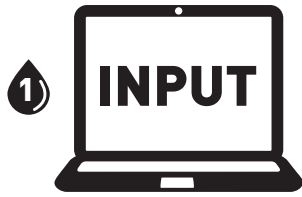


“A Confused Mind Does Nothing.”



1

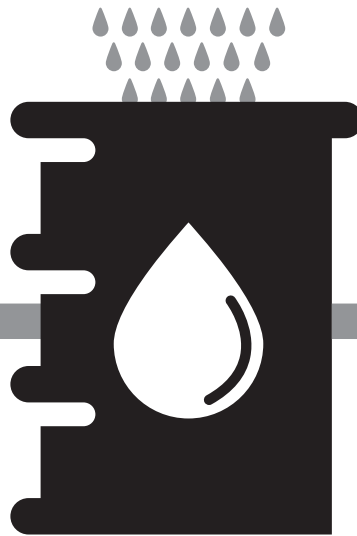
Enter all thoughts, ideas, feelings, moods without any filter, into your rain barrel.

2

Arrange all “input” into one of the six different Wellbeing segments listed below. Create one continuous document for each segment. Input should be set in paragraphs with a date and header for each individual segment of input.

3

List chosen success segment area of focus here.



4

Turn tap on and fill segment by reviewing input for that segment only.

WELLBEING SUCCESS SEGMENTS



5

Write a brief, desired outcome from the action you are taking on this segment.

6

Chose a combination of 5 of your Signature and Supporting Strengths to use to develop desired outcome.

7

List why this arrangement of Strengths will help you achieve developed outcome and how they connect.

