

When it comes to caring for your wellbeing today



1

What went well?

Start here to build your wellbeing confidence. Just asking this question is a sign you're on the right track.

2

Where did I struggle?

Remember, there is no shame in struggle. Struggles are resilience building opportunities for learning and growth.

3

What did I learn?

Your wellbeing is meant to ebb and flow. Your goal is to keep learning how to intelligently care for your wellbeing.

4

What will I try tomorrow?

Immediately apply what you've learned. Choose the one tiny wellbeing nudge you most want to try tomorrow.