The Beneficial Actualisation Model (BAM) is a systems tool to assist individuals, groups, communities and organisations involved in awareness-based collective actions that are focused on regenerating, transforming and then sustaining the sources of personal, societal and ecological wellbeing and vitality.

BAM is the result of an informal four year systemic inquiry, participation in Theory U (ULab 1X and GAIA Journey) and a co-design and trial process with UN Youth (Vic), and other collaborations with Wellbeing Science teams and researchers.

Beneficial Actualisation’s central wavelike symbol was conceptualised from a lived experience with mental ill-health, a love of the ocean, and observing the ripple effects and cycles in nature. The model draws core principles, values and practices from multiple ways of knowing, areas of knowledge and emerging Wellbeing Science theories and concepts including: Well Coherent, Vital Engagement 2.0, Benefit Mindset, Beneficial Action, Beneficial Literacy, Wellbeing Literacy, Systems Change in Health Promotion and Regenerative Development and Design.

The initial engagement framework (Waves of Wellbeings / WoW) that inspired BAM was developed as a youth-led, youth-run series of facilitated session (1.5 hour) conducted online over a 10-12 week period in 2020 and 2021. The result of these trials serves as a guide of the framework’s potential to build the capacity (change makers) of the youth facilitators and participants, and the framework’s ability to produce and implement wellbeing prototypes.

The general intention of BAM and the WoW engagement framework is to illuminate and activate - engage, connect and align with the central Wellbeing Science’s beneficial ways of being, doing and knowing - Benefit Mindset, Beneficial Action and Beneficial Literacy at both an individual and collective level.

Ultimately the goal of BAM is to build the capacity of the system to uncover intervention points for positive change, leverage points that generate beneficial ripple effects. The smallest of daily things: our thoughts, our actions, our language – about and for wellbeing and vitality for all, may offer a viable starting point for further inquiry. A point that leads to improving the odds of broadening and deepening our senses of belonging and thriving, becoming and flourishing. Over time, we will uncover leverage points for wellbeing and vitality for all, ripple effects that create lasting change that reach far and wide to benefit Me & We, Place & Planet.

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Beneficial Actualisation Model

Cultivating wellbeing and vitality for all.

Beneficial Actualisation Model a systems tool to assist individuals, groups, communities and organisations involved in awareness-based collective actions that are focused on regenerating, transforming and then sustaining the sources of personal, societal and ecological wellbeing and vitality.
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Wellbeing and vitality concepts working together to improve the odds of Belonging and Thriving, Becoming and Flourishing.

**Well Coherent** is a global orientation that is expressed by the extent of one’s dynamic feelings of: Consciousness - awareness of internal and external existence; Interconnectedness – the relationship within and between self, others and nature; Adaptiveness – the ability to align with beneficial ways of being, doing and knowing; and Subjective Wellbeing – frequent positive affect, infrequent negative affect and life satisfaction. (Wright, June 2022)

**Vital Engagement 2.0** is a four-part model of engagement that is characterised by character strengths use, feelings of intense absorption and interest (flow state), a sense of energy (subjective vitality), and a broader sense of purpose and meaning (meaning in life). Vital Engagement: Four-Part Model (Ignjatovic, 2020)

**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))

**Horizontal Development** or informative development is incrementally adding new skills, knowledge, and intelligences within our current view of ourselves and the world (Kegan, 1982). It is learning which, over time, enables us to grow, progress, and improve.

**Vertical Development** or transformative development is transforming our view of reality so we can see our lives and the world with new eyes. (Kegan, 1982). It is learning which as Johann Wolfgang von Goethe describes “opens up a new organ of perception within us,“.

**Leverage Points** The smallest of daily things: our thoughts, our actions, our language - about and for wellbeing and vitality for all, offers a viable starting point for further inquiry. It’s adapted from Stodd’s - leadership in the smallest of things: our mindset, our words and our actions, in every single day, and Benefit Mindset’s Everyday Leadership – to promote wellbeing on both an individual and collective level.

**Developmental Aims** help us to hold an internal pattern through time so that we are able to maintain an appropriate state of being and a quality of thinking, regardless of circumstances. Beneficial Actualisation three development aims are adapted from Regenerative Development and Design, Ethics of Care, Theory U, Doughnut Economics and the Contemplative Inquiry work of Siegel and Zajonc. Awaken Caring about and for self, others and nature. Focused Attention into safe, just and regenerative collective action.

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

**Vitality** can be defined as the fluctuating positive energies that aid functioning.