

**Worksheet 4.30 Fun versus Philanthropy (Seligman) Instructions**

In order to help you find more meaning in your life and to experience first-hand how tending to the welfare of others is more satisfying than focusing on pleasure for yourself, you are being asked to complete a Fun versus Philanthropy exercise (Seligman).

Over the course of the next week, please participate in one activity purely for fun or pleasure and then another activity purely to benefit another person. After you have completed these activities, respond to the following questions:

1. What was your pleasurable activity?
2. What was your philanthropic activity?
3. What similarities can you identify between how these activities made you feel?
4. What differences can you identify between how these activities made you feel?
5. Assuming you felt positive emotions about both of these experiences, which activity resulted in positive emotions that lasted longer or are more lingering? Why do you think this was the case?