

The Wellbeing Narrative Framework

Bullet Points

The Objectives of Society

- Society's goal is to deliver sustainable wellbeing to members of society

The Key to Society's Success

- Effective combination of members' activities with society's resources to generate wellbeing
- Successful societies become entities in their own right that are capable of delivering greater wellbeing by a factor of thousands
- Society's added-value is achieved through specialisation, investment and combining people into organisations that can do things that are beyond the capabilities of individuals alone.

Requirements for Successful Societies

- External security and internal social order
- A reward system for government and business that aligns their interests with members' wellbeing outcomes
- A fair reward system for individuals that motivates members to engage with society and that aligns members' interests with society's objectives
- Nurtured cultures that support social cohesion/internal harmony

Requirements for Successful Individuals

- A nurtured social capacity that empowers individuals to develop good personal and work relationships with others
- A nurtured wellbeing capacity that empowers individuals to translate the opportunity for wellbeing delivered by society to actual wellbeing
- An unfettered opportunity to realise their full potential to contribute to society

The Constituents of Wellbeing

- Security (physical and material needs)
- Connectedness (emotional, inter-personal and spiritual needs)
- Stimulation (evolved drivers of behaviour towards self-preservation and personal fulfillment)

The Wellbeing Narrative Framework: Components

Bullet Points

Current (Started 07/02/20)

The Narrative of Togetherness

- Society is an entity in its own right, whose objective is delivery of wellbeing
- Society is co-created by its members
- Human outcomes are interdependent
- An effective society increase productivity by factor of thousands

The Narrative of Human Nature

- Humans have brain capacities with particular characteristics that both help and frustrate us in generating wellbeing for ourselves and for other members of society.
- Human nature equips us to work cooperatively for better outcomes (opportunities) and to be exploited/manipulated by others for personal gain (risks).
- Everyone has their own unique way of seeing and understanding the world. Some worldviews harmonise with each other, others conflict
- Humans have a herding instinct which provides us with opportunity (group wisdom) and risk (response to dangers outsources to others).
- Human strengths that have contributed to our success include brain capacity - such as consciousness, innovativeness, capacity to learn and language - and character dispositions - such as creativity, resilience, persistence and the courage to take risks

The Narrative of Human Wellbeing

- Wellbeing is a physical and mental state in which we feel we have achieved what we want out of life.
- Wellbeing emerges from a combination of physical security, emotional connectedness and stimulation
- Personal wellbeing is shaped by our unique natural drivers (needs, wants and hopes).
- Pursuit of happiness alone does not deliver wellbeing.
- Wellbeing is deeply connected with an individual's quality of life.
- Individuals generate personal wellbeing. Society can only generate the means to wellbeing.
- An individual's wellbeing capacity converts the opportunity for wellbeing into its experience
- Wellbeing capacities include self-aware understanding, social skills and congruent understanding of the individual's environment
- Personal wellbeing is a harmonious balance of our individual drivers with the people around us and with the environment in which we live.
- Positive universal values play a pivotal role in guiding our understanding and actions in generating wellbeing.
- The natural state of wellbeing is a stabilising feature of harmonious evolution.

The Wellbeing Narrative Framework: Components

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Current (Started 07/02/20)

The Narrative of Societal Wellbeing

- The sole purpose of society is to deliver sustainable wellbeing to its members.
- Wellbeing economics has an inherent bias towards fairness because, unlike monetary wealth, personal wellbeing has an upper limit
- Society is an entity in its own right.
- Society delivers the opportunity for wellbeing. It does not deliver wellbeing directly.
- It is created jointly by its members as a fusion of their individual contributions to society with available resources.
- The outcomes of all members of society are inter-dependent.
- Each society has a unique set of characteristics and capabilities that exceed those of its members alone.
- Successful society can deliver greater wellbeing by a factor of thousands. This added-value is the rationale for harmonious society.
- Societal wellbeing is based on how well it is structured to deliver wellbeing.
- Societal output, and its success, is measured as the aggregate wellbeing of every member of society.
- Society is more effective where it can catalyse a common purpose of its members around universal wellbeing
- Society's added value is achieved where individuals work together effectively. No single individual contributes to societal success without the meshed contribution of the whole of the rest of society.
- A fair system of reward for contributions to society balances incentivising members to work with others in a coordinated way, rewarding them for their coordinated contribution to society and maintaining social order.
- A fair society rewards contribution to society in any way that contributes to improving aggregate wellbeing, even where the monetary system fails to pay for some contributions, as well as recognising the added-value inherited from the efforts of previous generations by distributing some of that added-value as a legacy.
- Society can be judged by how it treats all its members, including its most vulnerable members even where they may not have the capacity to contribute to society.

The Narrative of Climate Change

- Human wellbeing is sustainable only if we live within both the short and long-term constraints of planetary resources
- Population expansion over the last couple of centuries has pushed us beyond the limits of some of mother earth's capacity to support us, with many other resources being used at unsustainable rates.

The Wellbeing Narrative Framework: Components

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Current (Started 07/02/20)

The Narrative of Social Order

- Society can only exist where it is able to protect itself from external and internal attack. This may require use of force.
- As societies grow in size, so does the need for more sophisticated use of force/military might to maintain social order.
- Leaders have to balance diverting resources to maintain security with delivering wellbeing. It requires them to manage competition for resources, scarce and otherwise, between members.
- Techniques for coordinating members' activities influence both social order and wellbeing in different ways. They include domination (slavery and exploitation/coercion), persuasion (manipulation and incentivisation), and aligned autonomy (connected self-leadership).
- Successful leaders tend to rule closer to the domination end of the scale in times of insecurity, feeling freer to enjoy the greater wellbeing associated with aligned autonomy where circumstances permit. Leaders who are not able to deliver the security required for aligned autonomy are less successful than those who are.

The Narrative of the Wellbeing Economics

- Economics is the system that coordinates human input and resources (production) to deliver human output (wellbeing).
- People alone generate the power behind economic activity because machines can not consume wellbeing.
- Leaders influence how much power is generated and have control over how it is applied.
- An effective society aligns the application of human and resource input with its objective of delivering sustainable human output
- An effective society requires politics and business to align their activities with society's objectives of delivering wellbeing.
- Monetary objectives are no more than a means to an end.

The Narrative of Wellbeing Culture

- Society's culture is the set of social rules and norms that each community expects of its members
- Society's culture can be measured.
- The aggregate wellbeing in nations correlates with the nation's measured culture
- Social cohesion is determined by the interaction of competing cultures .
- Misalignment between the leaders cultures and its members' is a source of social disharmony and unrest.
- Alignment between the values and behaviours of an individual contributes to their sense of inner peace and wellbeing. Some cultures interfere with this alignment, others support it.

The Wellbeing Narrative Framework: Components

Bullet Points

Current (Started 07/02/20)

- The extent to which individuals are valued within society has a significant influence on their wellbeing and on their engagement with society. Different cultures have different ways of valuing individuals.
- Shame is the punishment for breaching cultural rules/norms. Its misapplication is a cause of social injustice, unrest and waste of potential.

The Wellbeing Narrative Framework

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Sense-making (initial thoughts)

- Wellbeing objectives: shift from pursuing evolutionary success of species to pursuing quality of life of individual
- Wellbeing sense-making: Wellbeing: progress in satisfaction of material needs achieved at cost of connectedness needs. Overfocus on stimulation as an end in itself.
- Wellbeing sense-making: Wellbeing output: co-created enforcements capable of delivering substantially increased output
- Wellbeing sense-making: Wellbeing output: human skills: innovation, creativity, resilience, persistence, risk taking
- Wellbeing sense-making: Establishing order: human skills: aggress, power, competition, exploitation
- Wellbeing sense-making: Planetary wellbeing: human communities move to areas of greater resources when resources exhausted. Population expansion and the globalisation that enabled it means there are few new areas left for communities to move.
- Wellbeing: Limits: overuse, climate change, natural disasters, wars
- Wellbeing sense-making: diffusion of common purpose, fruits of society shared inappropriately, growing awareness of societal unfairness/injustice
- Wellbeing sense-making: poor awareness of the inter-dependence of everyone in society or on the personal and societal cost of disempowering people.
- Wellbeing sense-making: the "greater good" is a numbers game
- Wellbeing sense-making: the more people hampered/excluded from contributing to societal wellbeing, the fewer number available to maximise our collective wellbeing
- Societal wellbeing: society is a co-created enforcement. It has delivered gains between 60-60,000 times greater than the aggregation of unconnected individual contributions.
- Establishing order: economic success: leaders needed to manage specialisations
- Establishing order: As communities grew, so did the need for more sophisticated means of applying force/military might
- Establishing order: Techniques for managing co-creation: Domination (Slavery → Exploitation/coercion) → Persuasion (manipulation → incentivisation) → Aligned Autonomy (connected self-leadership)
- Establishing order: political progress mirrors human development. Anarchy (tantramic infancy), Autocracy (bullying childhood), Democracy (egocentric adolescence), Aligned valueism (compassionate adulthood)
- Planetary wellbeing: Population over-expansion causing limits of resources increasingly being exceeded
- Economics: people generate the power that drives generation and consumption of wellbeing
- Economics: the system that coordinates human input and resources (production) to deliver human wellbeing (consumption)
- Economics: politics and business need to align their activities with society's objectives of delivering wellbeing, where monetary objectives become a means to an end

The Wellbeing Narrative Framework

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- Culture: shame is the punishment for breaching cultural rules/norms, which justifies banishment (exclusion) from the security and benefits of life within society.
- Culture: misalignment between cultural drivers of leadership and cultural expectations of members creates social unrest
- Culture: aggregate wellbeing correlates with the stage of cultural progression
- Culture: herding instinct provides opportunity (group wisdom) and risk (unawareness of risks being taken)
- In nature, the evolutionary success of a species relates to its long-term survival. Human progress has allowed us to shift our objectives from species-focused pursuit of life to individual-focused pursuit of quality of life
- The fundamental roles of exploitation and money that underpin the NeoLiberal narrative

Original Notes

- Enfused entities: human outcomes are interdependent
- Enfused entities: are either co-created or evolved
- Human skills: brain capacity → consciousness, innovative, learning capacity and language
- Planetary wellbeing: Population over-expansion causing limits of resources increasingly being exceeded
- Wellbeing objectives: shift from pursuing evolutionary success of species to pursuing quality of life of individual
- Enfused entities: capable of increased productivity by factor of thousands
- Wellbeing sense-making: Wellbeing: progress in satisfaction of material needs achieved at cost of connectedness needs. Overfocus on stimulation as an end in itself.
- Wellbeing sense-making: Wellbeing output: co-created enfusions capable of delivering substantially increased output
- Wellbeing sense-making: Wellbeing output: human skills: innovation, creativity, resilience, persistence, risk taking
- Wellbeing sense-making: Establishing order: human skills: aggress, power, competition, exploitation
- Establishing order: economic success: advantages to larger communities that are attuned to wellbeing
- Establishing order: economic success: leaders needed to manage specialisations
- Establishing order: leaders charged with distributing fruits of enfused society. Dual objectives of preserving control to facilitate generation of wellbeing and maximising generation of wellbeing have potential to conflict where leadership is not optimised for the circumstances.
- Wellbeing sense-making: Planetary wellbeing: human communities move to areas of greater resources when resources exhausted. Population expansion and the globalisation that enabled it means there are few new areas left for communities to move.
- Wellbeing: Limits: overuse, climate change, natural disasters, wars

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- Establishing order: competition for resources, scarce or otherwise, requires use of force.
- Establishing order: As communities grew, so did the need for more sophisticated means of applying force/military might
- Wellbeing: aggregate economic success depends on how we society treats its members. Societies based on slavery underperform those that take better care of their members
- Establishing order: political progress mirrors human development. Anarchy (tantramic infancy), Autocracy (bullying childhood), Democracy (egocentric adolescence), Aligned valueism (compassionate adulthood)
- Establishing order: Threefold objectives of leadership: security, managing effective co-creation and distribution of fruits of enfused society
- Establishing order: Techniques for managing co-creation: Domination (Slavery → Exploitation/coercion) → Persuasion (manipulation → incentivisation) → Aligned Autonomy (connected self-leadership)
- Establishing order: establishing common purpose
- Wellbeing sense-making: diffusion of common purpose, fruits of society shared inappropriately, growing awareness of societal unfairness/injustice
- Establishing order: common purpose through wellbeing for all, not wealth for some
- Wellbeing sense-making: poor awareness of the inter-dependence of everyone in society or on the personal and societal cost of disempowering people.
- Wellbeing sense-making: the "greater good" is a numbers game
- Wellbeing sense-making: the more people hampered/excluded from contributing to societal wellbeing, the fewer number available to maximise our collective wellbeing
- Individual wellbeing: Pleasure is a means to an end. Happiness emerges from a combination of physical security, emotional connectedness and stimulation. Pursuit of happiness does not deliver happiness.
- Societal wellbeing: the aggregate of the individual wellbeing of members of society
- Societal wellbeing: delivered by structuring society to deliver national and personal security, effective coordination of members to generate individual wellbeing and appropriate reward system.
- Planetary wellbeing: living within both the short and long-term constraints of planetary resources
- Societal wellbeing: society is a co-created enfusion. Its sole purpose is to deliver individual wellbeing
- Wellbeing: no wellbeing delivered until subsistence is assured.
- Societal wellbeing: developing the means for individuals to maximise their sustainable quality of life
- Societal wellbeing: required structures through which individuals carry out activities that complement each other to maximise generation of individual wellbeing.
- Wellbeing: first tier: basic subsistence delivers life, not measurable wellbeing
- Wellbeing: second tier: wellbeing opportunities generated by society only become experienced wellbeing when converted by the individual using their wellbeing capacities
- Wellbeing: wellbeing capacities are both innate (natured) and developed (nurtured). Underdeveloped capacities → lower individual wellbeing

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- Wellbeing: wellbeing capacities: social skills, self-energy (awareness), congruent understanding of the individual's environment
- Economics: people generate the power that drives generation and consumption of wellbeing
- Economics: the system that coordinates human input and resources (production) to deliver human wellbeing (consumption)
- Economics: an effective society is one that is effective in applying human and resource input in delivering human output
- Culture: the social rules and norms that each community expects of its members
- Culture: shame is the punishment for breaching cultural rules/norms, which justifies banishment (exclusion) from the security and benefits of life within society.
- Culture: misalignment between cultural drivers of leadership and cultural expectations of members creates social unrest
- Culture: aggregate wellbeing correlates with the stage of cultural progression
- Culture: alignment of values and behaviours contributes to peacefulness and wellbeing
- Culture: herding instinct provides opportunity (group wisdom) and risk (unawareness of risks being taken)
- Economics: politics and business need to align their activities with society's objectives of delivering wellbeing, where monetary objectives become a means to an end
- Wellbeing: harmony of the needs and their satisfaction between ourselves, each other and the world, best achieved through engagement with positive universal values
- Wellbeing capacity: self-awareness: social awareness, social awareness and planetary awareness