

Eden Alternative Domains of Well-Being™

well-be·ing \ 'wel-'bē-in\
n. A contented state of being.

Well-being is the path to a life worth living. It is what we all desire. It is the ultimate outcome of a human life. But what are the components of well-being? What do we need to experience contentment? A task force of culture change leaders identified these seven primary domains of well-being.



Identity – *being well-known; having personhood; individuality; wholeness; having a history*

Growth – *development; enrichment; unfolding; expanding; evolving*

Autonomy – *liberty; self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom*

Security – *freedom from doubt, anxiety, or fear; safe, certain, assured; having privacy, dignity, and respect*

Connectedness – *state of being connected; alive; belonging; engaged; involved; not detached; connected to the past, present and future; connected to personal possessions; connected to place; connected to nature*

Meaning – *significance; heart; hope; import; value; purpose; reflection; sacred*

Joy – *happiness; pleasure; delight; contentment; enjoyment*