



WELLBEING CHECK-IN

STEP 1: Measure

How is your wellbeing right now in this moment?

For each domain, rate your current wellbeing from 1-5, struggling to thriving.

(1 is struggling, 5 is thriving)

Career	Social	Financial	Physical	Community

STEP 2: Reflect

Reflect on your wellbeing measurements and jot down some notes.

Use the prompts below.

- Which domain is the lowest? What variables are impacting your wellbeing here?
- Which is the highest? What about this domain is working well?
- Where is your career wellbeing?
- What would it take for each domain to be a 5?
- What Strengths do you have to support your wellbeing in each domain?



WELLBEING CHECK-IN

NOTES FOR MANAGERS

STEP 1: Measure

Have each team member follow the prompts to rate their wellbeing in the 5 key areas on a scale of 1-5. (1 is struggling, 5 is thriving) This activity should be done on their own.

Use the provided Wellbeing Check-in handout.

STEP 2: Reflect

In a 1:1 with each team member, ask them to reflect with you on their wellbeing measurements. Use the prompts below. These are also provided on their handout so they can prepare ahead of time.

- Which domain is the lowest? What variables are impacting your wellbeing here?
- Which is the highest? What about this domain is working well?
- Where is your career wellbeing?
- What would it take for each domain to be a 5?
- What Strengths do you have to support your wellbeing in each domain?