

Your Wellbeing Blueprint



Dialing Up Positivity Measure Your Positivity Take the free survey at positivityratio.com to discover what creates positivity for you.	Dialing Down Negativity Healthy Distractions Create a list of healthy distractions you can reach for to short-circuit negativity.	Being Comfortably Uncomfortable Name Your Emotion When you feel uncomfortable name the emotions you're feeling and breathe slowly.	Short-Circuiting Stress Decode Stress What is at stake that matters to you? Leverage this motivation to take action.	Savoring The Good What Went Well On your way home reflect on what went well today and what made this possible.
Discover Your Strengths Name Your Strengths Take the free survey at viacharacter.org to discover your strengths.	Creating Moments of Flow Meet Your Best Self Write about what might be possible if you were using your strengths each day at work.	Developing Your Strengths New Strength Uses Each day pick one task on your to-do list to use a strength in a new way.	Being Mindful Look For Novelty As you move through your day try to actively notice new things and let go of your beliefs.	Staying Playful Be Playful Every day, find a way to play knowing that it is a pathway way to learning and growth.
Being Compassionate Listen Empathetically Try to be aware, non-judgemental and curious when people are sharing stories.	Investing In Trust Give Away Control Every day try to delegate one thing to others to convey your trust in them.	Giving Effectively Do A 5 Minute Favor Each day take 5 minutes to help someone in your network.	Letting Go And Forgiving Build Forgiveness Refrain from talking negatively about people who have hurt you.	Navigating Incivility Value Civility Take the civility quiz at christineporath.com and see how well you're doing.
Investing In Belonging See Others Look people in the eye, smile and genuinely say hello when you walk past them.	Creating Purpose Adopt A Service Mindset What's one thing you could do today to make a positive difference for others?	Practicing Story-Telling Uncover Your Story Each day take 5 minutes to journal about what's happened and why it matters to you.	Allowing Transcendence Be Awed By Nature Find ways to be regularly awed by nature and use all your senses to absorb its wonder.	Making Passion Harmonious Alternative Passions What would you like to pursue purely for the joy of the activity? Make this happen.
Practicing A Growth Mindset Reflect On Learning At the end of each day ask what did I learn today? What did I try hard at?	Setting Goals That Work Invest In Small Wins If there was one small step you could take towards your goal today what would it be?	Developing Grit Accept "Not Yet" When you fail remind yourself that you're just "not there yet" and it needs more practice.	Being Self-Compassionate Create A Mantra What would a wise and kind coach say to you in the moments you fall short?	Improving Your Resilience Ban "Always" The words "always" and "never" are signs that your stories have gotten stuck.
Sleeping Well Create Bedtime Routines Give yourself 30 – 45 minutes to wind down before bed each night with a regular routine.	Eating Wisely Eat Lunch At lunchtime get up and move away from your desk and take 10 minutes to eat.	Moving Regularly Get Up Regularly Every 60 – 90 minutes try to get up and move for at least two minutes.	Mindfully Restore Mindful Breaks When your energy wanes, take a few minutes to stretch, breathe and restore yourself.	WELLBEING BOOK AND CARDS ALSO AVAILABLE. 