**WELL-BEING REFLECTIONS AND PRIORITIES**

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| **Your well-being strengths:**   * Who or what is sustaining you and contributing to your well-being? * What can you do to ensure these factors continue to sustain you? | **Your well-being challenges:**   * What are the well-being detractors that are important for you to address? * What could you do to change these and what impact would making the change have on your well-being? |

**Typically, around 20% of people are ‘thriving’ and 30% of people are ‘striving’; 30% of people are ‘struggling’ and 20% are ‘languishing’.**

Are you in the ‘thriving and striving’ set surfing the wave, or the ‘struggling and languishing’ set being hit by the waves and under water? If you are in the latter set, what help will you seek?

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**Describe your priority:**

What wellbeing priority reflects the commitment that you are making to change to make a positive difference to your health, vitality, and wellbeing?

Capture your notes and insights on what is surfacing as your priority. At this stage strive for progress not perfection and a rough draft is all you need.

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**What does this mean to you?**

Capture your notes and ideas on areas for improvement, actions, targets and what this priority means to you and your future.

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**What has this exercise surfaced that might be relevant in:**

* The statement of intent for best self and best life?
* The Relationships or Work themes?

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