

The Wellbeing Confederation



The Human Flourishing Map

A multilevel conceptual framework that organizes the fields of knowledge and the practices of flourishing, from the person to institutions.

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Introduction

Flourishing, well-being, happiness, health, wellness and longevity are often used as synonyms. They are not, and that confusion makes it harder for those working in this field to understand each other and cooperate.

This document proposes a common language. It starts from the human flourishing framework with the strongest international academic backing, that of the Human Flourishing Program at Harvard University, and extends it to cover all the fields of knowledge and practices that contribute to a full life.

The result is a map in four levels, from the person to institutions, that allows any university, social organization, company or public body to locate its work and see whom it connects with.

The Wellbeing Confederation (TWC) publishes this map, maintains it and coordinates the actors who make it real.

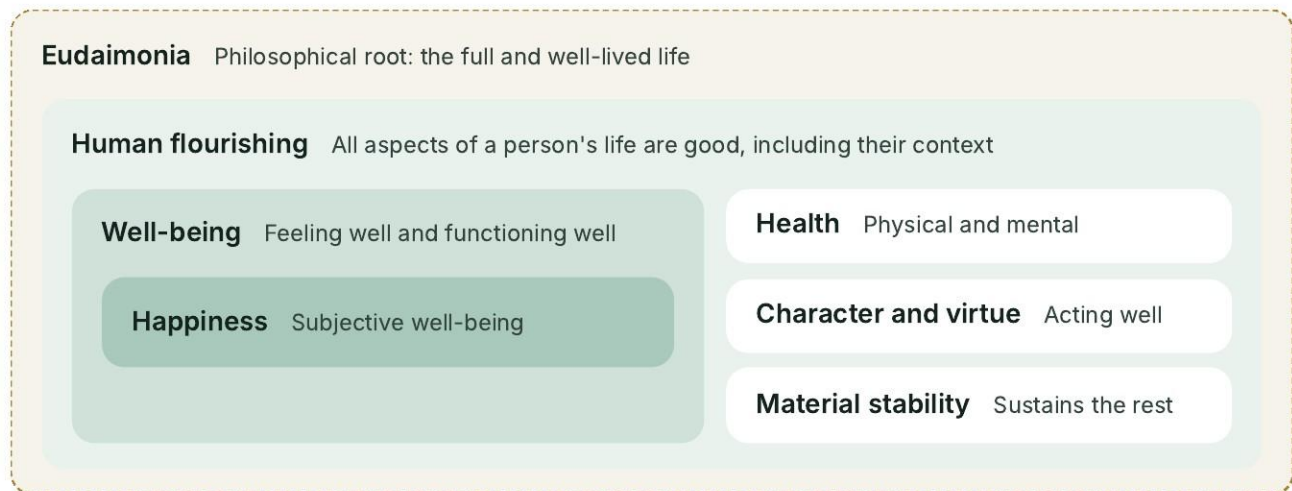
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How to read the map. Each level contains four fields. Each field distinguishes the branches of knowledge, which study the phenomenon, from the practices, which bring it into daily life.

The concepts, in order

Flourishing is the broadest concept. Well-being is one of its parts, and happiness is a part of well-being.



Term	What it is	Relation to flourishing
Eudaimonia	Philosophical concept of the full life (Aristotle).	It is its root.
Flourishing	Integral state of the person and their context.	It is the concept that integrates the others.
Well-being	State of the person: subjective (feeling well) and psychological (functioning well).	It sits within flourishing.
Happiness	In research, almost always equivalent to subjective well-being.	It sits within well-being.
Health	Physical and mental state.	It is one of its domains.
Healthy longevity	Years lived in good health.	It is an outcome over time.
Wellness	Practices, habits and economic sector oriented to well-being.	It is a means, not a state.
Quality of life	Objective and perceived living conditions.	Neighboring concept, from public health and economics.

The reference framework: Harvard

The Human Flourishing Program at Harvard University, directed by Tyler J. VanderWeele, defines flourishing as living in a state in which all aspects of a person's life are good, including the contexts in which that person lives.

Six domains



The first five domains are ends in themselves and almost universally desired. The sixth is a means: it sustains the other five over time.

Four major pathways

The program identifies four settings that contribute prominently to those domains:



Empirical basis

The framework is tested in the Global Flourishing Study, a longitudinal study of more than 200,000 participants in 22 countries, carried out by Harvard and Baylor University with Gallup and the Center for Open Science. Its first results were presented in April 2025.

From the reference to the map

Other recognized frameworks

There is no single convention. In some frameworks the term that integrates the others is well-being, and flourishing designates its highest level. This document follows the Harvard convention.

Framework	Author or body	Contribution
Subjective well-being	Ed Diener (1984)	Life satisfaction, positive affect and low negative affect.
Psychological well-being	Carol Ryff (1989)	Autonomy, environmental mastery, personal growth, positive relations, purpose and self-acceptance.
Mental health continuum	Corey Keyes (2002)	Flourishing as a high level of emotional, psychological and social well-being.
PERMA	Martin Seligman (2011)	Positive emotion, engagement, relationships, meaning and accomplishment.
Definition of health	WHO (1948)	Complete physical, mental and social well-being, and not merely the absence of disease.
Better Life Initiative	OECD (2011)	Eleven dimensions of well-being to compare countries beyond GDP.

What Harvard describes and what the map adds

The Harvard framework describes what a person's flourishing consists of. The map keeps its six domains intact and places them in four levels, with sixteen fields and an integrative framework that connects them.

Harvard domain	Where it sits in the map
1. Happiness and life satisfaction	Level 1, Mind and psychological well-being
2. Physical and mental health	Level 1, Health and healthy longevity
3. Meaning and purpose	Level 1, Consciousness and meaning
4. Character and virtue	Level 1, Character and wisdom
5. Close social relationships	Level 2, Close relationships and Community
6. Financial and material stability	Level 3, Organizations and the economy

The Human Flourishing Map

Four concentric levels. Each one contains the previous: no organization flourishes unless its people and communities do.



1

Person Being

Health and healthy longevity · Mind and psychological well-being · Consciousness and meaning · Character and wisdom

3

Organizations and the economy Doing

Third sector and social innovation · Purpose-driven business · Social and collaborative economy · Impact economy and investment

2

Relationships, community and place

Living together

Close relationships · Community · Place and environment · Leisure, culture and nature

4

Systems and institutions Transforming

Public policy for well-being · Education · Alliances and governance · Advocacy

Otiogenesis. Integrative framework that runs through the four levels.

..... **Common good.** Principle that guides the whole.

I

Level 1. Being
Person



The inner and bodily life of each person. It gathers the first four domains of the Harvard framework.

Health and healthy longevity

Branches of knowledge

- Preventive and lifestyle medicine
- Nutrition, physical activity and sleep
- Integrative medicine
- Geroscience

Practices

- Healthy habits
- Prevention programs
- Wellness: care practices and services

Mind and psychological well-being

Branches of knowledge

- Positive psychology
- Affective and cognitive neuroscience
- Mental health

Practices

- Psychotherapy and counseling
- Emotional education
- Cognitive training

Consciousness and meaning

Branches of knowledge

- Consciousness studies
- Contemplative sciences
- Philosophy and spirituality

Practices

- Meditation and mindfulness
- Conscious breathing
- Contemplation and inner life

Character and wisdom

Branches of knowledge

- Ethics
- Character education
- Humanities

Practices

- Values education
- Mentoring
- Service to others

Level 2. Living together

2

Relationships, community and place



The bonds and the places where life happens. It corresponds to the domain of close social relationships and extends it to the environment.

Close relationships

Branches of knowledge

- Couple and family psychology
- Science of social connection
- Loneliness studies

Practices

- Education for living together
- Family and couple therapy
- Care between generations

Community

Branches of knowledge

- Sociology
- Community development
- Social capital

Practices

- Associations and volunteering
- Neighborhood networks
- Intentional communities

Place and environment

Branches of knowledge

- Healthy urbanism
- Environmental health and biophilia
- Population longevity studies

Practices

- Design of spaces for well-being
- Regeneration of neighborhoods and towns
- Wellness tourism

Leisure, culture and nature

Branches of knowledge

- Leisure studies
- Arts and culture
- Ecology

Practices

- Meaningful leisure
- Artistic and sporting practice
- Contact with nature

Level 3. Doing

3 Organizations and the economy



The entities that turn purpose into sustained activity. It includes the domain of financial and material stability.

Third sector and social innovation

Branches of knowledge

- Nonprofit management
- Social innovation
- Development cooperation

Practices

- Associations, foundations and NGOs
- Strategic philanthropy
- Social impact projects

Purpose-driven business

Branches of knowledge

- Corporate social responsibility
- ESG criteria
- Conscious and servant leadership

Practices

- Certified companies (B Corp, benefit corporations)
- Well-being at work
- People-centered corporate governance

Social and collaborative economy

Branches of knowledge

- Social economy
- Collaborative economy
- Economy for the common good

Practices

- Cooperatives and work-integration enterprises
- Sharing platforms
- Common good balance sheet

Impact economy and investment

Branches of knowledge

- Impact economy
- Sustainable finance
- Social impact assessment

Practices

- Impact investing
- Social funds and bonds
- Responsible public procurement

Level 4. Transforming

4 Systems and institutions



The rules, policies and alliances that make flourishing possible at scale.

Public policy for well-being

Branches of knowledge

- Well-being economics
- Public health
- Indicators beyond GDP

Practices

- National and local well-being strategies
- Well-being budgets
- Plans to address loneliness

Education

Branches of knowledge

- Education sciences
- Education for flourishing
- Lifelong learning

Practices

- School and university programs
- Professional training
- Public outreach

Alliances and governance

Branches of knowledge

- Collaborative governance
- International cooperation
- Sustainable development agenda

Practices

- Public-private partnerships
- Research and innovation consortia
- Networks of territories

Advocacy

Branches of knowledge

- Political science
- Law and regulation
- Public communication

Practices

- Participation in regulatory frameworks
- Institutional representation
- Public awareness

Otiogenesis, the integrative framework

The four levels describe where flourishing happens. Otiogenesis proposes how it is generated and what connects one level to the next.

Otiogenesis is an integrative theoretical framework authored by Cristian Bataller, registered with the Intellectual Property Registry in Madrid and published as an open-access preprint.

It addresses the flourishing of humanity through two notions: vital lucidity and coherence in consciousness, including connection with other people and with nature.

In the map it holds the place of a cross-cutting branch of knowledge. It does not replace any discipline: it offers a common principle for reading them together.

Preprint: doi.org/10.5281/zenodo.20507060

Person

Coherence between what the person thinks, feels and does.

Relationships, community and place

Coherence in bonds and with the natural environment.

Organizations and the economy

Coherence between stated purpose and actual activity.

Systems and institutions

Coherence between shared rules and the common good.

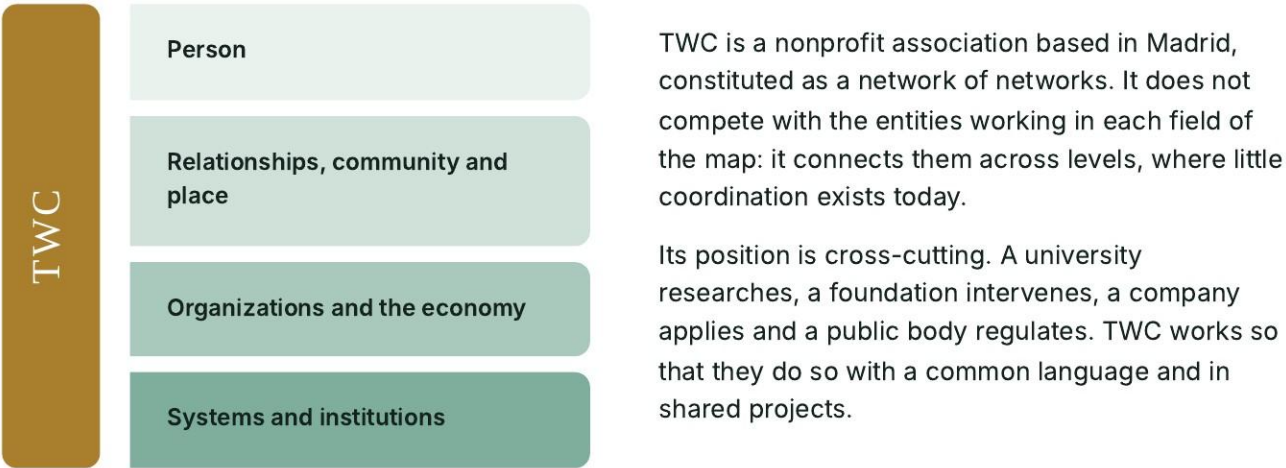
Status of the framework. Otiogenesis is a theoretical proposal open to academic scrutiny. Its empirical validation is a line of work in development.

Where it fits among other disciplines

Discipline	What it contributes	What Otiogenesis adds
Flourishing science	Describes and measures the domains of a full life.	A hypothesis about how they are generated.
Positive psychology	Studies strengths, emotions and meaning.	Coherence as the thread between them.
Contemplative sciences	Study practices of attention and consciousness.	Their extension to relationships and to nature.
Social and economic sciences	Study communities, organizations and institutions.	One principle applied at every scale.

The role of TWC

A map needs someone to maintain it, and an ecosystem needs someone to coordinate it. The Wellbeing Confederation takes on both functions.



Five functions

Orders	Convenes	Coordinates	Recognizes	Represents
Maintains and updates the map and the ecosystem's common language.	Brings together actors from the four levels who work separately.	Builds joint projects, consortia and applications among them.	Distinguishes the entities and territories that apply the framework.	Acts as the ecosystem's voice before public bodies and organizations.

How to take part

Who	What they can do with the map
Universities and research centers	Test the framework, propose improvements and locate their lines of research.
Third-sector organizations	Identify their field and find partners at other levels.
Companies	Organize their purpose, CSR and well-being initiatives under a common criterion.
Public bodies and territories	Use it as a guide for their well-being strategies and join the network.

Language conventions and sources

Conventions

Term	Use in this framework
Flourishing	The concept that integrates the others. Never used as a synonym of well-being.
Well-being	State of the person. It is one part of flourishing.
Wellness	Practices and economic sector. It does not designate a state of the person.
Longevity	Always paired with "healthy": what matters is how long one lives in good health.
Consciousness	Self-knowledge and coherence of the person. It does not refer to the neuroscientific study of conscious experience unless stated.
Common good	Principle that guides the map. It is not a sector of activity.
Positive social impact	Shared outcome of the four levels when they act oriented to the common good.
Conscious and servant leadership	Formal term for what popular language calls lightworking.

Main sources

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References to third-party frameworks are descriptive and do not imply endorsement by, or institutional affiliation with, their authors or bodies.

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