

Finding Meaning in Your Wellness

PURPOSE (wellness goals, defining meaning in your wellness, self-awareness, growth goals, etc.)	FULFILLMENT (foster, happiness, hobbies, interest)
SKILLFUL CHOICES (healthy habits, positive engagement, self-care, boundaries, balance)	CONNECTION (mentorship, employee resource groups, committees, non-work connections etc.)

Instructions: Considering your worksite wellness program offerings and other wellness opportunities in your life, identify wellness activities that you will commit to in each area. Write these down on the corresponding section. Some activities may apply to more than one category.