

HOW TO USE *THE WELL-BEING ROADMAP*



INDIVIDUAL OR GROUP



120 MIN



ONCE PER YEAR

Personal well-being is a journey – use The Well-Being Roadmap to help you navigate. Each step in this tool is designed to equip you with greater clarity and control over your personal well-being, moving you closer to your goals and helping you to be at your best each day. Use this tool to establish your well-being goals, identify the source of your motivation, define a plan of action and build a team of support. Once complete, revisit and refine your roadmap often.

STEP 1: Identify Your Values (Your Foundation)

Your well-being goals come from what you value most. The Well-Being Roadmap begins with identifying personal core values to ensure you set well-being goals that are aligned to you. To identify your personal care values, there are three basic steps.

1. Give yourself 10 minutes to answer the questions, *What's most important to you?* And, *What makes you unique?* Write down as many thoughts as you can, with a minimum goal of 20-25 words or phrases. Use sticky notes and write only one thought per note.
2. Without getting rid of any sticky notes, organize them into 5-7 groups. Create groups based on similar ideas and trust your gut. Only you know the thought behind each one. Don't throw any away.
3. Finally, name each group by summarizing the most important idea. Write them an actionable phrase in the present tense, e.g. *"Lead With Love"*

STEP 2: Identify Your Purpose (Your Motivation)

We are driven by different purposes in different areas of our life. Consider your purpose at home, at work, in your community (and anywhere else) to highlight what motivates you to be well.

STEP 3: Define Your Milestones, Obstacles & Strategies (Your Plan)

In each of the four areas of well-being – Purpose, Balance, Nutrition and Movement - begin with an honest assessment of where you are today, then set a clear goal for where you want to be one year from now. Attempt to summarize it in 1-2 sentences. After that, identify the obstacles you know today and strategies you can use to overcome those obstacles. Realize your obstacles and strategies may change frequently. This part of your plan will need the most frequent revision.

STEP 4: Build Your Team (Your Accountability)

You're more likely to succeed if you have support. Write down 1-2 people in each area that can hold you accountable. Who can you count on to be honest with you, and challenge you if needed? Be sure to let them know you need their support.

NAME:

DATE:

STEP 1: IDENTIFY YOUR VALUES (YOUR FOUNDATION)

Well-being goals come from what you value most. Follow the process below to define your personal core values.

ANSWER THE QUESTIONS: Write at least 20-25 words or phrases that answer: What's most important to you? What makes you unique?

Tip: Don't judge the words or ideas as they appear in your mind, just write whatever comes to you. It's okay to repeat words.
Tip: Try asking yourself, "What's not important to me?" or "What's not unique about me?"

GROUP YOUR ANSWERS: Put ALL your answers above into 5-7 groups.

Tip: If you can't decide which group an idea should go into -put it in a "parking lot" and return to it.
Tip: Don't overlook repeated words, keep them!

NAME YOUR GROUPS: Name each group above by summarizing the most important idea with an actionable phrase.

Working Ideas:

My personal core values are:

Tip: Make your values something you can do. Write them as actionable phrases in the present tense.
Tip: Avoid aspirational ideas – keep them real and "gutsy." Make them unique, using language that means something to you.

STEP 2: IDENTIFY YOUR PURPOSE (YOUR MOTIVATION)

You're driven to reach your goals by your purpose. What relationships drive you to be well in each area of your life?

Why be well AT HOME?	AT WORK?	IN YOUR COMMUNITY?	WHY ELSE should you be well?

STEP 3: DEFINE YOUR MILESTONES, OBSTACLES & STRATEGIES (YOUR PLAN)

There are 4 pillars of well-being. In each area, consider your path from where you are today to what must be true one year from now.

PURPOSE <i>How do I express gratitude, give back, learn and grow?</i>	BALANCE <i>How do I manage relationships, responsibilities and self-care?</i>	NUTRITION <i>How do I fuel my body with the right things?</i>	MOVEMENT <i>How do I stay in motion and maintain an active lifestyle?</i>
<i>Where am I today?</i>	<i>Where am I today?</i>	<i>Where am I today?</i>	<i>Where am I today?</i>
<i>(Milestones) What needs to be true one year from now?</i>	<i>(Milestones) What needs to be true one year from now?</i>	<i>(Milestones) What needs to be true one year from now?</i>	<i>(Milestones) What needs to be true one year from now?</i>
<i>(Obstacles) What's in my way? What habits must I change?</i>	<i>(Obstacles) What's in my way? What habits must I change?</i>	<i>(Obstacles) What's in my way? What habits must I change?</i>	<i>(Obstacles) What's in my way? What habits must I change?</i>
<i>(Strategies) What can I do?</i>	<i>(Strategies) What can I do?</i>	<i>(Strategies) What can I do?</i>	<i>(Strategies) What can I do?</i>

STEP 4: BUILD YOUR TEAM (YOUR ACCOUNTABILITY)

The likelihood of reaching your well-being goals increases with a strong network. Who can support you in each area?

PURPOSE	BALANCE	NUTRITION	MOVEMENT