

Prioritising *your wellbeing* for better business outcomes

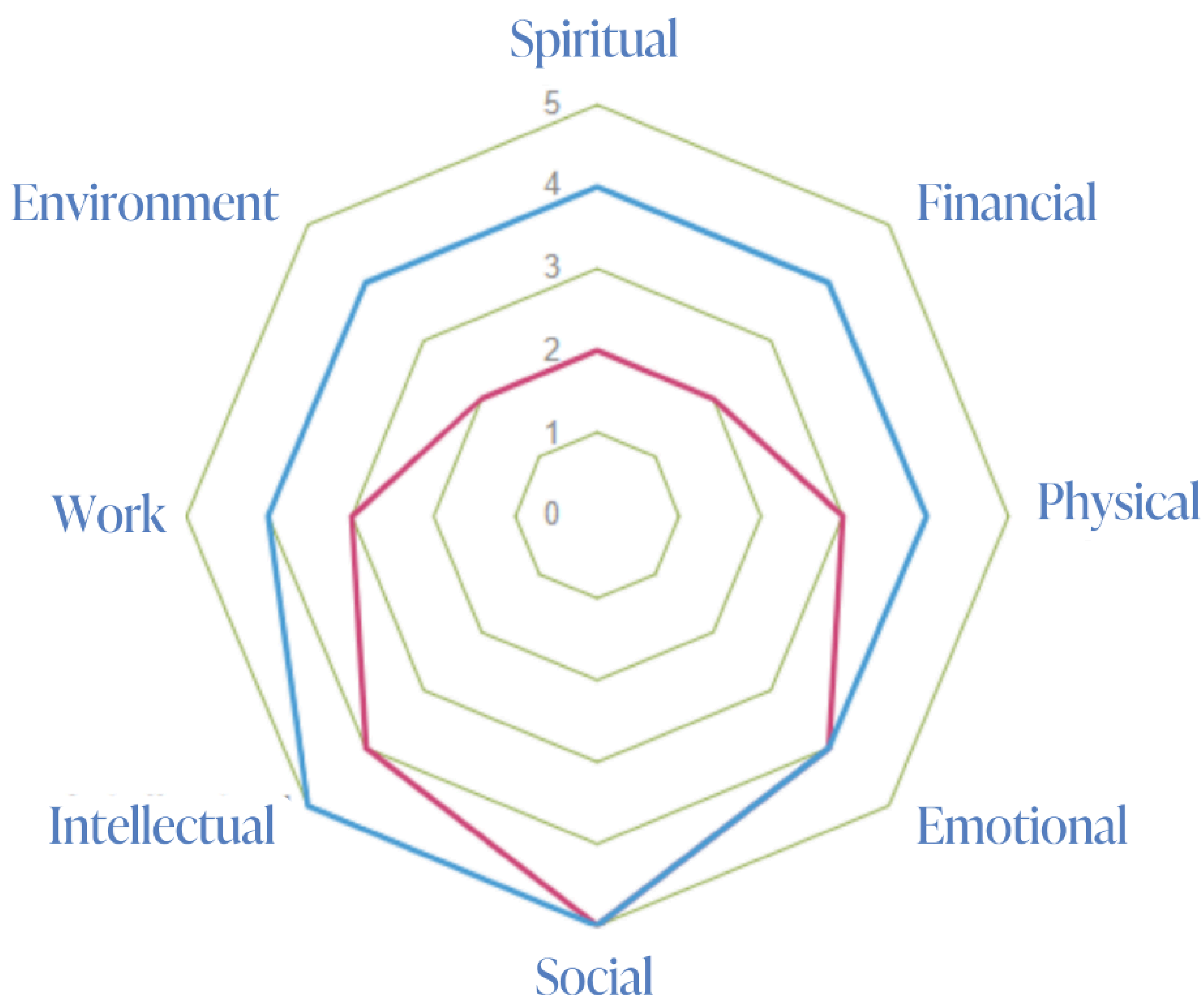
HANDBOOK

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Take a coloured pen or highlighter and draw a dot where you would score yourself currently. 5 being great, 0 being not great. It is important to be really honest here.

Connect the dots drawing a line between them.

What is out of balance? Are there any areas that are lacking?



*this wellness web has been created by Wellness Designs.

www.brieanathompson.com

Next to each of these wellness pillars, list some of the things that you are currently doing.

Spiritual:

Financial:

Physical:

Emotional:

Social:

Intellectual:

Work:

Environment:

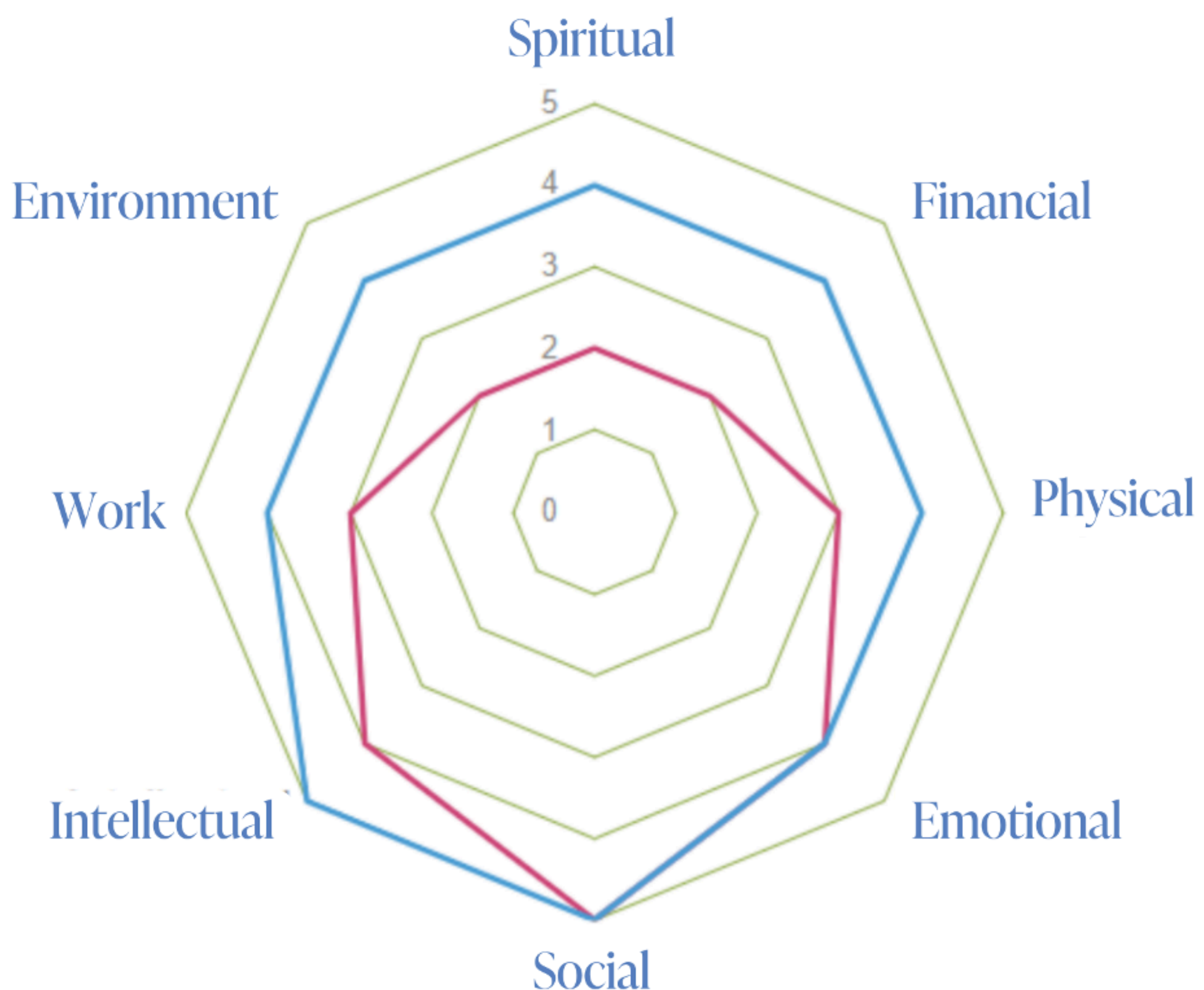
Out of all of the things you are doing, highlight where you get the best reward. What feels like an absolute non-negotiable for you?

Where could you be investing some more of your energy?

Next, take a different coloured pen and mark where you would like to be for each of the pillars.

What is it going to take for you to create more balance in your life?

Are you willing to do these things to enhance your overall wellbeing? Be curious of any resistance.



Take 1 of the practices that you feel would be beneficial to implement, and write down any resistance that comes up to putting it in place.

What could you do to work around this resistance?

An important phrase to remember:

What would *insert optimal state of wellbeing name* do in this situation?

If you don't make time for your wellness, you will be forced to make time for your illness