

| Topic | Total Count | Subtopic 1 | Count | Subtopic 2 | Count | Subtopic 3 | Count |
|--|-------------|---|-------|--|-------|--|-------|
| Social Well-being having strong, positive relationships and love in your life | 56 | Personal Accountability | 15 | Sense of Belonging | 11 | Valuing diverse people and cultures | 30 |
| Career and Purpose Well-being - liking what you do everyday. | 48 | Utilizing your core strengths | 16 | Making a positive difference | 20 | Advocating for self and others | 12 |
| Community well-being enjoying where you live | 43 | Feeling safe and secure | 11 | Community pride and engagement | 13 | Welcome others | 19 |
| Knowing Myself | 42 | Emotional Intelligence | 27 | Personality and Interpersonal Preferences | 13 | Developing a Personal Brand | 2 |
| Physical well-being having good health and enough energy to get things done every day. | 40 | Mental Fitness | 18 | Physical Fitness | 10 | Healthy Eating | 12 |
| Financial Well-being meeting basic needs and managing your economic life | 39 | Income vs Expenses | 10 | Budgeting Best Practices | 20 | Saving and Investing Essentials | 9 |
| Goal Identification | 36 | Identify Barriers that hold me back from career and purpose success | 13 | Identify my most compelling dreams for my future | 3 | Identify who or what training / coaching will help me achieve career / purpose well-being. | 20 |
| Career Development | 28 | Resume and Interview Tips | 5 | Performance Management | 4 | Working well with your boss, co-workers and customers | 19 |
| Planning for the Future | 23 | Dream Management Action Planning | 10 | Retirement Planning Basics | 8 | Leaving a Legacy | 5 |