



Quality of Life: Your general sense of wellbeing and life satisfaction, including your physical, mental, and emotional comfort, and your ability to engage with and enjoy **what matters to you most**.

Social & Family Connections: Your **relationships**, including communities, individuals, animals.

Diet: Your overall **nutrition**, including foods and beverages consumed and patterns of eating.

Physical Activity: Your daily **movement**, including all physical activities, aerobic exercise, strength, and flexibility training.

Stress Management: Your ability to **manage stress** from daily life, including personal and professional responsibilities, caregiving, financial wellbeing, digital health, and more.

Sleep: The quality and quantity of your daily **sleep and rest**, including restorative activities.

Meaning & Purpose: Pursuits and activities that provide **meaning and purpose** in your life, which may include spirituality, time in nature, intellectual or professional activities, hobbies, creative endeavors, sense of identity, and more depending on your personal values.

Environment: The impact you feel from the **natural and built spaces** in which you live, work, and play, including impacts from organization, safety, and sensory experiences.

Reflections and Goal Setting



Name: _____

Date: _____

Notes: _____

Quality of Life: _____

Social & Family Connections: _____

Diet: _____

Physical Activity: _____

Stress Management: _____

Sleep: _____

Meaning & Purpose: _____

Environment: _____

