

smallest

OF DAILY THINGS



Together we're cultivating
wellbeing and vitality for all



smallest.org.au



Getting Started

smallest

OF DAILY THINGS

Together we're cultivating wellbeing and vitality for all

About

Smallest of Daily Things is an evidence-informed, community-led movement and model for regenerating, transforming and then sustaining sources of personal, societal and ecological wellbeing and vitality.

Over time we generate beneficial ripple effects for lasting change. Ripple effects that reach far & wide to benefit Me & We, Place & Planet.

It starts with the smallest of daily things: **Our Thoughts** **Our Actions** **Our Language** about and for wellbeing and vitality for all.

Wellbeing a favourable dynamic state and capability that supports and enables thriving (taking hold) and flourishing (blossoming).

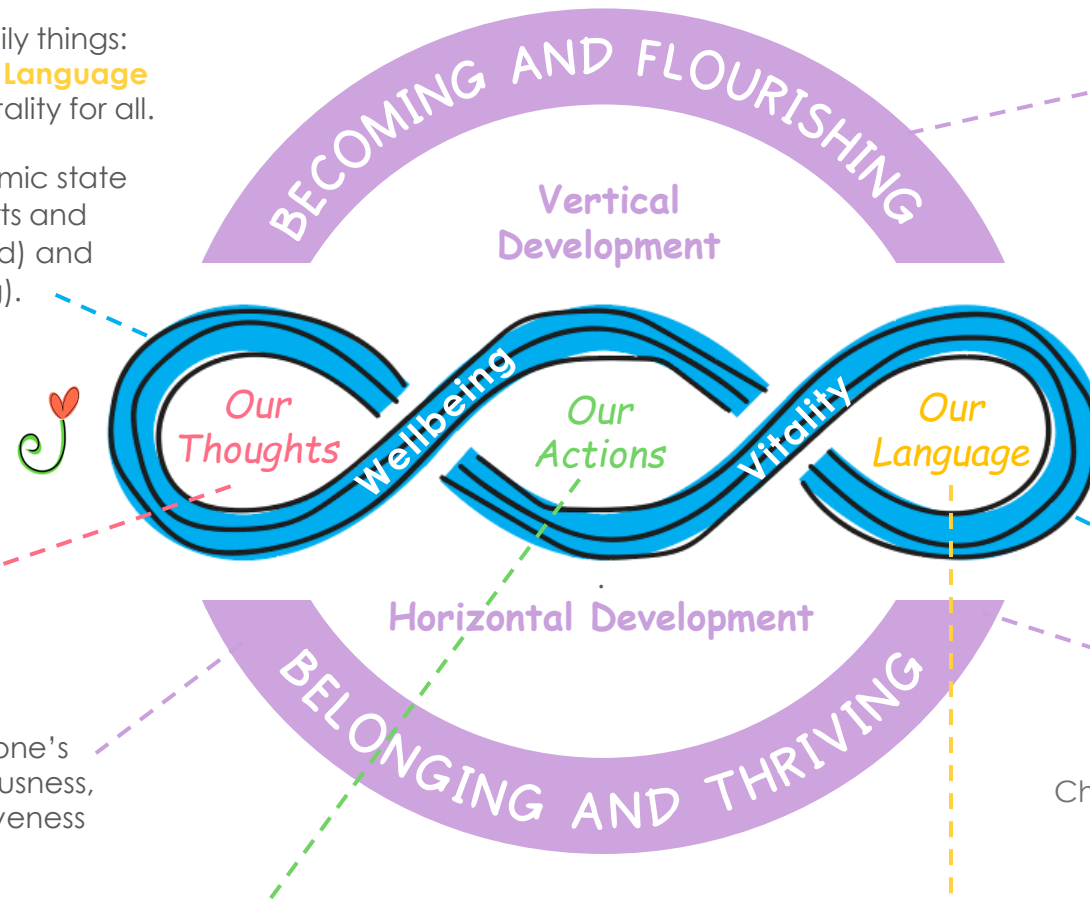
Regeneration

The capacity and capability to renew, evolve and thrive. (Horizontal Development)

***Awaken Caring** about and for self, others and nature.

Well Coherent

Expressed by the extent of one's dynamic feelings of: Consciousness, Interconnectedness, Adaptiveness and Wellbeing.



Beneficial Ripple Effects

Becoming and Flourishing, Belonging and Thriving are the result of improved levels of being Well Coherent and Vital Engagement

Transformation

The awareness and ability to change, transform and flourish. (Vertical Development)

Vitality fluctuating beneficial energies that aid functioning.

Vital Engagement

A four-part engagement model characterised by Meaning in Life, Character Strengths Use, Flow and Vitality.

***Focused Attention** into safe, just and regenerative collective action.

***Open Awareness** to co-creating our highest future possibility.

***Developmental Aims** help us to hold an internal pattern through time so that we are able to maintain an appropriate state of being and quality of thinking, regardless of changing circumstances.





POCKET SIZED PROMO CARD

