



SEVEN-A WEEK FOR SCHOOLS



Flourish
Project
The Ecology of Wellbeing

Wellbeing Guidelines



SEVEN-A-WEEK



The Flourish Project has taken the 'Five-a-Day' nutrition concept and developed it into the 'Seven-a-Week' wellbeing concept, based upon the seven core needs that are essential for human wholeness and vitality.

These provide guidelines for school communities to think about the dynamic nature of health and wellbeing.

1. Honour the Body
2. Connect
3. Be your Self
4. Meaningful Work
5. Balance and Flow
6. Contribution
7. Learning and Growth





SEVEN-A-WEEK

Core Concepts



1. HONOUR THE BODY

Safe and sustainable environment
Healthy diet, sleep and exercise
Healing the trauma patterns of the past
Feeling into what's true
Trusting your feelings



3. BE YOUR SELF

Courage and authenticity
Personal agency and self-worth
Resilience and adaptability
Gender and sexuality
I am more than what has happened to me



6. CONTRIBUTION

Participation/having a voice
Sharing clear goals
Sharing a common language and communication style
The joy of co-creation



2. CONNECT

Deep Listening
Self-Perception
Fostering Empathy
Respect of alternative worldviews
Meeting people where they are at



4. MEANINGFUL WORK

Resourcing essential needs
Clarifying values
Fulfilling goals
Novelty and creativity
Embracing risk and failure



7. LEARN AND GROW

Accepting what is
Nurturing humility and compassion
Valuing the dark and the light
Opening to change/transformation
Dreaming in the Future
Reimagining lives and possibilities



5. BALANCE AND FLOW

Self-expression
Create your space
Personal fulfilment
Meaning and purpose
The true meaning of success



SEVEN-A-WEEK

Weekly Practices



1. HONOUR THE BODY

- Eat healthily
- Get enough exercise
- Get enough sleep
- Limit screentime (especially before sleep)
- Practice daily stress relief breathwork



2. CONNECT

- Support your friends
- Be thoughtful about your background and biases
- Be fully there when others are suffering
- Don't project your worldview onto others
- Try to see things through other people's eyes



3. BE YOUR SELF

- Try to stand in your truth (even when it's hard)
- Know that you matter
- Learn from your mistakes
- Be proud of who you are
- Be more than your conditioning



4. MEANINGFUL WORK

- Be clear about your priorities
- Stick by your values
- Create achievable goals
- Build in fun and playfulness
- Embrace risk and failure



5. BALANCE AND FLOW

- Find ways of expressing who you are
- Create spaces that feel like you
- Find ways of doing what you love
- Find ways of pushing yourself to your limits
- Make success an inner, rather than an outer process



6. CONTRIBUTION

- Be fully present to others
- Seek places that you can offer your skills
- Help to define and shape group goals
- Be honest about the things that make you tense or uncomfortable
- Share your own thoughts and ideas about creating a better world



7. LEARN AND GROW

- Practice mindfulness
- Explore your family and cultural patterns
- Non-judgementally track your moods and stress-points
- Commit to regular weekly journaling/note-taking about what you have learnt
- Regularly tune-in and record what the perfect future would look like from your own perspective



SEVEN-A-WEEK



Inner Development Goals (IDGs)



1. HONOUR THE BODY

Trust (your body and feelings)
Courage (to voice what's true for you)



3. BE YOUR SELF

Self-awareness
Mobilisation skills
Perseverance
Optimism



6. CONTRIBUTION

Appreciation
Connectedness
Perspectival skills
Co-creation skills
Long-term orientation and visioning



2. CONNECT

Communication skills
Empathy
Inclusive mindset
Inter-cultural competence



4. MEANINGFUL WORK

Sense-making
Critical thinking
Complexity awareness



7. LEARN AND GROW

Inner Compass
Openness and Learning Mindset
Humility



5. BALANCE AND FLOW

Presence
Integrity and authenticity

SEVEN-A- WEEK

Wellbeing
Guidelines

We all have the power
to change and grow



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