

# Your Wellbeing Blueprint



**Dialing Up Positivity**

**Measure Your Positivity**  
Take the free survey at [positivityratio.com](http://positivityratio.com) to discover what creates positivity for you.

**Dialing Down Negativity**

**Healthy Distractions**  
Create a list of healthy distractions you can reach for to short-circuit negativity.

**Being Comfortably Uncomfortable**

**Name Your Emotion**  
When you feel uncomfortable name the emotions you're feeling and breathe slowly.

**Short-Circuiting Stress**

**Decode Stress**  
What is at stake that matters to you? Leverage this motivation to take action.

**Savoring The Good**

**What Went Well**  
On your way home reflect on what went well today and what made this possible.



**Discover Your Strengths**

**Name Your Strengths**  
Take the free survey at [viacharacter.org](http://viacharacter.org) to discover your strengths.

**Creating Moments of Flow**

**Meet Your Best Self**  
Write about what might be possible if you were using your strengths each day at work.

**Developing Your Strengths**

**New Strength Uses**  
Each day pick one task on your to-do list to use a strength in a new way.

**Being Mindful**

**Look For Novelty**  
As you move through your day try to actively notice new things and let go of your beliefs.

**Staying Playful**

**Be Playful**  
Every day, find a way to play knowing that it is a pathway way to learning and growth.



**Being Compassionate**

**Listen Empathetically**  
Try to be aware, non-judgemental and curious when people are sharing stories.

**Investing In Trust**

**Give Away Control**  
Every day try to delegate one thing to others to convey your trust in them.

**Giving Effectively**

**Do A 5 Minute Favor**  
Each day take 5 minutes to help someone in your network.

**Letting Go And Forgiving**

**Build Forgiveness**  
Refrain from talking negatively about people who have hurt you.

**Navigating Incivility**

**Value Civility**  
Take the civility quiz at [christineporath.com](http://christineporath.com) and see how well you're doing.



**Investing In Belonging**

**See Others**  
Look people in the eye, smile and genuinely say hello when you walk past them.

**Creating Purpose**

**Adopt A Service Mindset**  
What's one thing you could do today to make a positive difference for others?

**Practicing Story-Telling**

**Uncover Your Story**  
Each day take 5 minutes to journal about what's happened and why it matters to you.

**Allowing Transcendence**

**Be Awed By Nature**  
Find ways to be regularly awed by nature and use all your senses to absorb its wonder.

**Making Passion Harmonious**

**Alternative Passions**  
What would you like to pursue purely for the joy of the activity? Make this happen.



**Practicing A Growth Mindset**

**Reflect On Learning**  
At the end of each day ask what did I learn today? What did I try hard at?

**Setting Goals That Work**

**Invest In Small Wins**  
If there was one small step you could take towards your goal today what would it be?

**Developing Grit**

**Accept "Not Yet"**  
When you fail remind yourself that you're just "not there yet" and it needs more practice.

**Being Self-Compassionate**

**Create A Mantra**  
What would a wise and kind coach say to you in the moments you fall short?

**Improving Your Resilience**

**Ban "Always"**  
The words "always" and "never" are signs that your stories have gotten stuck.



**Sleeping Well**

**Create Bedtime Routines**  
Give yourself 30 – 45 minutes to wind down before bed each night with a regular routine.

**Eating Wisely**

**Eat Lunch**  
At lunchtime get up and move away from your desk and take 10 minutes to eat.

**Moving Regularly**

**Get Up Regularly**  
Every 60 – 90 minutes try to get up and move for at least two minutes.

**Mindfully Restore**

**Mindful Breaks**  
When your energy wanes, take a few minutes to stretch, breathe and restore yourself.

**WELLBEING BOOK AND CARDS ALSO AVAILABLE.**