



CALIBRATION ACTIVITY

Annual Aspirational Calibration Activity



Just as it is a good idea to get cars tuned up every so often to check oil, spark plugs, lights, etc. this is the checklist we have compiled to see how you are doing from a broad well-being perspective.

This is a thorough list, so please do not be hard on yourself if there are several aspects that would benefit from improvement. It allows you to get a snapshot, to digest it and see what you believe is more important to celebrate and focus on for the next year.

Annual Aspirational Calibration Activity: *Please print out this page and the next two*

Name: _____

Under each area of focus determine a 1-5 score for each healthy behavior"; 1 = low - not doing well here, 5 - high - succeeding.
your scores from each page to get your total score.

Obviously, if we did all of these things, we would have little time to do anything else. These are ideas for aspirational considerations.



Nourish

- I eat mostly whole-foods, a variety of vegetables, fruits, beans and nuts and other protein and good fat foods when I can afford it.
- I eat regularly, try to include a protein and fiber at each meal to help me stabilize my energy and appetite levels throughout the day.
- I try to limit my intake of refined carbohydrates, alcohol and processed foods. I get the best quality that I can afford.
- I am learning to make peace with food and enjoy the pleasures of eating.

Total for nourish: _____/20

Move

- I aim to move around/work my body at least several minutes per hour focusing on different body areas.
- I get at least 180 minutes of physical activity per week, goal of about 30 minutes/day.
- I do a full body stretch for at least 15 minutes a day, either mornings, evenings or throughout the day.
- I do a couple cardio workouts and a couple strength workouts per week, changing it up so it is still fun.

Total for move: _____/20

Center

- I take time each morning to set intentions and self-reflect/take breaks.
- I practice mindfulness, journal or do something to recharge for 10-30 minutes a day.
- I have stress management tools that help, including say no to some things and yes to nature.
- When I get overwhelmed, I have someone to talk with and can express my feelings.

Total for center: _____/20

Rest

- I usually disconnect from screens at least a half hour before bed.
- I get between seven to nine hours of sleep at least five nights a week.
- I stop drinking caffeine eight hours before bedtime.
- I tend to sleep through the night without interruption.

Total for rest: _____/20



Invest

- I have a budget that I review at least once a month.
- I am content with my monthly income or am working towards a plan to make what I need/want.
- I have adequate life and health insurance.
- I live within my means & owe less than about 20% of annual income (not including real estate/investment debt).

Total for invest: _____/20

Cultivate

- I have a handful of friends/family that I can count on and they can count on me.
- I have a relationship with my family members that I am at peace with or am getting support to become at peace.
- I help the next generation by sharing my skills and time with them (parenting counts).
- I have someone that balances me out, encourages me to be the best version of myself.

Total for cultivate: _____/20

Lead

- I keep an ongoing prioritized to do list.
- I have a mentor in my field/life.
- I can visualize my realistic career path in the next three to five years.
- I mostly enjoy my work and feel that I am doing my part in the community.

Total for lead: _____/20

Connect

- I feel connected to my community by volunteering/donating to serve others.
- I do my best to balance giving to others and receiving from others.
- I seek new perspectives from spiritual leaders in person, via books, podcasts, etc.
- I can name and aim to live my personal values.

Total for connect: _____/20



Prepare

- I have a bucket list and a plan to make some happen soon, including trying new things.
- Those that I love are aware of my love for them via my actions and letters.
- If a tragedy were to strike me tomorrow, my life is in order for my family.
- I remember to get preventive medical/dental exams & call in sick when not feeling well.

Total for prepare: _____/20

Diversity, Equity and Inclusion (DEI)

- I practice cultural humility and realize some cultures have had more power than others.
- I listen to BIPOC and LGBTQ+ podcasts/speakers with a receptive, growth mindset.
- Sometimes I trip and make mistakes but I vow to apologize and do better.
- I seek out ways to increase my knowledge and awareness of other people's life experiences.

Total for DEI: _____/20

Enjoy

- I am staying aware of actions to take based on my age so I know how to navigate that aspect of my life.
- I have a healthy relationship or avoid alcohol, tobacco and recreational drugs.
- I feel comfortable in my own skin, am content with my sexuality and relationship(s).
- I often find new ways to experience joy and put my phone away a bit each day.

Total for enjoy: _____/20

Create

- I have art supplies at my home and explore with them an hour or more each week.
- I have the ability to come up with a few solutions when I come up against obstacles.
- I am as or more curious than those in my sphere of influence.
- I have hobbies I'm proud of and am rarely bored.

Total for create: _____/20



Calibration Activity:

That was a lot to review. Those are things you to aspire to, so remember to be kind to yourself. What surprised you during this activity?

Now, on a piece of paper that will fit into your wallet or go into your notes section on your phone, please jot down:

- Two to four areas where you are doing well (celebrate)
- Three specific areas that you want to improve and truly intend to put your time and energy into.

Team Meeting Check In Questions



This week, we did our thorough personal calibration activity.

What did you think about the concept of well-being before this and after this?

What resonated from this and what did you learn that you want to share verbally or in the chat?

Any feedback or changes you would make for the questions you were asked? If so, please email mandy@wellbalancedcenter.com

Extra credit 'dare to share': When is the last time you put all technology aside and sat still or went on a solo walk to listen to what your brain wanted to tell you? When could you make it a weekly session on your commute, evening walk...your personal tech-free time? Bravo if you already do this.

Management Tip



Made by FREE-VECTORS.NET

These tips are meant to provide a bit of insight and new tool to use at work, and perhaps at home, too: From Coach Kate: Often, when a client is telling me about a team success, and that success depended on a team member doing something well, I'll ask them some version of this question: "Did you tell them they did a good job?" usually the answer is: "well, no, but that's a good idea."

As a leader, you want to cultivate awareness, noticing AND acknowledging good work often.

Many of us have a hard time giving effective positive feedback - perhaps we are accustomed to focusing on problems/area of improvement.. Try starting small, don't worry if your feedback is delayed.

Acknowledging good work inspires ownership, authenticity, quality, and commitment. Try it this week, let us know how it goes.

Who can you give positive feedback to this week?