Together we’re cultivating wellbeing and vitality for all
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**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.

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**Getting Started**

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.

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

**Horizontal Development**

**Vertical Development**

**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.

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**About**

*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.

*Open Awareness* to co-creating our highest future possibility.
What local issues about people, nature & the planet do you care about most?

What simple daily actions show you’re caring for yourself & these local issues?

Which of your VIA character strengths helps co-create a brighter future?

Take 60 seconds to explore & reflect

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Thank you for caring.

smallest.org.au