



Well-being Worksheet*

Use this worksheet to boost your well-being and take care of yourself in a way that feels good to you!! Boost your energy and well-being; boost your life!

Well-being of a person = what is ultimately good for the person, what is in the self-interest of the person and boosts their energy. Often involves multiple dimensions of energy: emotional, mental, physical and spiritual.

★ *Emotional Energy: increase your energy by spending quality time with friends; having an overnight date night without the kids, saying no to anything that's not a Hell Yes.*

★ *Mental Energy: increase your energy by only checking emails twice a day; reading books that have nothing to do with work; spending more time in quiet; creating long stretches of time for deep work.*

★ *Physical Energy: increase your energy by moving your body more; drinking less alcohol; getting more sleep; drinking more water.*

★ *Spiritual Energy: increase your energy by spending time in nature; doing what nurtures your spirit; meditating; saying 3 things you're grateful for when you wake up or go to sleep.*

*How do I **feel** when I am at my best and able to positively impact my capacity to thrive?*



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ENERGY BOOSTERS

List 2-3 things that **boost**
your energy

How can you do these a bit **more**?
(be specific)

ENERGY DRAINS

List 2-3 things that **drain**
your energy

How can you do these a bit **less**?
(be specific)



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When you acknowledge that taking care of yourself and your well-being helps you to show up as your best self and with the capacity to engage and experience life fully, you are more likely to commit to it!! Take a moment to get clear on your WHY! Write it down below and keep it somewhere to remind you to practice regularly things that boost your energy.

*My **WHY***

*I am making a commitment to take care of myself by practicing activities that boost my energy **BECAUSE:***

At times, you may sense some resistance to practice. Resistance is normal. When it comes up though, follow these steps:

Acknowledge the resistance

Meet yourself with compassion

Recommit to taking care of yourself