🌱 Personal Wellbeing Reflection Template

## 1. 💡 Core Values

What truly matters to you? What principles guide your decisions?

|  |  |  |  |
| --- | --- | --- | --- |
| Value | Why it matters to me | How well am I living it? (1–10) | Actions to align better |

## 2. 😊 Happiness & Fulfilment

What brings you joy? Where do you feel most content or alive?

## 3. 🧭 Defining “Enough”

What does 'enough' look like in different areas of your life?

|  |  |  |  |
| --- | --- | --- | --- |
| Area | What does "enough" mean to me? | Am I close to it now? | What would need to change? |

## 4. 💼 Work & Purpose

How does your work contribute to your sense of purpose and wellbeing?

📌 Three things I’d like to change or improve:

## 5. 🧘 Health & Energy

Physical and mental health are key to long-term wellbeing.

|  |  |  |  |
| --- | --- | --- | --- |
| Area | How do I feel now? | Habits that help | Habits to change |

## 6. 💷 Money & Security

## 7. 🌤️ Rest, Relaxation & Play

📆 What I could do just for joy:

## 8. 🧭 Life Alignment Summary

Use this table to quickly assess where you are and where you’d like to be:

|  |  |  |  |
| --- | --- | --- | --- |
| Area | Current Satisfaction (1–10) | Ideal State | Action to Move Forward |