



OBOES (Outlook, Belonging, Others, Experience & Self-Concept)—A dashboard approach to the elements of wellbeing

Momentary Experience	Self-Concept	Connectedness to Others	Community Belongingness	Outlook
Emotional State Vitality Distress Balance	Self-compassion Self-Acceptance Self-Esteem Self-Efficacy Agency Self-Control	Trust Intimacy Support Mutual Enjoyment Cooperation	Social Contribution Shared Identity Integration/Alienation Welfare of Group	Optimism Growth Legacy Worthwhileness



GENI- A balance approach to wellbeing

Momentary Experience	Self-Concept
Goals (short term)	Goals (long term)
Experience (positive)	Experience (negative)
Novelty	Familiarity
Independence	Obligation