



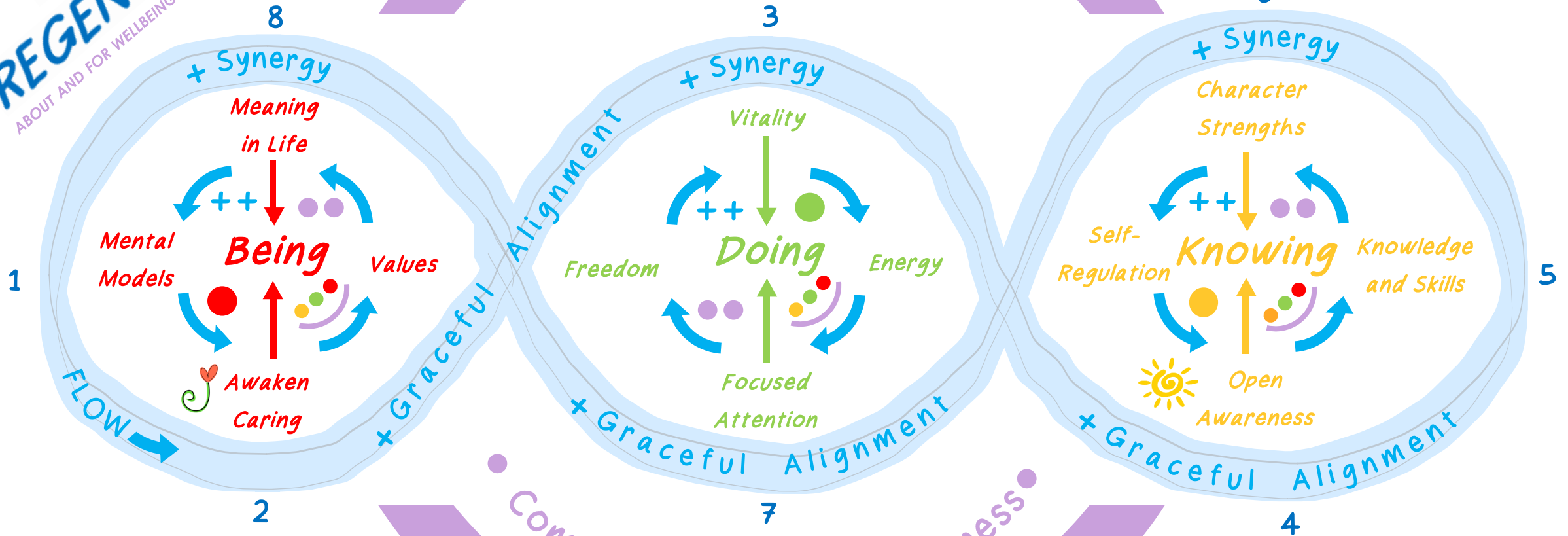
REGEN SPIRIT

ABOUT AND FOR WELLBEING AND VITALITY FOR ALL

ME & WE
PLACE &
PLANET

ABOUT AND FOR WELLBEING AND VITALITY FOR ALL

QUIET-EVERYDAY LEADERSHIP
The smallest of daily things
Our Thoughts Our Actions Our Language
ABOUT AND FOR WELLBEING AND VITALITY FOR ALL



FOUNDATIONAL THEORIES

- **Benefit Mindset**
- **Beneficial Action**
- **Beneficial Literacy**

Graceful Alignment + Synergy of Being Doing Knowing and Flow over time creates system-wide Beneficial Ripple Effects

ABOUT AND FOR WELLBEING AND VITALITY FOR ALL

REGEN SPIRIT WAYFINDER
1 regeneration 2 interconnection 3 intention
4 evolution 5 transformation 6 crystallisation
7 co-creation 8 propagation

REGEN SPIRIT WAYFINDER : Explanatory notes and definitions

Regen Spirit Wayfinder is an evidence-informed pathway for creating graceful alignment and synergy with wellbeing science theories about and for improving, regenerating and then sustaining sources of personal, societal and ecological wellbeing and vitality. The aim of Regen Spirit Wayfinder is to generate system-wide lasting impact, **Beneficial Ripple Effects**))) that reach far and wide. The Regen Spirit Pathway cultivates safe, just and regenerative spaces for people to get actively involved exploring, shaping and initiating wellbeing prototypes (strategies, practices, activities and tools) that are relevant to local context, evidence-informed, and of mutual benefit to self, others and nature. The underpinning theories, Benefit Mindset, Beneficial Action and Beneficial Literacy, and the other supporting transformative, vitality and flow concepts combine to support shifting our ways of being, doing and knowing to more favourable states of becoming and belonging. **Benefit Mindset** is concerned with the life-long process of learning how we can be the transformation and realise our unique potential in a way that serves the wellbeing of all. **Benefit Mindset** (Buchanan & Kern, 2017) **Beneficial Action** is about prosocially and altruistically motivated behaviour that uses consequential (scientific) knowledge to increase freedom within the global population. **Beneficial Action** (Toumbourou, 2016) **Beneficial Literacy** is the capability to comprehend and compose beneficial language, across contexts, with the intentionality (desire, belief, intention, skill and awareness) of using such language for the mutual benefit of self, others and nature. (Wright 2021, adapted from **Wellbeing Literacy** (Oades et al, 2021)). Regen Spirit Wayfinder's innovative method illuminates three foundational theories and beneficial way of being, doing and knowing which will support collective action movements to generate system-wide beneficial ripple effects **about and for wellbeing and vitality for all**.

Becoming and Belonging The shift in our interdependence and interconnectedness with self, others and nature to more favourable states across time and context results from the graceful alignment and synergy with ways of Being, Doing and Knowing, and Flow over time generates beneficial ripple effects **about and for wellbeing and vitality for all**.

Being Our thoughts, mental models, values, meaning in life, awaken caring and Benefit Mindset combining in a beneficial way.

Doing Our actions, freedom, energy, vitality, focused attention and Beneficial Actions combining in a beneficial way.

Knowing Our language, self-regulation, knowledge, skills and character strengths, open awareness and Beneficial Literacy combining in a beneficial way.

Wellbeing The dynamic state of a person, group, society or system characterised by the self-determined, multidimensional capability to thrive. **Vitality** The fluctuating beneficial energies that aid functioning.

+Graceful Alignment Smooth and harmonious movement and alliance. **+Synergy** Interactions and cooperation that gives rise to a whole that is greater than the simple sum of its parts.

→ Flow An energised mental state that comes from being fully immersed in doing activities that engage us wholeheartedly (with head, heart, and hand).

Mental Models Habits of thought – deeply held beliefs and assumptions and taken-for-granted ways of operating that influence how we think, what we do, and how we talk.

Self-Regulation Being conscious of one's senses and one's surroundings, and managing one's emotions, behaviours, attention and awareness in beneficial ways.

Regen Spirit Wayfinder - 1. regeneration - Bring about ways to renew, evolve and thrive. **2. interconnection** - A mutual connection between two or more things. **3. intention** - The aim of a planned and deliberate purpose. **4. evolution** - The gradual development of something. **5. transformation** - A noticeable change in form, character or appearance. **6. crystallisation** - The process in which thoughts or ideas become clear. **7. co-creation** - Collaboration of ideas, sharing and improving together. **8. propagation** - The action of widely spreading or promoting an idea, concept or theory.

Quiet-Everyday Leadership The first three steps

About and for wellbeing and vitality for all (for Me & We, Place & Planet)

The smallest of daily things: **Our Thoughts Our Actions Our Language**

Social Vitalisation is a beneficial ripple effect that results from cultivating safe, just and regenerative spaces which enables people to get actively involved in exploring, shaping and initiating wellbeing prototypes that are relevant to local context, evidence-informed, and of benefit to self, others and nature. Incorporating Meaning in Life, Vitality, Character Strength and Flow over time.

Meaning in Life A belief that things in life are interesting and a source of satisfaction for self, and there is good reason to care about causes that benefit others and nature.

Vitality The fluctuating beneficial energies that aid functioning.

Character Strengths Beneficial parts of our personalities that make us feel authentic and engaged.

Compassionate Consciousness is a beneficial ripple effect that results from maintaining favourable states of being, doing and knowing, through practices that support the quality of thinking, regardless of changing circumstances. Incorporating Awaken Caring, Focused Attention and Open Awareness and Flow over time.

Awaken Caring about and for self, others and nature. (What do we care about? How do we care for what we care about? And Why?)

Focused Attention into safe, just and regenerative collective action. (Collective Actions from Shared Awareness, CASA. What do we collectively need to thrive?)

Open Awareness to our highest future possibility. (What is Self? What is my Work? What is the potential of Self, Place and Planet?)

Graceful Alignment + Synergy of Being Doing Knowing, and Flow over time creates system-wide Beneficial Ripple Effects.



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#REGENSPIRIT

Creating Beneficial
Ripple Effects

REGEN SPIRIT

ABOUT AND FOR WELLBEING AND VITALITY FOR ALL



21ST CENTURY FIELD GUIDE FOR
ME & WE, PLACE & PLANET

By David L Wright and others

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QUIET-EVERYDAY

LEADERSHIP

The first three steps

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PLACE &
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The smallest of daily things:

OUR THOUGHTS

OUR ACTIONS

OUR LANGUAGE



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WALLET-SIZED CARD

QUIET-EVERYDAY LEADERSHIP