Regen Spirit illuminates beneficial ways of being, doing, knowing about and for wellbeing and vitality for all, improving, regenerating and then sustaining sources of personal, societal and ecological wellbeing and vitality.

Regen Spirit is guided by the ongoing graceful alignment (smooth and harmonious movement and alliance), synergy and flow within and between the beneficial ways, the foundational wellbeing science theories (Benefit Mindset, Beneficial Action and Beneficial Literacy) and regenerative and transformative ways of becoming and belonging.

The first three steps of Regen Spirit starts with Quiet-Everyday Leadership - the smallest of daily things: our thought, our actions, our language – about and for wellbeing and vitality for all.

Regen Spirit Wayfinder cultivates safe, just and regenerative spaces for people to get actively involved exploring, shaping and initiating wellbeing prototypes (strategies, practices, activities and tools) that are relevant to local context, evidence-informed, and of mutual benefit to self, others and nature.

Regen Spirit generates system-wide beneficial ripple effects for lasting change, ripple effects that reach far and wide.

**Graceful Alignment, Synergy and Flow** within and between: ways of being, doing and knowing about and for wellbeing and vitality for all; the foundational theories; and a new sense of becoming and belonging, which over time generates beneficial ripple effects for Me & We, Place & Planet.

**Generating Beneficial Ripple Effects for Me & We, Place & Planet**

**Foundational Wellbeing Science Theories**

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)).