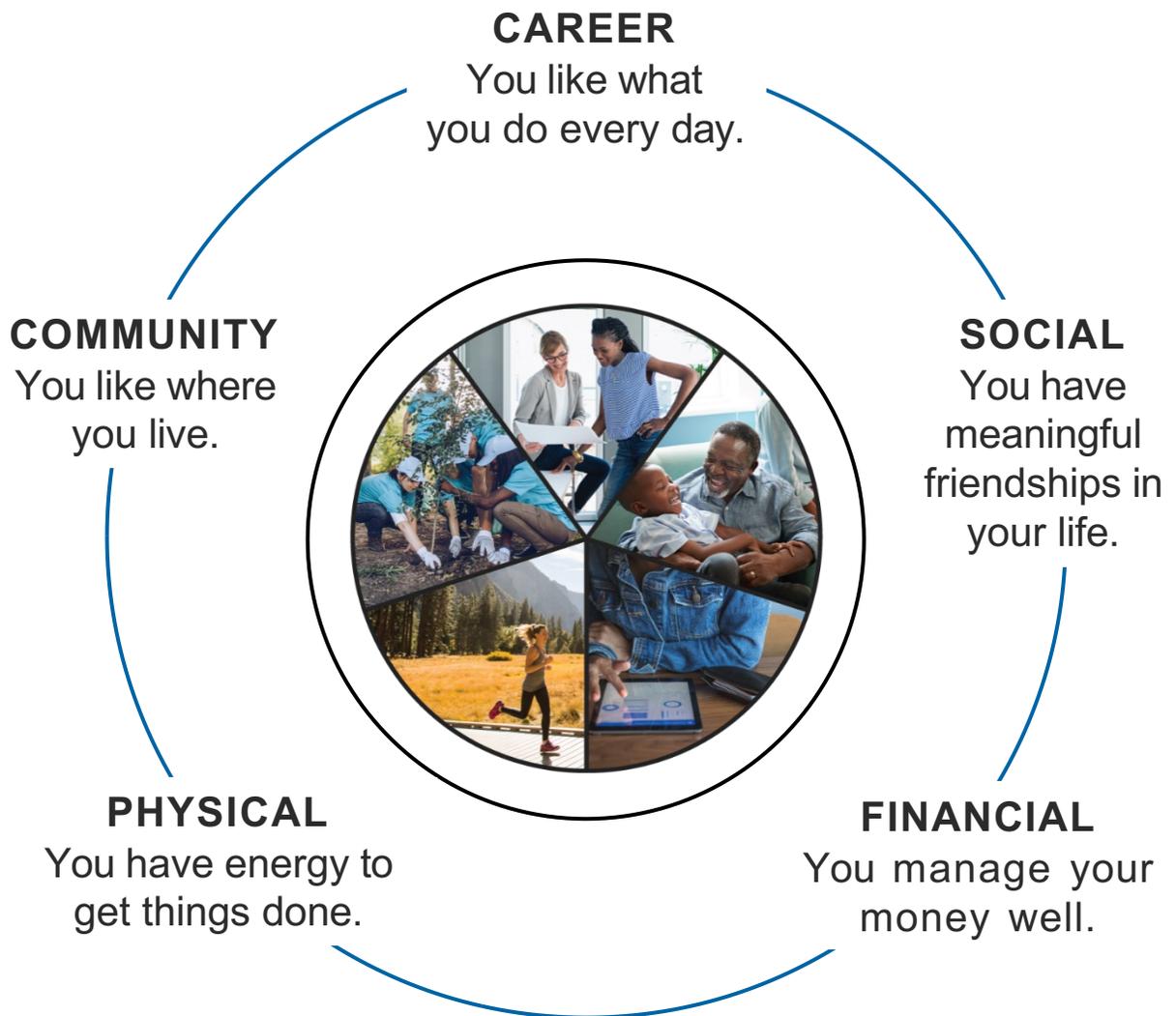


My Wellbeing

Wellbeing includes all the things that are important to each of us, what we think about and how we experience our lives. A life well-lived means something different to every person. Contrary to what many people believe, wellbeing isn't just about being happy or physically fit.

By studying the human behavior and wellbeing of more than 98% of the world's population, Gallup uncovered the universal elements of wellbeing that differentiate a thriving life from a struggling or suffering life. They describe aspects of your life that you can do something about.

Five Elements of Wellbeing





Use the self-assessment to rate yourself presently on the continuum, from "best possible" to "worst possible" and consider the questions to make small adjustment actions.

1

Career:

Worst Best

What parts of your role give you the most energy?

If you could make one change for the better in your job, what would it be?

2

Social:

Worst Best

Who gives you positive energy every day?

How can you get to know people around you better?

3

Financial:

Worst Best

What does financial security look like for you?

How are you doing on your long-term savings and retirement plans?

4

Physical:

Worst Best

What small physical activities can you kick-start?

How can you improve your sleep patterns?

5

Community:

Worst Best

What can you do to give back to your community and make a meaningful contribution?

What community programs are personally meaningful to you?



What strengths can you pull on to make progress in the five elements?
How and when?