



WellBalance

Your Life, Well Balanced



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Create a Full and Balanced Life for Resilient Wellbeing



**Create a Full and Balanced Life
for Resilient Wellbeing**

*Care for your mind and body,
connect and contribute to others,
create and savor special moments,
while active, mindful and at rest*

Life Balance

By achieving life balance we can attain sustainable, resilient, holistic wellbeing.

Life in Balance

Our wellbeing arises from caring for ourselves and engaging with others, attending to our mind and body, our relationships and contributions. Physical activity and mental stimulation need to be balanced with rest and reflection, engaging mindfully and fully savoring special moments.

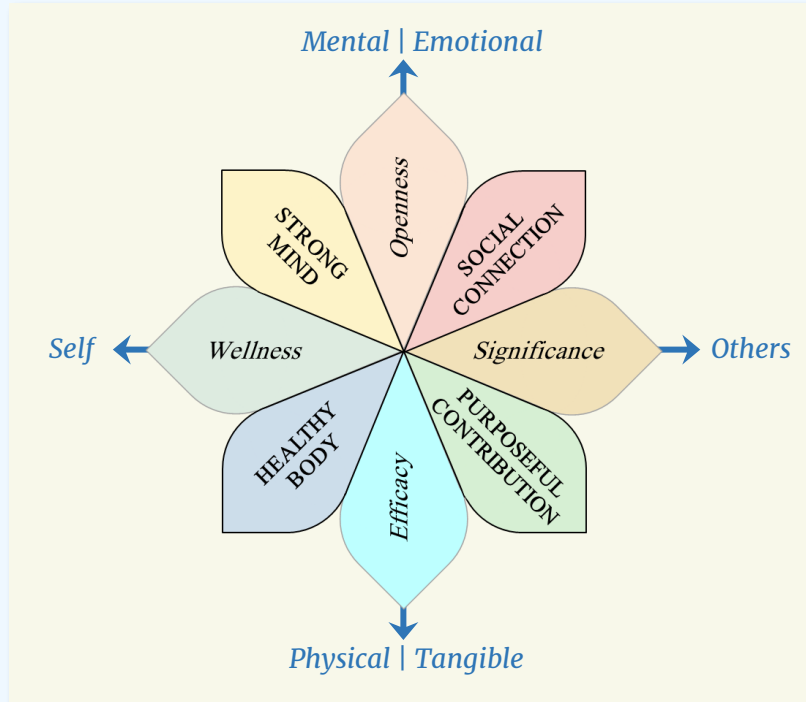
Life Out of Balance

Modern society and technology conspire with our biology and psychology to pull us out of balance. Our society values excitement over contentment, while modern media and technology compete for our time and attention.

Our daily habits are shaped by evolution which designed our minds and bodies to survive times of scarcity not the abundance we enjoy today, leaving us vulnerable to over-stimulation and over-consumption.

WellBalance Lotus

Experience a full, balanced life and feel all the positive in your life.



The WellBalance Lotus captures the full scope of human positive experiences and feelings, which can be either focused inward on ourselves, mentally or physically, or outward engaging with and impacting others, emotionally or tangibly.



Strong Mind
Healthy Body
Social Connection
Purposeful Contributions

Wellness
Openness
Significance
Efficacy

Positivity and Energy Balance

Positive experiences and feelings range from active and excited to restful and contented. Positive experiences create positive feelings and open us to more new experiences.

Upward Spirals of Positivity

Positive experiences create positive feelings, which open us to new experiences and broaden our capacity to pursue more positive activities, creating an upward spiral of positivity and increasing psychological resilience.

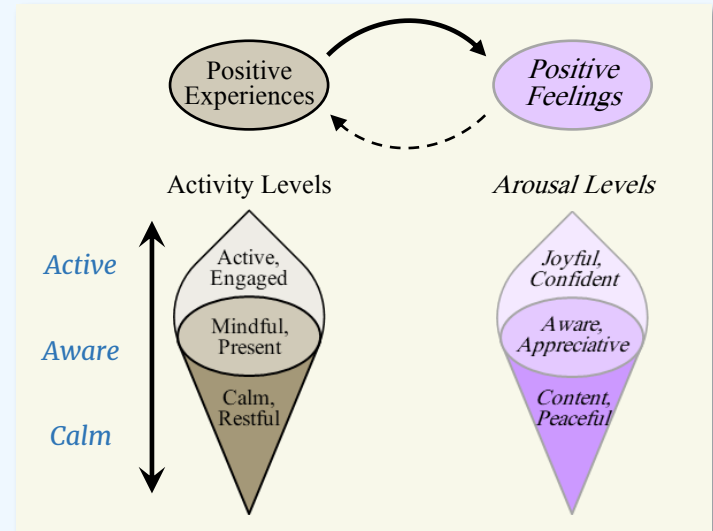
Mindset Positivity

Appreciation and gratitude enhance positive feelings about our experiences. Anticipating, savoring and reminiscing about our positive experiences makes our lives more satisfying.

Energy Balance

Our experiences and feelings can range from active, stimulated and excited to restful, calm and contented. A full and healthy life requires balancing activity with rest, stimulation with peacefulness, and exertion with relaxation.

The tip of each lotus petal represents activities with highest energy, becoming mindful and appreciative at the middle then calm and centered at the base.



Resilient Wellbeing

We can build more resilient wellbeing and prepare ourselves for life's challenges by nurturing multiple sources of wellbeing.



Resilient Wellbeing

We can build resilient wellbeing by making balanced choices over time, purposely choosing a variety of positive activities and experiences that align with our values and identities.

Attending to important aspects of our life, even when they aren't going well, helps us avoid life crises. And having multiple sources of wellbeing to draw upon helps us weather inevitable losses and challenges with greater resilience and less pain.

Fragile Wellbeing

Unless we cultivate a wide range of wellbeing sources, our lives can become narrowly focused and vulnerable to losing our core sources of wellbeing. And while engaging in familiar experiences we enjoy improves our immediate wellbeing, these can become less enjoyable over time.

Faced with challenges, our well-intentioned efforts to be happy by doing more of what we already enjoy can pull us further out of balance. As we avoid troubling areas of our life, our source of our discontent can worsen from neglect, often leading to crisis.

Wellsprings of Wellbeing

Pursuing a balance of activities and experiences enables us to fulfill our core human needs and feel the full range of positivity.

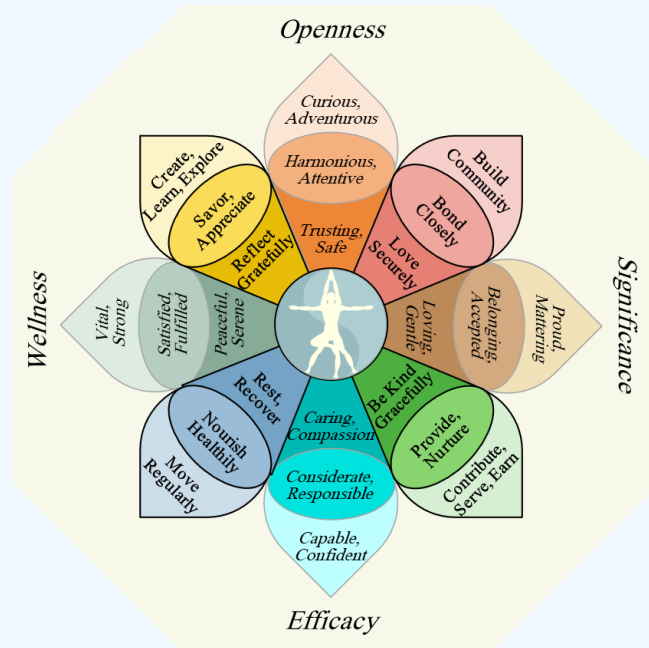
We need to feel **physically and mentally well**, that we have the **ability and agency** to influence events, and that **our lives matter** to others. Experiences help create our feelings, and we can attend to and nurture our feelings in ways that improve our wellbeing, motivating and **opening us to explore** more various positive activities and relationships.

Strong Mind

Our **cognitive and emotional wellbeing** requires engaging our minds and building mastery, appreciating with gratitude and presence, and mindfully managing stress and emotions.

Healthy Body

Our **physical health and vitality** results from moving regularly, healthy nourishment, and rest and recovery to keep our bodies healthy, strong and flexible.



Social Connection

Social connection, with mutual love and intimacy, meaningful close bonds and belonging to a community are crucial for our social and relational wellbeing.

Purposeful Contributions

Contributing to and caring for others with grace and kindness in pursuit of purpose and prosperity imbues our lives with significance, mattering and meaning.

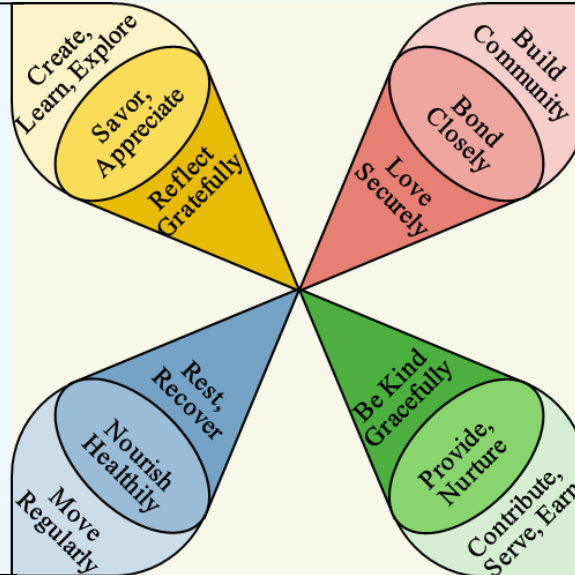
Experience a Full Life

Care for your mind and body, connect and contribute with purpose, balance active engagement with rest and relaxation, and create, savor and appreciate special moments.

Positive Experiences Create Positive Feelings

Strong Mind

Our minds are sharpest when we create, learn, explore and master new skills. Being fully present enables us to savor and appreciate our experiences. Reflection, gratitude and spirituality add serenity to our lives.



Healthy Body

Our bodies are built to be active throughout the day. We need healthy nourishment, staying hydrated and eating mindfully. Rest and recovery, with a good night's sleep, help keep our bodies healthy, strong and flexible.

Social Connection

Engaging with community opens us to new people and opportunities. Close friends and family provide belonging and reciprocal support. A loving companion gives us a safe, secure foundation from which to explore.

Purposeful Contribution

Contributing with purpose gives meaning to our lives. Rewards earned enables us to provide for others; even mundane chores are nurturing acts of love. Kindness and grace towards others improves our own wellbeing.

Feel All the Positive

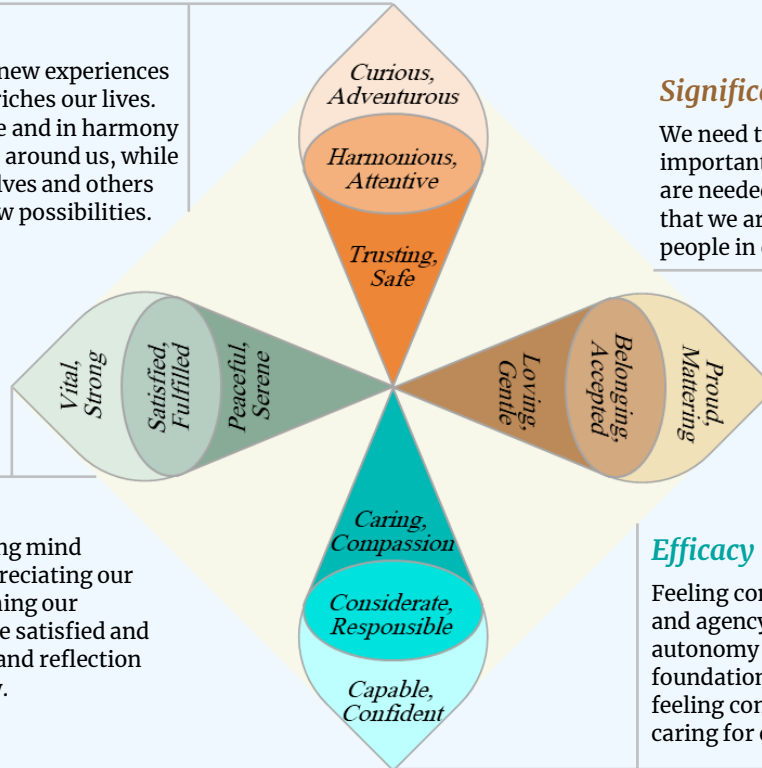
Nurture feelings of openness to new people and experiences, significance and mattering, ability to effect positive change, and physical and mental wellness.

Openness

Being open to new experiences and people enriches our lives. Being attentive and in harmony with the world around us, while trusting ourselves and others opens us to new possibilities.

Significance

We need to feel that our lives are important and matter to others, that we are needed, accepted and belong, and that we are appreciated and loved by the people in our lives for who we truly are.



Wellness

A healthy body and strong mind create vitality. Fully appreciating our experiences and nourishing our bodies helps us feel more satisfied and fulfilled. Rest, recovery and reflection bring peace and serenity.

Efficacy

Feeling confident that we have the ability and agency to effect positive change with autonomy and self-determination are foundations of wellbeing, coupled with feeling considerate, compassionate and caring for ourselves and others.

Care for Your Mind and Body

Care for your mind and body to feel healthy and well.

Strong Mind

- Learn new things, explore new places and people, express your creativity and become fully absorbed in what you do.
- Be fully present, spend time in nature and appreciate music, art and well-told stories.
- Pause to reflect, feel grateful and connect spiritually.



Wellness

- Move your body and use your mind to feel alive, energetic and mentally sharp.
- Feel satisfied and fulfilled by appreciating small pleasures and nourishing yourself.
- Rest your body and quiet your mind to feel more peace and tranquility.



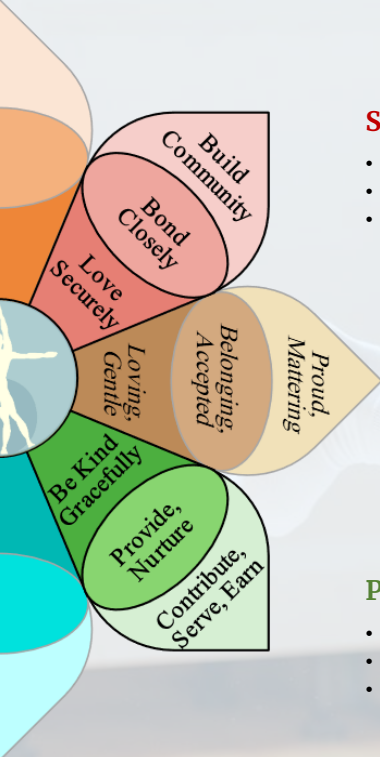
Healthy Body

- Move actively throughout the day, breathing hard and breaking a sweat when you can.
- Seek healthy nourishment, stay hydrated and eat mindfully while savoring your food.
- Rest and recover, with a good night's sleep, to keep your body's systems in balance.



Connect with and Contribute to Others

Significance, meaning and mattering arise from connectedness and contributing to others' wellbeing.



Social Connection

- Join groups beyond your close friends and family, and seek out others with shared interests.
- Regularly connect with your close friends or family, and help each other out when needed.
- Spend undistracted time with a close companion, and listen to and honor each other's needs.



Significance

- Take pride in accomplishments and having a positive impact on others.
- Seek out communities and relationships where you feel welcome and appreciated while being your genuine self.
- Allow yourself to love and be loved, with gentleness and warmth.



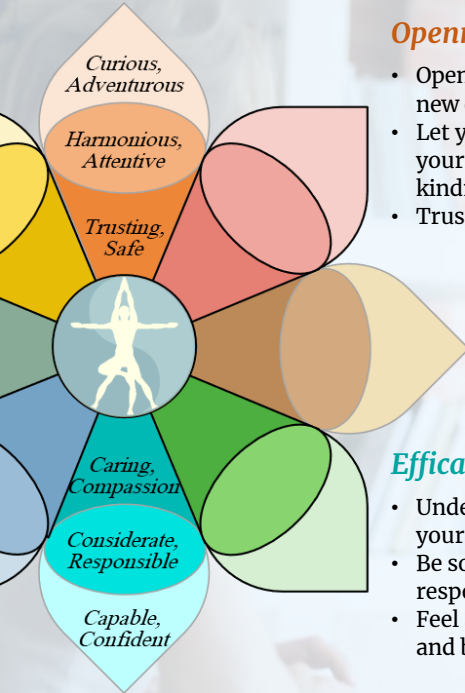
Purposeful Contribution

- Positively impact others through your contributions and find purpose in helping to make a better world.
- Responsibly provide for and nurture others' wellbeing, and help make your home comfortable and safe.
- Be kind to others, and support and comfort them, without judgment, resentment or expectations.



Nurture Openness and Build Competence

Remain open to various experiences to increase positivity, and build competence to confidently help others.



Openness

- Open yourself to meeting new people, exploring new cultures and trying new experiences.
- Let yourself feel connected and in harmony with your inner self and others, and notice beauty and kindness in your world.
- Trust yourself and others to feel safe and cared for.

Efficacy

- Understand your strengths and have confidence in your ability to take care of yourself and others.
- Be someone that others can depend upon, and responsibly care for yourself and others in your life.
- Feel and act on true compassion, wanting to help and be kind to others in their times of need.

Variety, Positivity and Resilience

- Feeling a range of positive emotions helps us explore and pursue more novel positive experiences, increasing our psychological resilience and ability to cope with stressors.
- Pursuing a variety of positive experiences helps grow and sustain well-being while mitigating the impact of losses.

Competence and Self-Determination

- Competence, autonomy, and relatedness are essential needs that must be satisfied to experience ongoing wellbeing.
- Feeling that negative events are out of our control or due to our lack of mastery can trigger downward spirals of negativity.

Harness Balance to Achieve Your Potential

Boost individual and team performance and drive creative innovation to lead organizations to sustained superior success.



Perform

Life balance is crucial to sustainably perform at your highest potential. A lack of life balance can lead to mental and physical burnout, followed by dramatic drops in performance.

Pursuing a balanced life is not only more healthy and fulfilling, but nurtures a variety of skills that can make us more versatile and resilient, performing better in our chosen profession and better able to adapt to change and challenges.

Team

Teams who feel their collective work matters and has meaning, and who care about each others' physical and mental health are more likely to achieve their full potential. Effective teams recognize boundaries to protect team members' balance, and encourage and support each other beyond the task at hand.

Encouraging autonomy, creating more opportunities for connection and cohesion, and simply allowing time for creativity and play, will boost team performance over time.

Innovate

Innovation thrives with openness to new ideas, flexibility and adaptation. Feeling empowered and capable are important to then take steps to translate these novel ideas to reality.

Nurturing multiple sources of wellbeing enables us to embrace smart risks that come with innovation. The more wellsprings we can draw from, within and beyond our profession, the more easily we can feel safe taking calculated risks.

Lead

Effective leaders need resilience, openness and efficacy, having the grit to carry initiatives through adversity, while adapting dynamically to new information and drawing on diverse capabilities to drive innovation and pivot when needed.

Helping members of your organization achieve the life they want is essential to effectively lead and motivate teams. Happier, more well team members living more balanced and healthy lives are also more productive contributors.

Healthy Habits

Relying on wellpower over willpower, we can form new healthy habits that reinforce each other and collectively transform our lives.

Healthy Habituation

Nearly half of our daily activities are performed habitually, without our thought or attention. Our current habits were formed in the past and may no longer serve us well today. By replacing old habits with new, we can shape daily routines that support who we are today and who we want to become.

Healthy habits reinforce and build upon each other. Beginning by creating simple healthy habits in one area of life can catalyze transformational change throughout our lives.



Forming New Habits

Replacing habits can be challenging but achievable. Rituals and reminders coupled with social support can help sustain positive change. Focusing on activities we enjoy that align with our desired outcomes and future selves, we can build and rely on abundant “wellpower” rather than scarce willpower.

To replace unhealthy habits with new healthy habits we must recognize contextual cues, reshape our environment to support healthy habits, replace specific behaviors through effective “if-then” plans, reward ourselves immediately, ideally through the activity itself, then repeat repeatedly.

Too Many Choices, Too Little Time

To improve wellbeing and overcome the inertia of habit we must choose carefully to invest our time broadly across positive activities.

Tyranny of Time

Anything we choose to do is time and energy not spent doing other things. So we must carefully choose where to focus because we have limited time, and physical and mental energy.

Wellbeing Productivity

We can gain more wellbeing in the same amount of time by proactively designing our experiences to combine multiple sources of wellbeing. Ideal activities would combine healthy physical self-care, mental engagement or serenity, connection with others, and having a positive impact with a sense of purpose.

Energy Balance

Wellbeing can be enhanced by balancing the happy feelings we get from engaging in active, exciting activities with moments of reflection and appreciation, followed by relaxation and restoration.

Challenge of Choice

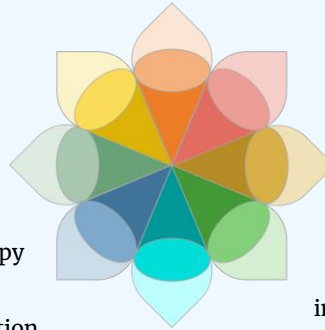
Having too many choices can reduce our wellbeing unless we narrow our options, keep an exploratory mindset with bias towards action, accept and adapt to trial and error, and fully embrace our choices.

Wellbeing Boosters

We can easily boost the wellbeing benefits of activities we already pursue routinely by making small changes. Go outside, invite a friend or join a group. Make it a playful game or work towards a goal. Pause to reflect and appreciate positive experiences, anticipating, savoring and reminiscing about them with gratitude.

Sustaining Wellbeing

Pursuing new experiences with new people will increase wellbeing more than repeatedly engaging in a narrow set of experiences with the same people. Engaging in a balanced variety of different types of experiences will also create more stable wellbeing.

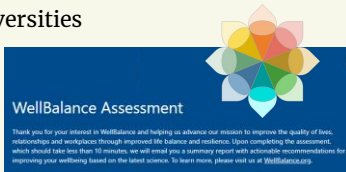


Personalized WellBalance Assessment Report

Jump start your journey to a happier, more fulfilling life with personalized actionable recommendations for improving your wellbeing based on the latest science.

WellBalance Assessment

- Brief ~10 minute 30 item questionnaire
- Assesses the frequency in your life of the full range of positive experiences and feelings
- Measures overall wellbeing, breadth of key contributors to wellbeing, and mindset positivity, identifying opportunities to improve wellbeing
- Validated against gold standard wellbeing assessments from Harvard and Pennsylvania Universities

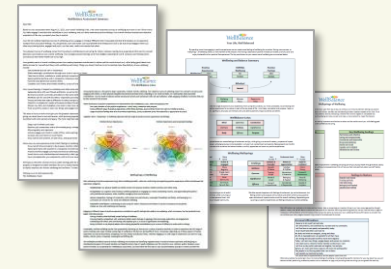


Professional Version

- Comprehensive ~30 minute 90-item questionnaire
- Provides granular analysis of clients' specific wellbeing contributors and opportunities
- A thorough debrief facilitates development of actionable positive change programs for clients

WellBalance Report

- Comprehensive review of personal sources of wellbeing
- Actionable recommendations to improve wellbeing, prioritized based on potential benefits, including specific experiences to pursue and feelings to nurture
- Personalized affirmations to reinforce daily growth



Coaching Supplement

- Includes quantitative analysis of all contributors to a client's wellbeing, with easy reference to specific scores
- Benchmarked against averages for a representative sample of US respondents
- Individualized program design and mindfulness practices worksheets to guide client conversation

WellBalance Positive Change Program

Translate aspirations into intentions, with specific measurable objectives and new habits that will produce desired outcomes.



1 Assess: Identify Imbalances

- Assess your full range of positive experiences and feelings to identify imbalances and wellbeing opportunities
- Seek perspectives from trusted friends
- Track experiences to become more aware of how you are focusing your energy

5 Adapt: Reassess and Adjust

- Monitor balance of experiences and notice positive feelings
- Vary healthy habits to maintain interest while keeping contextual cues
- Be kind to yourself when you experience inevitable setbacks

4 Achieve: Replace Routines

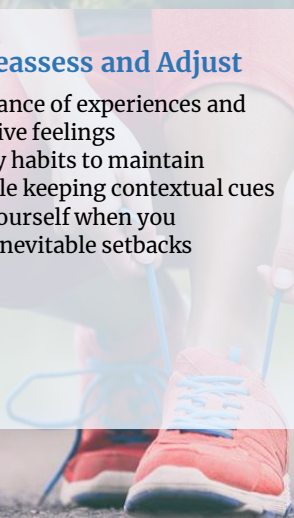
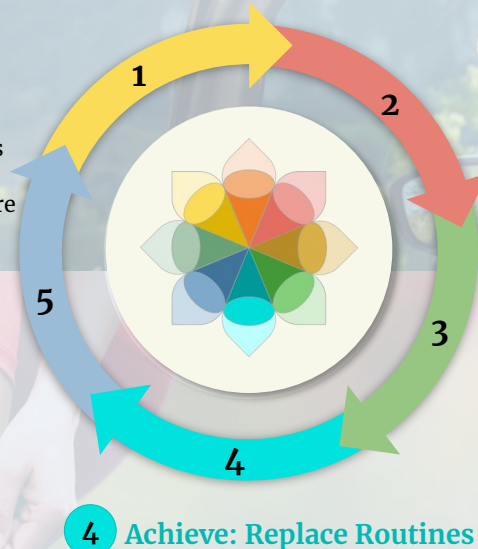
- Identify “keystone” habits to anchor your aspirational changes
- Recognize contexts and cues, substitute healthy behaviors, reward yourself
- Practice positive self-talk, lean on support network, accept encouragement
- Celebrate progress as you move from conscious decisions to habitual behaviors

2 Aspire: Set Goals and Intentions

- Prioritize what is most important to you
- Envision desired outcomes and benefits
- Commit to specific activity goals to achieve measurable outcomes
- Enlist collaborators and co-creators of the life you want to live

3 Activate: Plan New Habits

- List a few enjoyable activities within and across multiple aspiration areas
- Decide where to start, what to do more and what to do less
- Identify obstacles and remove triggers of unhealthy habits



WellBalance Research Findings

Sources of wellbeing and opportunities to improve wellbeing across demographic groups

WellBalance Research Study

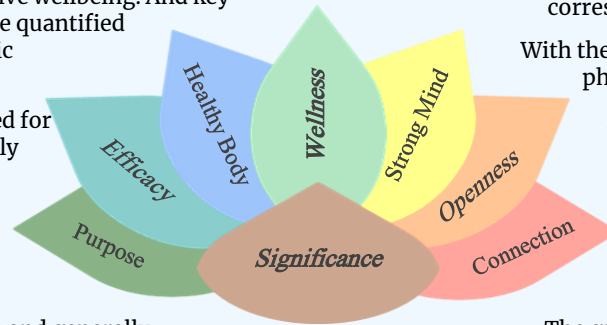
Approximately 500 US-based study participants completed the WellBalance assessment and provided additional demographic data including age, gender, household income and relationship, parenting and employment status.

The study validated the WellBalance Model and Assessment as a comprehensive measure of positive wellbeing. And key contributors to overall wellbeing were quantified and differences between demographic subgroups were analyzed.

The study results have been submitted for scientific publication and are currently under peer review.

Demographic Indicators

Wellbeing is similar between genders and generally increases with age as mindset positivity increases. Relationship, parenting and employment situations that provide social connection and opportunities to contribute to others' wellbeing improved overall wellbeing. People reporting the highest wellbeing were older, married, or parents who were retired or homemakers. Younger, unemployed, childless, single widowed participants reported the lowest wellbeing.



Wellbeing Contributors

Purposeful contribution and social connection, with associated feelings of efficacy and significance, have broad influences on well-being across life situations. Together these are essential foundations of wellbeing and positive motivation. Mindset positivity and variety of positive experiences and feelings also correspond closely with overall well-being.

With these in foundations in place, improving physical health, nurturing relationships and engaging in mindful positivity practices can boost wellbeing further.

Wellbeing Opportunities

The greatest opportunity to widely improve wellbeing is increasing engagement with community beyond close friends and family while building new relationships around shared interests. Engendering a positive mindset can further increase the positive feelings we have about our experiences, as we anticipate, savor and reminisce about them. Pursuing a variety of sources of wellbeing can increase wellbeing resilience to life's losses.

Suggested Reading

Happiness and Wellbeing

- *Flourish: A Visionary New Understanding of Happiness and Well-Being* by Martin Seligman
- *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* by Martin Seligman
- *Positivity: How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive* by Barbara Fredrickson & Kimberly Farr
- *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life* by Shawn Achor
- *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment* by Tal Ben-Shahar & Jeff Woodman
- *Happier, No Matter What: Cultivating Hope, Resilience, and Purpose in Hard Times* by Tal Ben-Shahar & Adam Verner
- *The How of Happiness* by Sonya Lyubomirsky
- *Flow: The Psychology of Optimal Experience* by Mihaly Csikszentmihalyi

Aging with Vitality and Purpose

- *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life* by Arthur Brooks
- *Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development* by George Vaillant
- *The Power of Purpose: Find Meaning, Live Longer, Better* by Richard Leider
- *Dare to Discover Your Purpose: Retire, Refire, Rewire* by George Jerjian
- *Life Reimagined: The Science, Art and Opportunity of Midlife* by Barbara Bradley Hagerty
- *Younger Next Year: Live Strong, Fit, Sexy, and Smart* by Chris Crowley & Henry Lodge

Living a Meaningful Life

- *The Power of Meaning: Finding Fulfillment in a World Obsessed with Happiness* by Emily Esfahani Smith
- *How People Matter: Why it Affects Health, Happiness, Love, Work and Society* by Isaac & Ora Prilleltensky
- *Meanings of Life* by Roy F. Baumeister
- *Designing Your Life: How to Build a Well-Lived, Joyful Life* by Bill Burnett & Dave Evans
- *How Will You Measure Your Life?* By Clayton Christensen, James Allworth & Karen Dillon
- *Train the Brave: Tame Your Fear, Take the Chance, Dare to Live Big* by Margie Warrell
- *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life* by Jen Sincero

Forming Healthy Habits

- *Good Habits, Bad Habits: The Science of Making Positive Changes that Stick* by Wendy Wood
- *Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones* by James Clear
- *How to Change: The Science of Getting from Where You Are to Where You Want to Be* by Katie Milkman
- *Badass Habits: Cultivate the Confidence, Boundaries, and Know-How to Upgrade Your Life* by Jen Sincero
- *The Willpower Instinct: How Self-Control Works, Why it Matters and What You Can Do to Get More of It* by Kelly McGonigal
- *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* by Joe Dispenza
- *The Paradox of Choice: Why More is Less* by Barry Schwartz

WellBalance Institute

Translating the Latest Wellbeing Science into Well Balanced Lives

Our Mission

We are committed to bringing breakthroughs in the science of positive psychology and wellbeing into people's lives, relationships and workplaces. We are advancing the science of wellbeing and rigorously testing applications of the WellBalance model to enhance wellbeing.

Our Research

We recently completed a research study with approximately 500 participants that validates the WellBalance assessment against gold-standard positive psychology measures of holistic wellbeing from Harvard and Pennsylvania Universities. We are currently planning a future study to confirm the effectiveness of WellBalance's method for creating positive change to rapidly improve overall wellbeing.

Our Team

Our team combines expertise in positive psychology, health and wellness, digital health, cognitive science, neuroplasticity, clinical research and life, health and wellness coaching. With decades of combined experience in executive leadership, business strategy, learning design, innovation and new ventures, we enable individuals and organizations to harness life balance to sustainably perform at their highest potential.

To complete your WellBalance Assessment and receive a personalized plan, please visit www.WellBalance.org or contact us at info@WellBalance.com



Our Approach

Our proprietary approach for evaluating and improving wellbeing integrates all aspects of positive human experience with the latest wellbeing research into a single accessible framework to guide personalized, actionable positive change. By attending to neglected sources of wellbeing and creating new healthy habits, small changes can transform wellbeing.

Our Programs

WellBalance helps individuals, coaches and organizations achieve their highest potential. The personalized WellBalance Assessment report identifies opportunities to improve individuals' wellbeing and enables coaches to design effective positive change programs for their clients.

Create Your
WellBalance Plan

