



Well-Being Inventory

Step 1: Under each category, list simple actions you could take on any given day that would serve your well-being at this time.

Physical Well-Being

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Emotional/Mental Well-Being

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Social Well-Being

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Creative Well-Being

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•	•

Spiritual Well-Being

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Step 2: Use ideas from the list above to create a weekly Well-Being Checklist (next page). Select the actions that most inspire you and add them to Week 1 on your Well-Being checklist. Each day, check off any actions you take toward your well-being. Use the Checklist as a friendly reminder of what serves your aliveness, *not* as a scorecard for perfection.

