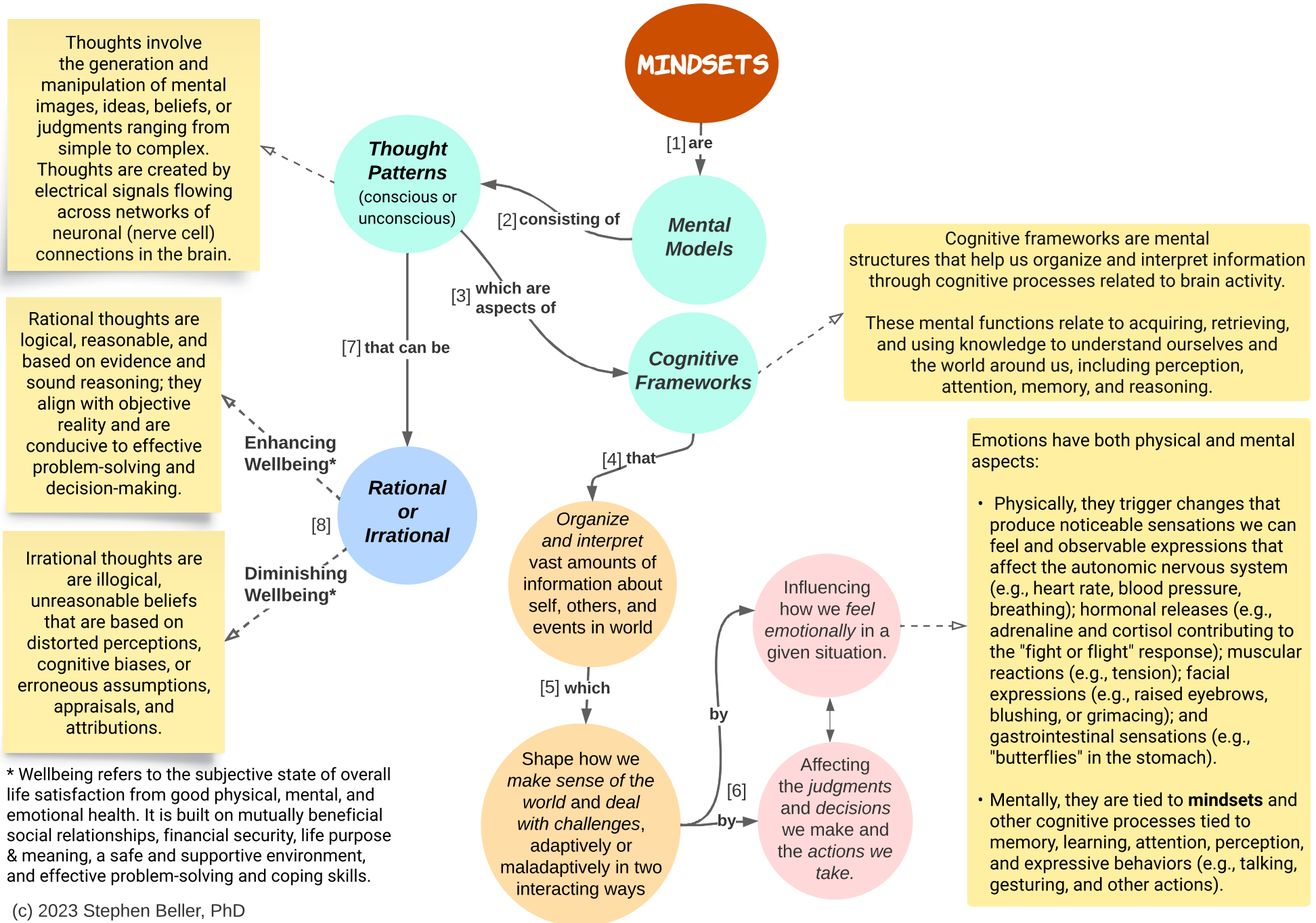


Mindset Map 12/23/23

Mindsets, Mental Models, Cognitive Frameworks, Thought Patterns, Emotions, Behaviors, and Wellbeing



* Wellbeing refers to the subjective state of overall life satisfaction from good physical, mental, and emotional health. It is built on mutually beneficial social relationships, financial security, life purpose & meaning, a safe and supportive environment, and effective problem-solving and coping skills.