



# Chapter 9: Exploring Cultural Perspectives

*Global happiness · Wisdom · Fulfillment*

NUDGES

NOTES

MID-CH LAB

GOOD LIFE LAB

## NUDGE 9.1

### Borrowed Boost

Pick one of the four happiness philosophies below. Look at 1–2 online sources, then try incorporating it into your day in a small way. Other cultures have built happiness into their everyday structures — we can borrow from them.

- Hygge (Denmark): Create warmth and togetherness — light a candle, make tea, invite someone over.
- Ikigai (Japan): Reconnect with reason for being — name one thing you love that the world needs.
- Ubuntu (Southern Africa): Practice shared humanity — call a friend, share a meaningful moment.
- Joie de vivre (France): Savor a moment of delight — eat slowly, notice beauty, laugh.

#### PHILOSOPHY I CHOSE:

- Hygge (Denmark) — coziness, togetherness, creating warm atmosphere
- Ikigai (Japan) — reason for being; reconnect with what you love and why
- Ubuntu (Southern Africa) — shared humanity; call a friend, share a meaningful moment
- Joie de vivre (France) — savor a moment of delight
- 

#### WHAT I TRIED:

#### HOW IT FELT:

**NOTE 9.1**

## My Global Classroom

Have you ever had a neighbor, roommate, or friend from a different culture who helped you see things in a new light? Cultural exposure — even informal — can quietly shift our worldview.

**WHO THEY WERE + WHAT THEY SHOWED ME:**

**WHAT IT TAUGHT ME ABOUT HAPPINESS, CARE, OR CONNECTION:**

**NUDGE 9.2**

## A Moment of Cultural Immersion

Today, spend 15 minutes with something unfamiliar. Let yourself be a student.

**I CHOSE:**

- Listen to music from a country I've never visited
- Watch a short documentary or video in another language
- Read a poem or story by an author outside my cultural context

**WHAT I EXPERIENCED:**

**NOTE 9.2**

## When a Story Changed Your Mind

Think back to a moment when a book, movie, poem, or piece of music from another culture stirred something in you. These encounters expand what's possible for us.

WHAT IT WAS + HOW IT MADE YOU FEEL:

DID IT CHALLENGE YOUR ASSUMPTIONS OR HELP YOU UNDERSTAND SOMETHING IN A NEW WAY?

WHAT STAYED WITH YOU AFTERWARD — THE EMOTION, THE LESSON, OR THE FEELING OF BEING TRANSPORTED?

**MID-CHAPTER GOOD LIFE LAB**

## Seven Days of Cultural Curiosity

For the next seven days, engage with a different cultural lens each day. Small moments, approached with attention, open surprising doors.

DAY	TYPE / CULTURAL LENS	ACTIVITY I TRIED	WHAT I NOTICED OR FELT
D1			
D2			
D3			

<b>D4</b>			
<b>D5</b>			
<b>D6</b>			
<b>D7</b>			

**NUDGE 9.3****A Global Glimpse in Your Daily Life**

Today, notice one everyday action and ask yourself: if you approached this through the lens of reciprocity, hospitality, shared joy, relational repair, or quiet strength — what might you do differently?

THE EVERYDAY ACTION I NOTICED:

THE LENS I APPLIED:

WHAT I TRIED DIFFERENTLY + HOW IT FELT:

**NOTE 9.3****What Wisdom Stuck With You?**

Think back to a moment when you encountered a cultural tradition or way of living.

WHAT IT WAS:

WHAT FEELING OR THOUGHT DID IT AWAKEN IN YOU? HOW DID IT CONTRAST WITH YOUR DEFAULT APPROACH?

WHAT YOU LEARNED AND ARE STILL CARRYING FORWARD:



**NUDGE 9.4**

## Time Affluence

What could it mean in your life to honor time as a limited resource? Create a small pocket of time affluence today — 15 minutes where leisure is prioritized. No agenda. Just presence.

WHAT I DID DURING MY 15 MINUTES:

HOW IT FELT:

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Relieving  | <input type="checkbox"/> Awkward    |
| <input type="checkbox"/> Calming    | <input type="checkbox"/> Boring     |
| <input type="checkbox"/> Energizing | <input type="checkbox"/> Surprising |



**NOTE 9.4**

### Discovery Mindset

Choose one goal you're working toward right now. Keep the outcome, but shift attention toward what you learn and who you become along the way. Discovery over perfection.

THE GOAL (BIG OR SMALL):

IF I APPROACHED THIS WITH DISCOVERY (NOT PERFECTION), I WOULD FOCUS ON:

- Learning something new
- Trying small experiments
- Enjoying the process more
- Noticing patterns
- Staying open to surprise

TRY THIS GOAL WITH THE MINDSET SHIFT. HOW DID IT GO?

**GOOD LIFE LAB**

### Days of Recalibration — 2-Week Cultural Practice

Over the next 2 weeks, try each cultural practice and explore perspectives that inspire gentle shifts in how you see and live your own life.

**1. Dolce Far Niente (Italy) — Carve out 15 min to sit with no agenda. Just be. Resist the urge to be productive.**

HOW IT WENT / WHAT I NOTICED:

**2. Ubuntu (Southern Africa) — Do one generous act that reminds you of shared humanity. Notice how it feels.**

HOW IT WENT / WHAT I NOTICED:

**3. Sisu (Finland) — Push gently through a small personal challenge. Notice what you're capable of.**

HOW IT WENT / WHAT I NOTICED:

**4. Ikigai (Japan) — Name one thing today that felt both purposeful and joyful.**

HOW IT WENT / WHAT I NOTICED:

**5. Omotenashi (Japan) — Anticipate someone's needs and meet them with quiet care, before they ask.**

HOW IT WENT / WHAT I NOTICED:

**6. Ayni (Andean) — Notice an exchange where giving and receiving are in harmony.**

HOW IT WENT / WHAT I NOTICED:

ONE IDEA OR FEELING YOU WANT TO CARRY FORWARD AND HOW IT COULD CHANGE YOUR DAILY LIFE: