ③ MENTAL GRATIFICATION

LEVEL 4: what people specifically want to gain, preserve, create, do, be

① SURVIVAL (SELF-PRESERVATION, EXISTENCE)

② FREEDOM - being able to live your life the way you want to (not 100% possible)

③ HEALTH, VITALITY, YOUTH

④ TIME, LONG LIFE (some say no here but that's because they unfortunately have unhappy lives)

⑤ SECURITY: easiness of continuation of (or improvement of) present worthwhile concepts in areas of:

- 1) FINANCIAL - due to any combination of earned, present or future income & wealth
- 2) EMOTIONAL - long-term relationships, friendships; 2 levels: from without & within
- 3) PHYSICAL 2 levels of this: from outer harm & inner harm
- 4) SPIRITUAL - (Belief in) good life here & hereafter; Faith; Guidance
- 5) (CULTURAL) PRESERVATION OF ONE'S ACHIEVEMENTS, and ALL THAT YOU THINK IS VALUABLE
- 6) MENTAL - PEACE OF MIND; STABLE INTELLIGENCE

⑥ JUSTICE - all causes produce deserving effects and no unwarranted injury, illness, loss, etc is possible.

⑦ BROTHERHOOD (PEACE) [the condition of general good will (at least) towards one's fellow man] ^{LOSS OF PROPERTY} desire to serve one's fellowman

⑧ PURPOSE (HOPE) (High but realistic GOALS; feeling CARED FOR, NEEDED, WORTHWHILE, WORTHY, LOVED, RESPECTED, ADMIRED, IMPORTANT, desire for status, prestige, fame, power, desire for GREATNESS, HIGH-LEVEL ACHIEVEMENT)

MAKING THE WORLD AS GOOD A PLACE AS IT CAN POSSIBLY BE. excelling in whatever you do, GENERALLY, BEING THE HIGHEST FORCE FOR GOOD THAT YOU CAN BE (Being an instrument to provide as many benefits to yourself & others as you can possibly be)

⑨ LOVE OF SELF (SELF ESTEEM) ^{Reasonable} SELF: approval, admiration, respect, which lead to SELF: confidence, self-love, even possibly self-fulfillment (containment) to a high degree. in areas of (where applicable)

① your OUTER SELF: appearance (desire for PHYSICAL BEAUTY), personality, manners, manner of speech, taste in clothes, etc.

② your INNER SELF: beliefs, goals, integrity & character, self-reliance, self-control, self-discipline, ability to THINK, reason, etc., GENERAL WISDOM, TALENT(S), CREATIVE ABILITIES.

③ your LIFE: what you are actually doing or have done (with your short time on this earth) to accomplish your goals; respect for your use of time & energy, how hard you are working for what you believe in, SELF-ACTUALIZATION: living up to your highest abilities & maybe even your highest ideals too or KNOWING you are doing the best you can for yourself & others; ability to earn a living at something you enjoy & believe in. (to provide as many benefits as possible)

⑩ LOVE OF OTHERS (loving others) ^{applied to INNER SELF, OUTER SELF, their lives} knowing others whom you can admire, respect, care for & love and? (see below) includes animals or? ^{compassion, generosity, sharing, open-mindedness, cooperation}

⑪ LOVE FROM OTHERS (including animals or?) ^{sensitive} tolerance, courtesy, attention, interest, patience, cheerfulness, warmth, fairness, justice, appreciation, gratitude, honesty & sincerity, acceptance, approval, praise, admiration, respect, generosity, unselfishness, humility, proper forgiveness, compassion, kindness, empathy, considerations, caring, affection, love, sacrifice, loyalty ^{where: group}

all this applied once again to your INNER SELF, outer self, your LIFE.

⑫ BEAUTIFUL UNIVERSE (Environment, climate, beautiful places to visit and?)

⑬ ENTERTAINMENT, SHORT-TERM (although, it occasionally will turn into long-term) GRATIFICATION of appetites in areas of: FOOD, SEX, RECREATION, REST, MUSIC & other cultural areas?, miscellaneous gratification of the senses and emotions. ^{HIGHER LEVEL (generally): INSPIRATION} NEW EXPERIENCES VARIETY, THINGS TO BE EXCITED ABOUT OR TO LOOK FORWARD TO (these aren't always in the domain of entertainment) ^{+ WILL POWER}

⑭ EDUCATION, KNOWLEDGE & MISCELLANEOUS MENTAL GRATIFICATION - KNOWLEDGE OF HOW TO ATTAIN ALL THIS (or at least access to same)

⑮ CREATIVE OUTLETS so as to produce CREATIVE EXPRESSION

⑯ COMFORTABLE LIVING SITUATION OR CONDITION - definitely related in some way to ⑫

⑰ THE CONDITION WHERE THOSE YOU CARE FOR (& maybe others too, depending on the individual) are &/or have attained or will attain the above too.

⑱ Various negative wants like: Not having to work, everything or at least many things handed to you on a silver platter (general something-for-nothing attitude) It's not the wants that are bad, it's what they produce. Also power, revenge, someone(s) to manipulate & the power to do it with, INSTANT GRATIFICATION SOLUTIONS

many more, actually