

MY WELLBEING CHEATSHEET

DEFINING YOUR WELLBEING GOALS

Personal wellbeing can sound vague and hard to work towards. Fill out this worksheet to understand the gaps in your personal wellbeing and where you can improve!

SLEEP

Most people need 7-8 hours to function at their best. Sleep debt can cause chronic energy and focus problems.

**I NEED __ HOURS.
I CAN GET THIS BY...**

EXERCISE

Generally, experts recommend at least 30 minutes of daily activity. Movement helps with energy, heart health, and mood!

**I NEED __ DAYS A WEEK.
I CAN GET MOVING BY...**

FOOD

What we eat affects more than most realize. Healthy eating helps with energy, longevity, and our everyday mood.

**SOME GOOD MEALS I
CAN EAT INCLUDE:**

SOCIAL

We're social creatures! We rely on connecting with friends and colleagues for support, fun, and emotional stability.

**SOME FRIENDS I CAN
REACH OUT TO INCLUDE:**

SELF

In today's age, it's harder than ever to disconnect and spend time with ourselves. Self-love and optimism go a long way.

**I'LL DISCONNECT AT __.
SELF-CARE INCLUDES:**

FAMILY

Family means something different for everyone. Our closest circles offer the love and stability we need to thrive.

**HOW MUCH TIME DO I
NEED? QUALITY IS...**

MY INTENTION FOR THIS MONTH

