

Leisure and Well Being Model

E	N	V	I	R	O	N	M	E	N	T	A	L	L
O	A	E	T	I	G	N	I	R	U	O	V	A	S
R	E	S	O	U	R	C	E	S	L	E	U	I	D
C	O	V	N	S	N	P	H	Y	S	I	C	A	L
O	P	S	Y	C	H	O	L	O	G	I	C	A	L
G	A	U	T	H	E	N	T	I	C	N	D	I	I
N	S	O	C	I	A	L	V	A	M	C	N	E	U
I	N	O	I	T	A	C	I	F	I	T	A	R	G
T	O	U	O	A	H	V	R	V	N	A	I	U	H
I	I	V	O	L	O	S	T	H	D	E	R	S	H
V	O	O	U	R	O	N	U	T	F	M	R	I	A
E	R	O	O	A	T	S	O	O	U	P	I	E	R
E	P	M	N	D	H	N	U	F	L	C	F	L	I
L	U	E	H	S	A	V	S	C	O	L	S	P	F

Authentic
Cognitive
Environmental
Gratification

Leisure
Mindful
Physical
Psychological

Resources
Savouring
Social
Virtuous