



TAKEAWAYS FOR MODELS OF WELLBEING



website of University of Penn: for Many Questionnaires

<https://www.authentic happiness.sas.upenn.edu/testcenter>

Bringing Meaning in your Life:

Some useful questions to ask yourself –

How, and for what, do I want to be remembered?

By whom do I want to be remembered?

Which of my accomplishments and personal strengths would I want others to talk about?

When I look back, am I satisfied with the life I have lived? Am I living my life in such a way now that this will be achieved?

Answering these questions should help you to start identifying whether you are living according to your values, whether you are achieving your goals, and whether your life is as you wish it to be.

Journaling

Daily journaling is a very useful habit for promoting Self-Reflections and helping you to learn from experiences.

One way would be to pen your thoughts under different categories such as:

Physical – your exercises; your health; your food consumption etc.

Emotional – how you felt; incidents that caused you joy/sorrow; your reactions/responses to various events.. etc.

Mental – activities that challenged your intellect;

Social – how did your relationships/interactions fare today?

Spiritual- what Wisdom reading did you do today? How did it impact you?

General- a record of the day's happenings etc..

A quick review of this can lead you to formulate certain action plans and can highlight areas for improvement.

The review can also help you to identify what gives more Positivity in your life.

THE MIRACLE QUESTION:

The Miracle Question

The miracle question is well known as an exercise used in solution focused therapy (also known as brief therapy) where a focus is placed on imagining what your preferred future would be like and trying to work towards that future in a step-by-step way. Here is one version of the exercise:

1. Imagine that tomorrow morning you wake up and suddenly find that a magical transformation, a miracle, has taken place! Your world is just as you would like it to be and you have resolved all your problems or come to terms with all the things that were bothering you. Describe what is different and what are the particular things that tell you that things have changed? Enter into as much detail as you can.

2. What can you do that would help you to move even if in only a small way towards the new world you have described?

Mental Models – resource:

check the website of Joshua Spodek – you can get plenty of Mental Models and how these can be re-framed for more positive impact.

Checklist for evaluating whether you are becoming calmer and for Inner Peace:

- **THINKING & ACTING ON PRINCIPLES**
 - **BEING MORE REFLECTIVE**
 - **ENJOYING THE CURRENT MOMENT**
 - **BEING NON-JUDGMENTAL/ INTERPRETATIONAL**
 - **BEING NON-CONFRONTATIONAL**
 - **ESCHEWING WORRY**
 - **BEING APPRECIATIVE OF PEOPLE, OBJECTS, SITUATIONS**
 - **FEELING CONTENTED**
 - **STRONG SENSE OF CONNECTEDNESS**
 - **SEEING HUMOR IN SITUATIONS**
 - **CONSTANTLY IMPROVING**
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