

In the following, the subcategories of the art of living are listed with a short description of each of the main categories.

Self-care:

- **A self-determined way of living** (setting one's own goals and seeing meaning in life)
- **Self-knowledge** (knowing one's own strengths and weaknesses)
- **Sense** (setting one's own goals)

Bodily care

- **Physical self-caring** (caring for the well-being of the body; e.g., through physical exercise)
- **Savoring** (doing something one likes and savor it)

Care of the soul (the soul is related to emotion and motivation)

- **Coping** (being able to cope also with unpleasant events)

Care of the mind (in psychological terminology, care of the mind is related to cognition)

- **Positive attitude towards life** (having a positive orientation toward life)
- **Serenity** (keeping calm even in difficult situations)
- **Optimization** (trying to get good results and trying to become better)
- **Reflection** (ability to think about myself, to understand my actions, to prove them, to evaluate them and to change if necessary)

Environment

- **Social contact** (trying to have good relationships with other people)

Because balance is not as widely used as other concepts, we refer to Sternberg's (2009) wisdom model, which incorporates balance as main component. Sirgy and Wu (2013) also relate the balanced life to well-being, but use it mainly in the sense of balance of different life domains and it is more related to our integrating different areas of living.