

# A personal wellbeing blueprint

## WHAT

Focus on what's good.

Learn which character strengths you possess.

Share, Collaborate, Support

Exploring new perspective and possibilities

Set a reasonable goals

## PILLAR OF WELLBEING

Positive emotions



Engagement



Relationships



Meaning



Accomplishment



## HOW

- Set up a "what went well" or "good vibes" board in your office common area
- Practice active gratitude keep a diary or productivity app to note down your daily blessings.
- Practice the habit of savouring positive events

- Identify the strengths of each team member via a survey
- Display your team's strengths proudly with a form of decor in the staff room
- Encourage team goal setting based on your team member's passions, values and interests

- Cultivate the habit of paying it forward, or random acts of kindness within your team
- Send thank you cards or other forms of gratitude
- Encourage feedback sharing sessions

- Explore your job description and redefine your true purpose in the organisation
- Decorate your desk with pictures that symbolise your values and what is important to you
- Practice bite-sized moments of mindfulness to keep yourself centred on your personal goals

- Instill a culture where every achievement is celebrated
- Encourage SMART goal setting (specific, measurable, authentic, relevant, set time)