
LIGHT AND BRILLIANCE

SATISFACTION

- It is a measure of wellbeing
- Fulfillment of one's wishes, expectations, or needs
- A source or means of enjoyment
- It involves a favorable attitude towards one's life rather than an assessment of current feelings

Assessed in terms of mood, relationships, achieved goals, self-concepts, and self-perceived ability to cope with one's daily life challenges. It is affected by factors such as:

- **PERSONALITY**
- **SELF-ESTEEM**
- **VISION IN LIFE**
- **LIFE EVENTS AND EXPERIENCES**
- **CULTURE, VALUES**
- **EDUCATION, CAREER**