

Mental wellbeing canvas



This is a brainstorming exercise that can be used by an individual, team, or organisation to quickly gain insights across six, key domains that commonly correlate with general mental wellbeing.

Before starting the canvas, it might be helpful to first complete the "Mental wellbeing questionnaire" as inspiration.

For more information visit wearespur.com/tools

	How would you describe it right now?	What would you like it to be?	What would it take to achieve this?
Physical health			
Security			
Purpose			
Trust			
Connection			
Personal			

Mental wellbeing questionnaire



This survey is to help consider factors in life that often nourish or delete mental wellbeing. This survey is intentionally subjective and aims for you understand your own personal level of satisfaction with wellbeing domains.

Rate each statement on a scale of 1-5, by placing an X in each row.

This questionnaire is often used as a warmup before completing the "Mental wellbeing canvas".

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	Completely unsatisfied			Completely satisfied	
	1	2	3	4	5
Physical Health					
Your quality, and amount, of sleep					
Your current nutrition and diet					
Your level of physical activity and movement					
Security					
Your sense of financial security					
Your own sense of agency and autonomy					
Your sense of life certainty					
Purpose					
Your sense of positive contribution					
Your feeling that what you do is reflective of who you are					
Your sense of working towards clear goals					
Trust					
The amount of mutual respect with the people around you					
The amount of mutual honesty with the people around you					
That you can be your full and authentic self with the people around you					
Connection					
Your sense of belonging in your environment or community					
The amount of clear communication with those around you					
The amount of vulnerability between yourself and others					
Personal					
Your relationship with, and capacity for, friends, family and partners					
Your logistical capacity and time availability					
Your capacity for hobbies and self-directed interests					