

6 WAYS TO WELLBEING

WHAT ARE YOURS ?

Create a self-experiment!
This is how it works:

- Select one field from each column.
- Develop your experiment as concretely and practical for daily life as possible.
- Try out the experiment and share your experiences with others.

1. Choose one area of action from the „6 Ways to Wellbeing“!



contributing to the **SUSTAINABLE DEVELOPMENT GOALS**



Representation modified and adapted. [Original](#) by the Karlsruhe Transformation Center for Sustainability and Cultural Change (KAT).

| 2. What do you want to do? | 3. What goal do you want to pursue? | 4. What could you observe and document? | 5. Who could join you or support you? | 6. How could things continue after that? |
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| Change & Exchange I test alternatives for behaviours of decision-making and living in the area of action. | Cause Change I want to make a change that lasts. | My Thoughts & Feelings I observe how I feel during the experiment, whether I feel active or passive, positive or negative. I document how the experiment encourages me to reflect. | Supervisors, Colleagues or Fellow Students We work closely together and go through many processes together. Therefore, it makes sense to also take on the experiment together with people in my working environment. | Reinforce Routines I will use my experiences from the experiment to make a long-term change. |
| Develop I invent or develop something new that leads to an improvement in the area of action. | Understand Connections I want to understand how my behavior and my environment are connected. | Changes Compared to Before I measure the change I achieve and document it. | Friends & Acquaintances I take on the experiment together with my friends, family or other people in my everyday life and ask for their support. | Questioning Other Things Beyond the Chosen Area of Action After the experiences with the experiment in this field of action, I turn to the next fields of action. |
| Get Involved & Communicate I advocate for the area of action and discuss it with other people, publicly or privately. | Explore Alternatives I want to show myself or the people around me options for how to do something differently. | Reaction of Others I observe the reactions that my experiment provokes in other people and document them. | (Advisory) Services There are many support services and advice centers at the university that I could ask for support for my experiment. | Be More Mindful I have learned more about my limits, desires, and abilities. As a result, I approach myself, others, and nature with more mindfulness. |
| Feel & Engage I commit to an unfamiliar experience within the area of action or sense my real needs. | Learn to Change Something I want to learn how to initiate change, in myself and in others. | Impact on my Everyday Life I examine and document whether the experiment fits well into my everyday life or whether it causes any conflicts or problems. | People who Also Care About the Topic I conduct my experiment together with a person who also cares about the experiment and is willing to get involved. | Inspire Others I tell other people about my self-experiment and invite them to join in |
| Reduce & Leave Out I concentrate on the essentials in the field of action and reduce in order to recognize what I don't need. | Discover New Things I want to discover something new and venture into something I don't know yet | Steps in Between My experiment consists of many steps. I document them to illustrate the process. | A Person with Whom I Disagree on the Topic I conduct the experiment with a person who has a different perspective on the topic, as the change of perspective is enriching. | Get Involved In my experiment, I encounter obstacles, such as costs, high effort, or the lack of acceptance from others. I will get involved and work to break down these obstacles. |
| | | | By Myself I want to carry out and experience the experiment on my own. I use the experiment to reflect on myself. | |