



"My Philosophical Life" Signature Assignment #2

Throughout the first 11 weeks of this semester, we have encountered several different approaches to living a "philosophical way of life," and to cultivating virtues and practices that can lead to happiness, meaning, purpose and flourishing:

- ❖ *The Examined Life (Socrates)*
- ❖ *The Enlightened Life (Plato)*
- ❖ *The Awakened Life (Buddha)*
- ❖ *The Flourishing Life (Aristotle)*
- ❖ *The Pleasurable Life (Epicurus)*
- ❖ *The Stoic Life (Epictetus)*

This signature assignment asks you to consider what your life would be like if you adopted various tenets of these Ways of Life into your own daily practices and virtues. Which WOL principles/practices would you most want to adopt as your own? How would your most desired principles/practices lead to a more meaningful, happy and flourishing life?

For this signature assignment, then, you will be imagining what your life would be like **three years from now**, if you intentionally adopted key principles and practices of a "philosophical way of life."

Format: "diary entry" or "blog post" or "journal" that offers an (imagined) account of your day. It should include several elements:

- **Section One (at least two full pages, but it may need more)**
An exploration of **at least four major tenets of a philosophical life**, drawn from our philosophers' ways of life, that you are selecting to inform your imagined-life three years from now, including
 - The **statement of the Way of Life**
 - **An explanation** of what it means, who said it, and how it fits into their overall philosophy. (Here, you should expect to use some direct quotes from your readings in order to illustrate and offer textual support for the philosopher's view you are drawing on).
 - What its value is for a happy, meaningful, flourishing life. That is, **why you think it is worth adopting in your own life**...How it can help you to define your goals and imagine your own, good life.
- **Section Two (at least two full pages, but it may need more)**
An imagined Diary/Journal/Blog Entry, written from the perspective of you, 3 years later, having lived according to your Philosophical Way of Life, including
 - **What specific practices you did** that were informed by your selected WOL tenets (what your breakfast was like, your worklife (what job did you end up pursuing once you decided to live according to those WOL tenets?), your family life, your personal growth and well-being, etc.)

- A **reflection on how your life now, 3 years later, differs from the one you were living** three years earlier, before you learned about these WOLs and before you intentionally adopted some of them into your intentional, philosophical way of life.
- An imagined-**account of a life-problem that you experienced** around the date of your journal entry (a lost job, a fight with a friend, a loss of a loved one, a broken leg, a slanderous rumor, a diagnosed illness, etc.) and how you responded in ways informed by your WOL tenets (with a bit of reflection how your response to it would have differed three years earlier).
- An assessment of your day/life and your hopes for tomorrow. Was it a good day? Were there problems that were not made better by your WOL approaches? What kinds of limitations or challenges have you faced trying to live your life according to.

3) **Section Three: A Staged photo of yourself from this day**

The idea here is to create a scene from this imagined day and take a photo of it...(think: this is my picture I'm posting to Facebook of the highlight of my imagined future day).

- If you like, you can choose a different kind of artifact...maybe it's a flyer of a made-up lecture or performance, maybe it's a video tour of an event, or a video blog recapping your day...or maybe a song you wrote...you are welcome to be as creative as you want here.
- Make sure to offer a little explanation of the photo/artifact in your diary entry...or at least in a caption)

4) **Section Four (at least one page)**

An **overall reflection** on those tenets and principles and this thought-exercise. Are there any principles that you think that you really will try to carry with you, and incorporate into your life after this semester ends? What strategies might you adopt to keep them present in your life (as opposed to forgetting them after the semester ends)?

Format: This is ultimately going to be about 4-6 pages of writing, with accompanying artifact (staged photo or what-not), and is to be submitted on Canvas. It should be formally-formatted (12 pt font, normal margins, proper writing mechanics, clean look). Feel welcome to choose a style (and an organization of points) that fits the task, and that gets you excited about writing.

Point value and Late Policy: This SA is worth **15 points (15% of your final grade)**. Every day late is 1/3 of a grade penalty (for instance, from an A to an A- to a B+ to a B, etc.) I may grant an extension for you but **only** with at least two-days advance notice. If you come to me on or after the due date asking for an extension, yours will be subject to the late penalties.