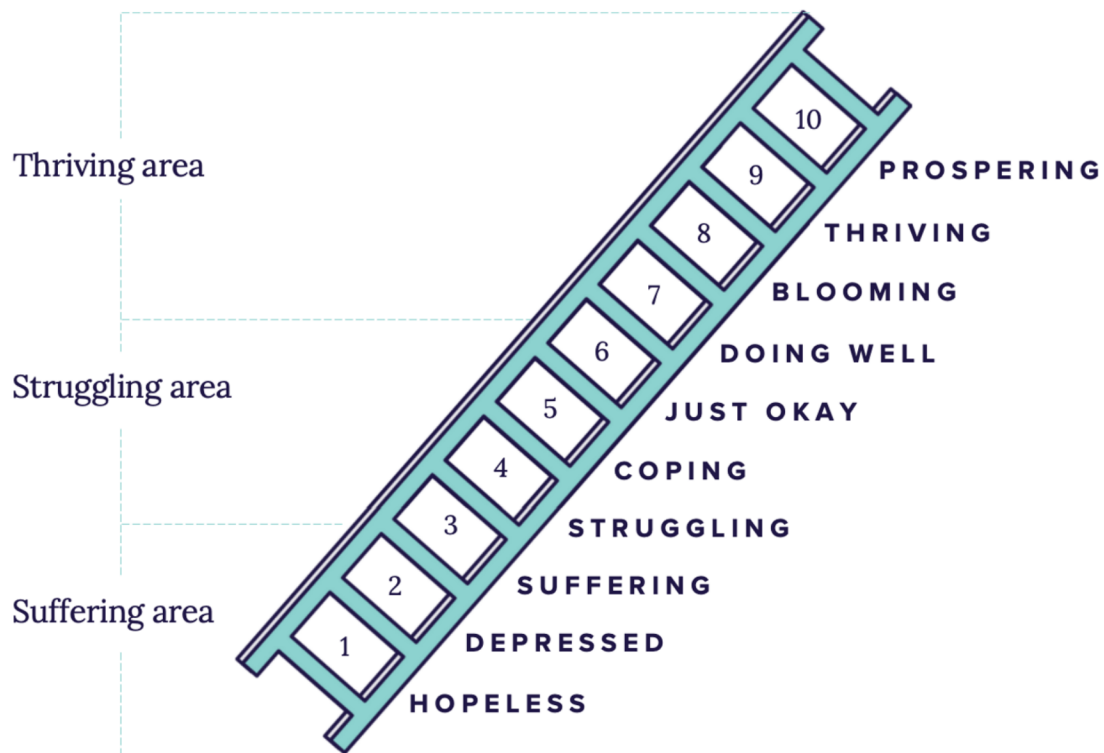


Well-being that Actually Works

WELCOME TO THE WORKSHOP!

Your Well-Being Ladder

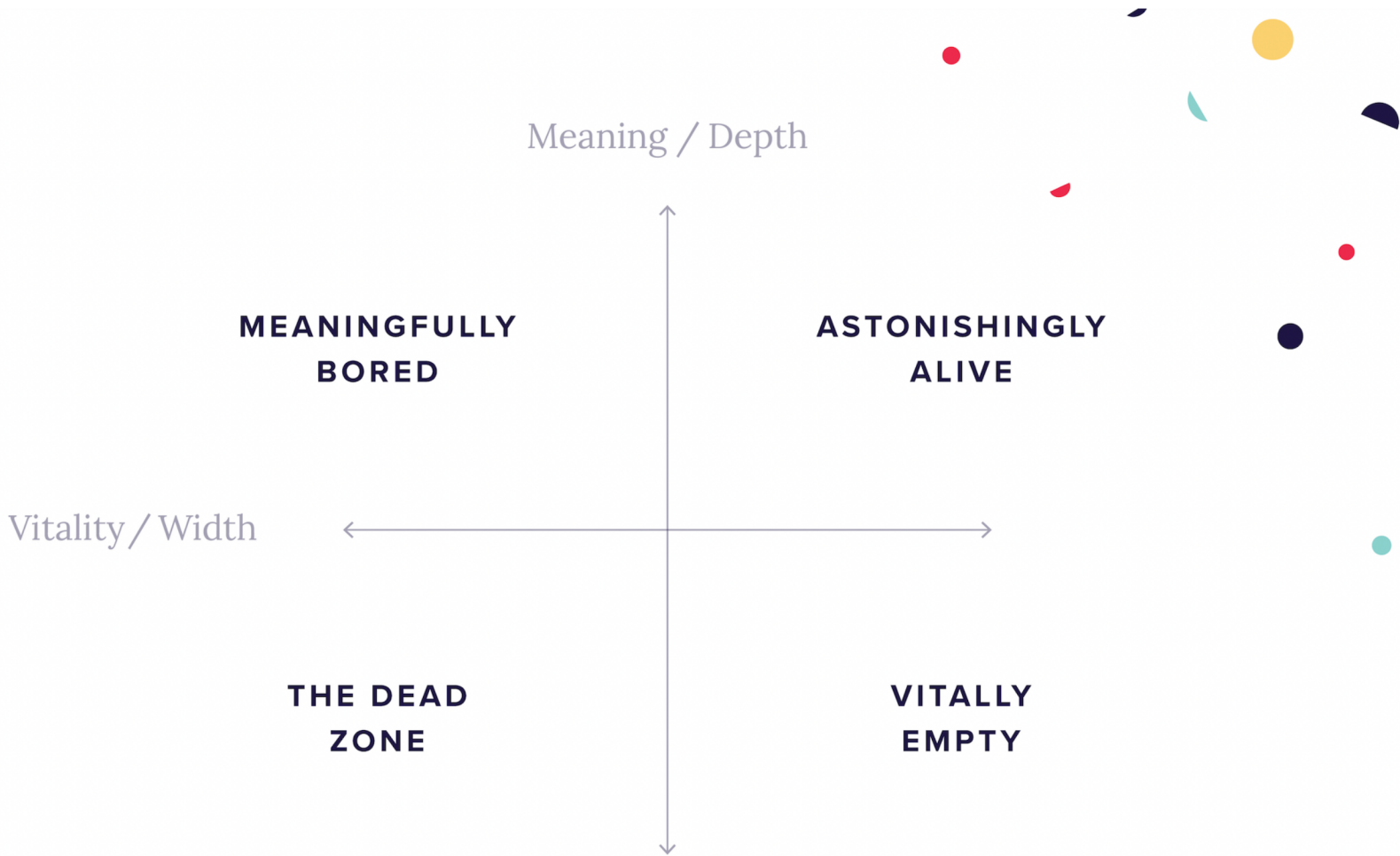


- On which step of the ladder would you say you're at today?

- On which step do you think you will stand about five years from now?

THE Astonishingly Alive

WELL-BEING MODEL



Plot where you are in your life today with a dot on the grid... and then plot where you want to be in six months with a star. How far are you from the star?

The Well-Being Smorgasbord

Inner Life

- POSITIVE EMOTIONS + SMILING
- ANTICIPATION
- GRATITUDE
- KINDNESS + GIVING
- KNOWING WHAT MAKES YOU HAPPY
- LIFE PURPOSE + MEANING
- MINDFULNESS + SAVORING
- SPIRITUALITY
- CONTROL
- CONFIDENCE

Productive Life

- FULFILLING WORK
- ACHIEVEMENT + SMALL WINS
- APPLYING SIGNATURE STRENGTHS
- ACHIEVING FLOW
- GROWTH + LEARNING
- FINANCIAL COMFORT
- PHYSICAL ENVIRONMENT
- ORGANIZATION (TIME + TASKS)

Social Life

- CONNECTION TO OTHERS
- SIGNIFICANT SOMEONE + INTIMACY
- BEING WITH HAPPY PEOPLE

Physical Life

- DAILY PHYSICAL MOVEMENT
- HEALTHY NUTRITION
- REPLENISHING SLEEP
- SELF-CARE + POSITIVE IMAGE
- OUTDOORS + SUNSHINE

What items in this list of well-being elements are going well for you?

What items in this list of well-being elements are areas worth focusing on?

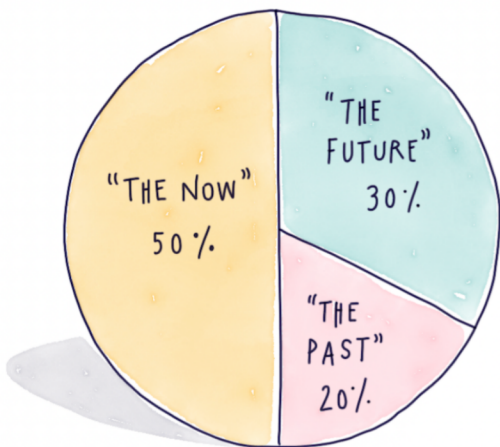


Savoring

How can you savor into the past?

How can you savor in the present?

How can you pre-savor into the future (anticipation)?



YOU AND YOUR

Happiness!

How do you know when you're happy?

Things you loved to do as a kid (hobbies, activities), etc.:

Activities you enjoy (walking, skeet shooting, browsing at bookstores, reading, FaceTime with friends, Wordle, daydreaming, martial arts, etc.):

Things you want to do/try (museums to visit, writing poetry, skydiving, meditation, etc.):

People you like to spend time with:

What Makes You Happy?

In each area of your life below, write down what makes you happy/what your favorite things are in each category. Check a "yes" or a "no" as to whether you have been enjoying them lately.

| | YES | NO |
|----------------------|--------------------------|--------------------------|
| Travel destinations: | <input type="checkbox"/> | <input type="checkbox"/> |
| Songs/Bands: | <input type="checkbox"/> | <input type="checkbox"/> |
| Movies: | <input type="checkbox"/> | <input type="checkbox"/> |
| Books: | <input type="checkbox"/> | <input type="checkbox"/> |
| Food: | <input type="checkbox"/> | <input type="checkbox"/> |
| Drinks: | <input type="checkbox"/> | <input type="checkbox"/> |
| Treats: | <input type="checkbox"/> | <input type="checkbox"/> |
| Places to be: | <input type="checkbox"/> | <input type="checkbox"/> |
| Times of day: | <input type="checkbox"/> | <input type="checkbox"/> |
| Flowers: | <input type="checkbox"/> | <input type="checkbox"/> |

What Else Makes You Happy?

| | YES | NO |
|---------------------------|--------------------------|--------------------------|
| Smells: | <input type="checkbox"/> | <input type="checkbox"/> |
| Sights: | <input type="checkbox"/> | <input type="checkbox"/> |
| Tastes: | <input type="checkbox"/> | <input type="checkbox"/> |
| Sounds: | <input type="checkbox"/> | <input type="checkbox"/> |
| Feelings: | <input type="checkbox"/> | <input type="checkbox"/> |
| Colors: | <input type="checkbox"/> | <input type="checkbox"/> |
| Ways to spend time alone: | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |

Small Wins

What milestones might exist on your way towards a larger goal?

How will you celebrate these milestones?



Your Strengths

What do you do best? (Read the list of typical strengths below for inspiration, if need be.)

| | | |
|--------------|-------------|-----------------|
| Accurate | Generous | Persuasive |
| Adventurous | Honest | Practical |
| Ambitious | Humorous | Respectful |
| Appreciative | Idealistic | Self-assured |
| Caring | Independent | Serious |
| Considerate | Inspiring | Spontaneous |
| Creative | Intelligent | Straightforward |
| Dedicated | Lively | Strategic |
| Determined | Logical | Tactful |
| Disciplined | Observant | Tolerant |
| Enthusiastic | Open | Trustworthy |
| Flexible | Optimistic | Versatile |
| Forceful | Orderly | Warm |
| Friendly | Patient | Other? |

1.

2.

3.

4.

5.

Character Strengths



Your character strengths are the qualities that come most naturally to you. Every individual possesses all 24 character strengths in different degrees, giving each person a unique character strength profile. When you know your strengths, you can improve your life and thrive. Research reveals that people who use their strengths a lot are 18x more likely to be flourishing than those who do not use their strengths.

1. Visit <https://www.viacharacter.org> to complete a free online survey about your character strengths. (You don't have to purchase the report to get your top 5 strengths.)

2. Record your top 5 character strengths below:

1.

2.

3.

4.

5.

Positive People

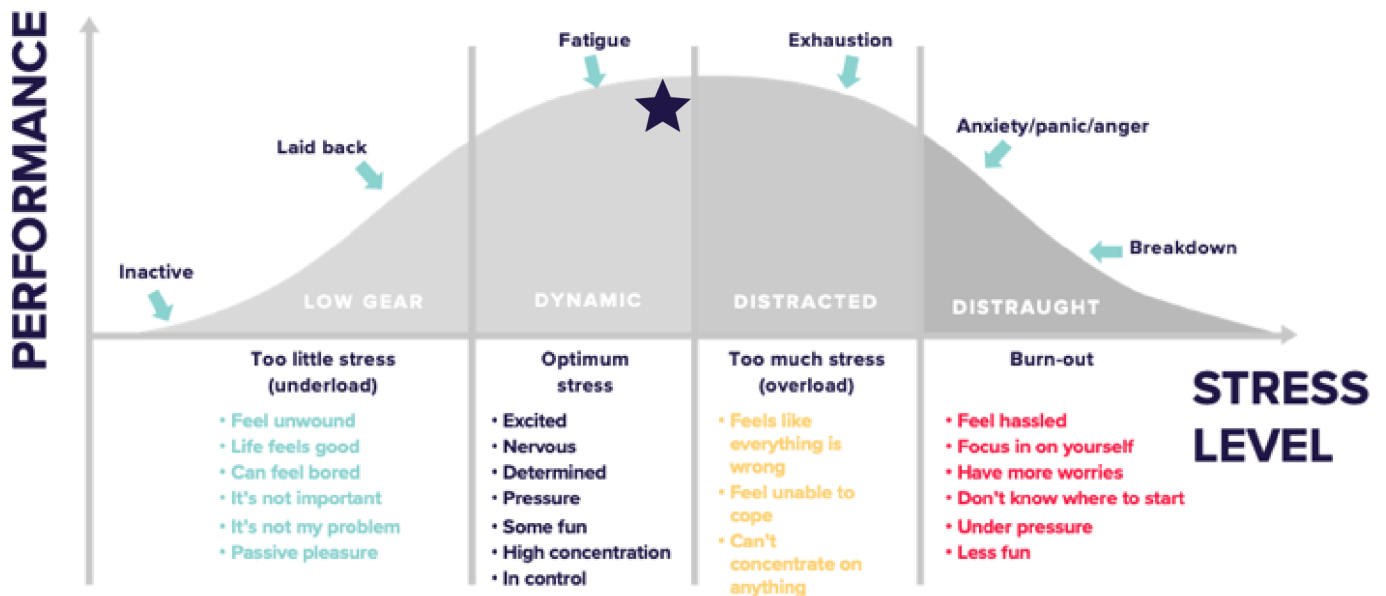


List the people in your life who infuse you with a "positive health of spirit" (vitality)/ energy/ positivity/ hope/ laughter ... anything you enjoy. Then indicate with a Yes or No if you are spending as much time with them as you'd like.

| | YES | NO |
|----------------------------|--------------------------|--------------------------|
| Name: <input type="text"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Name: <input type="text"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Name: <input type="text"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Name: <input type="text"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Name: <input type="text"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Name: <input type="text"/> | <input type="checkbox"/> | <input type="checkbox"/> |

What, if anything, do you want to do about the positive people you aren't seeing enough of? List one or two action steps here ...

Your Performance Curve



Where are you on this curve as of today?

How do you know when you're edging towards Low Gear or the Distraught zone?

What can you do to pull yourself back to the Dynamic part of the curve? List 3 ideas:

How Do You Want It to Be?

Change:

Stay the Same:

More:

Less:

Detonate:



Next Steps

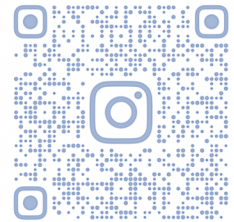
What is one small step you plan to take by the end of the month to like your life just a little bit more (or a lot more, for that matter)?



LinkedIn



Monday
Morning
Love Letter



Instagram

jodi@fourthousandmondays.com