

How the Flourish Project's Seven Levels of Flourishing align with the Harvard Six Flourishing Domains

The Harvard Human Flourishing framework identifies six important aspects of a flourishing life: happiness and life satisfaction; mental and physical health; meaning and purpose; character and virtue; close social relationships; and financial and material stability.

The seven levels of the Ecosystemic Flourishing (ESF) Framework offer a complementary lens. Rather than describing *what flourishing looks like*, they help us understand some of the human conditions and capacities *through which flourishing can develop and be sustained*.

- **Security**
Having the physical, emotional and material foundations needed to feel safe and well. This connects particularly with Harvard's **health** and **financial and material stability**.
- **Relationship**
Experiencing belonging, connection, care and healthy relationships. This closely aligns with Harvard's **close social relationships**.
- **Independence**
Developing agency, identity, confidence, discernment and the capacity to make choices. This supports **character and virtue**, health and purposeful living.
- **Engagement**
Being curious, interested and actively involved in life, learning and the world around us. This contributes to **happiness, life satisfaction and meaning**.
- **Fulfilment**
Developing and expressing our abilities and experiencing a sense that life is worthwhile. This strongly connects with **happiness, meaning and purpose**.
- **Contribution**
Moving beyond personal fulfilment towards caring, participating, creating and contributing to others and the wider world. This connects particularly with **meaning, purpose, relationships and virtue**.
- **Growth**
Continuing to learn, deepen, adapt and expand our capacities throughout life. Growth can strengthen **all six Harvard domains** and supports flourishing as an ongoing process rather than a fixed state.

THE ECOLOGY OF BELONGING

In simple terms Harvard's six domains help describe the important aspects of a flourishing life. The seven ESF levels help us explore how people develop the foundations and capacities that enable that flourishing.

Together they allow us to ask both: **"How well is this person flourishing?"** and

"What conditions, relationships and capacities are helping them to flourish — and continue to grow?"

The wider ESF framework then adds another layer, examining whether the **natural, economic, cultural and human systems surrounding people** are themselves creating the conditions in which flourishing can be sustained.

