Beneficial Actualisation is a developmental process that advances understanding of and alignment with beneficial ways of: Being, Doing, and Knowing. Such alignment is effective over time in improving, regenerating and then sustaining sources of personal, societal and ecological wellbeing and vitality. Simply, Beneficial Actualisation is about and for being, doing and knowing wellbeing and vitality for all.

Beneficial Actualisation can be viewed in four ways: a model for organising thinking, attention and awareness; a framework for leading creativity and innovation; a way of discovering purpose and meaning in life; and a tool for connecting people and places for a good cause.

Beneficial Actualisation is like surfable ocean waves. Being is the ocean, Doing is the waves, Knowing is the favourable local conditions. When these three vital elements align, they generate a natural phenomenon that everyone can observe, respect and enjoy.

Foundational Theories and Developmental Aims

Being is the starting point that explores the central Mental Models and Values fields, and the foundational theory, Benefit Mindset. 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)

Developmental Aim: Awaken Caring about and for self, others and nature.

Doing explores our intentions and our Freedom to choose and enact behaviours, and our Physical – Phycological Energy. This section is supported by the first foundational theory and Beneficial Action which is about prosocially and altruistically motivated behaviour that uses consequential (scientific) knowledge to increase freedom within the global population. Beneficial Action (Toumbourou, 2016)

Developmental Aim: Focused Attention into safe and just collective action

Knowing provides insights to evolve and transform our Self-regulation, Knowledge and Skills. Central to this discovery is aligning the first and second foundational theories with Beneficial Literacy. 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)

Developmental Aim: Open Awareness to our highest future possibility
Beneficial Actualisation Quiet-Everyday Leadership
In Julian Stodd’s latest book he explores the first three steps of leadership, Quiet Leadership, “leadership in the smallest of things: our mindset, our words and our actions, in every single day” which aligns with both the Benefit Mindset’s “Everyday Leadership” (to promote wellbeing on both an individual and a collective level) and Beneficial Actualisation (Benefit Mindset, Beneficial Action and Beneficial Literacy). We put forward that Quiet-Everyday Leadership is the smallest of daily things: our thoughts, our actions and our language about and for wellbeing and vitality for all.

Beneficial Actualisation Framework is the basis of the Waves of Wellbeings, a collaborative and adaptive learning journey that cultivates safe and just spaces for people to get actively involved in exploring, shaping and initiating wellbeing prototypes (strategies, practices, activities and tools), that are relevant to local context, evidence-informed, and of benefit to self, others and nature. Using the Sustainable Development Goals or similar as a guide for Quiet-Everyday Leadership we explore: What do you / we care about? How do we care for what we care about? What safe and just collective actions could we do every single day? What ways of being, doing, knowing could evolve or transform me and we?

Generalised Beneficial Actualisation Resources (GBAR) is a characteristic, practice or tool of an individual, group, community or society that advances understanding of and alignment with beneficial thoughts, actions and language. Such alignment is effective over time in improving, regenerating and then sustaining sources of personal, societal and ecological wellbeing and vitality.

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GBAR is adapted from The Handbook of Salutogenesis' Generalised Resistance Resources.

Beneficial Actualisation Practice is attention training that advances understanding of and alignment with beneficial thoughts, action and language. The practice is adapted from Zajonc’s Lemniscate of Attention, and guides individuals and groups through three reflective phases that explore levels of consciousness, insight and potential.

Beneficial Actualisation is the outcome of a transdisciplinary systems change inquiry and co-design process which is led by the Ties for Lives Foundation / Waves of Wellbeings ABN 65 158 691 418 23

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