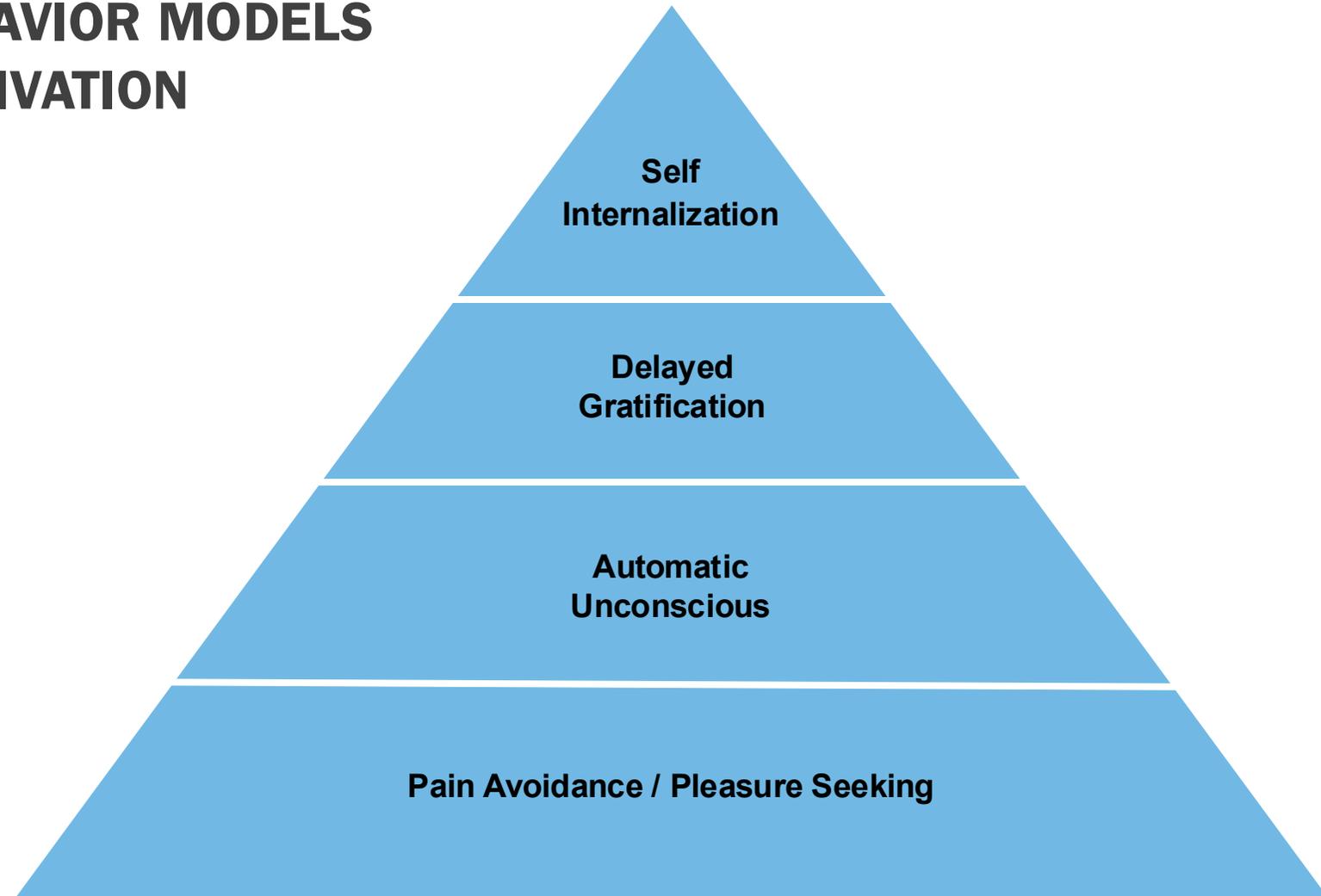
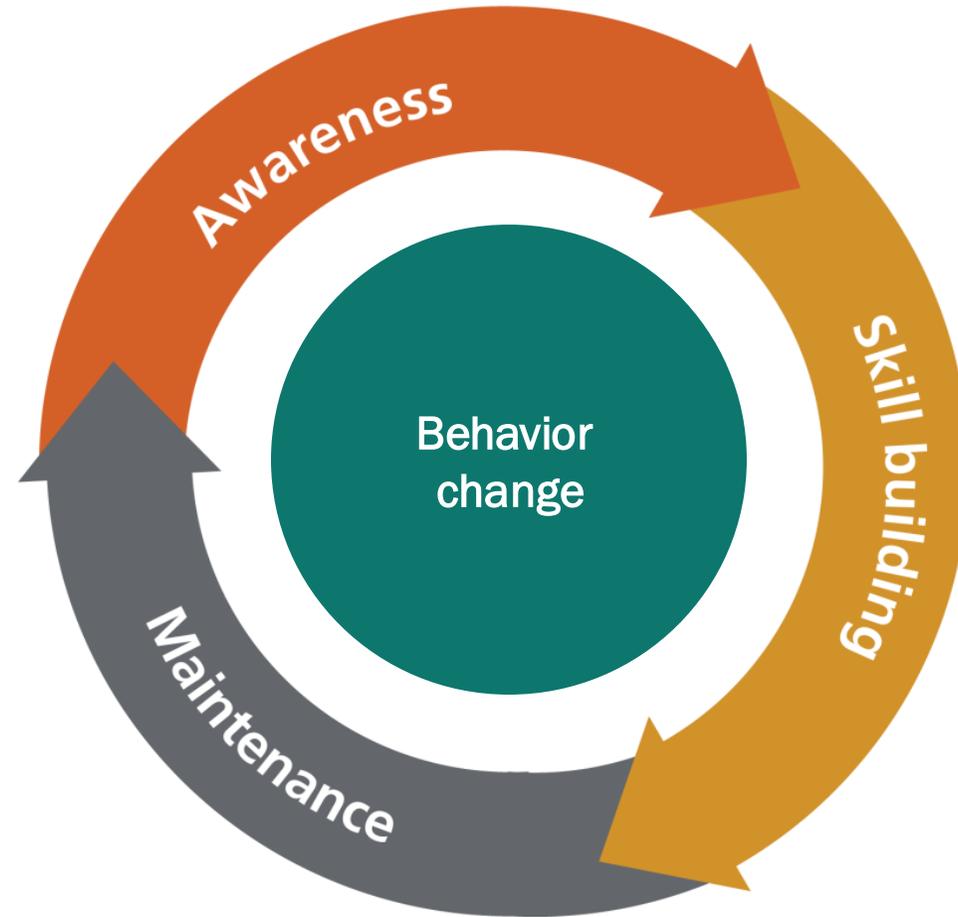

HEALTH BEHAVIOR MODELS HUMAN MOTIVATION



BEHAVIOR CHANGE FRAMEWORK

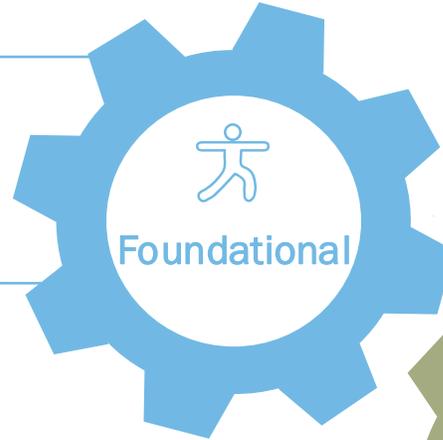
ASM MODEL – SCIENCE TO PRACTICE

**Changing
behavior is a
process**



PERSONAL WELLBEING: DOMAINS OF WELLBEING

Rest, Nutrition, No Tobacco,
Physical Activity, Time
Management, Connection,
Financial Security



Mindfulness, Self-
Care, Mood, Positivity,
Creativity

Coherence, connection,
Agency, Generativity, Hope,
Resilience, Generosity,
Curiosity, Forgiveness,
Humility, Humor, Acceptance,
Awe



