









# Growing what matters:

Quality of Life, Wellbeing and Happiness

#### **Panelists:**

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#### **Moderator:**

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# Things that matter to wellbeing and happiness



Source: Adapted from Sebastian, I. (2015), Doing business in a wellbeing economy, in Reframing the Game, *Building Sustainable Legacies Journal*, Ed. Mike Townsend, Issue 5, Greenleaf Publishing, UK

## Different ways of evaluating wellbeing & happiness

On a scale of 0 – 10 how satisfied are you with your life overall?

Over the last 24 hours, which emotions did you experience and how intensely on a scale of 0 – 10?

On a scale of 0 – 10, rate your sense of purpose in life?

Past / Longer-term

Present / Short -term

**Future/Longer-term** 

1. Life Satisfaction Evaluative Wellbeing

- 1. Standard of Living
- 2. Work-life balance
- 3. Meaningful engagement
- 4. Cultural vitality
- 5. Community vitality, relationships
- 6. Nature's vitality
- 7. Security, safety, freedom
- 8. Education, life-long learning
- 9. Good health
- 10. Psychological Wellbeing

2. Emotional Experienced Wellbeing

Positive Joy Affection

Care

Stress Sadness Anger Negative 3. Life Purpose / Outlook

Sense of purpose & meaning in life

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### Societal Wellbeing:

- Political situation, security, freedom
- Economic situation
- Natures vitality
- Community vitality
- Cultural vitality

### Quality of Life:

- Standard of Living
  Good Health
- Work-life balance
  Education
- Meaningful engagement

### Emotional wellbeing:

- Psychological Wellbeing
- Sense of purpose in life

#### What motivates us:

- Achievement
- Anger
- Consumption
- Affiliation

Power

Care

• Fear

# Another way of looking at wellbeing & happiness

