1. There are certain ways of functioning that are essential for a good human life. “The capability of a person stands for the different combinations of ‘functionings’ the person can achieve.” The focus is on the importance of each individual’s capability. This is why it is called the capability approach.

2. The goal of a good society is to make it possible for each individual in a country to have a high level of capability, not just for there to be a high average level of capability.

3. The capability approach does not specify a particular set of economic, political, or social institutions that are necessary for a good society.

4. It is not asserted that it is the state’s responsibility to ensure that each individual has a high level of capability. It is however the role of the state to create conditions in which persons can choose a high level of capability (dieting/starving).

5. What capabilities matter? The focus is usually on four:

   - Physical Well-being
   - Safety
   - Informed Decision-making
   - Civil and Political Rights