

# GETTING ALIGNED WITH WELLBEING

Taking responsibility for your wellbeing is foundational to conscious leadership. Use this worksheet to do a self-care inventory and to identify new habits or practices you can integrate to boost your wellbeing.

## 100% Responsibility (Commitment #1 of 15)

I commit to taking full responsibility for the circumstances of my life, and *my physical, emotional, mental and spiritual wellbeing*. I commit to support others to take full responsibility for their lives.

### On a scale of 1-10, how would you rate your wellbeing in these 4 areas?

Physical \_\_\_\_\_ Emotional \_\_\_\_\_ Mental \_\_\_\_\_ Spiritual \_\_\_\_\_

### How do you support your wellbeing in each of these areas?

*If there aren't three per area, you can leave blanks.*

Physical	Emotional	Mental	Spiritual
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____

*Take a moment to appreciate yourself for how you support yourself.*

### How do you ignore or get in the way your wellbeing in each of these areas?

*If there aren't three per area, you can leave blanks.*

Physical	Emotional	Mental	Spiritual
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____

*Take a moment to pause and notice the cost of the above gaps in supporting your wellbeing.*

### What are three practices or habits you're willing integrate to address the gaps above?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

*Put these three items on your calendar or sticky notes, or whatever system you use that will remind you to stay with them. Add a reminder for six weeks out to to complete the worksheet again. Repeat until your wellbeing is where you want it to be.*