



# The Garden Check: Weekly Wellbeing Scorecard

*Spot what's thriving and what needs tending in your wellbeing.*

*Like a garden, your wellbeing flourishes when you notice and  
nurture it regularly.*

# Quick Start Guide

## How to Use the Weekly Wellbeing Scorecard Playbook

### (3 Steps in 7 Minutes)

Wellbeing is multi-dimensional. Positive psychology, the science of human flourishing, offers a simple yet powerful framework for wellbeing: PERMAH. Each letter represents a vital dimension. P is Positive Emotion—the joy and gratitude that lift us. E is Engagement—being absorbed in meaningful activity. R is Relationships—the connections that give us belonging. M is Meaning—knowing our lives and work matter. A is Accomplishment—progress and mastery. And H, the root that sustains it all, is Health—sleep, movement, rest, and nourishment.

When we tend to each of these areas, we create balance. You might be excelling at work (Accomplishment) but feel disconnected from others (Relationships). Or you might be physically healthy (Health) but lack joy (Positive Emotion). The beauty of PERMAH is that it invites us to notice what's thriving and what needs more care—like a garden that requires attention to every root and leaf. By cultivating each dimension, we strengthen not just our performance, but our sense of fulfillment, resilience, and hope.

1. **Set aside** 5 minutes.
2. **Answer each question** on a scale of 1–5 (1 = depleted, 5 = thriving).
3. **Add** up your total and reflect.
4. **View tips** for areas scoring below 3.
5. **Circle one area** to tend this week.

# The Weekly Wellbeing Scorecard

Wellbeing Areas	Week 1	Week 2	Week 3	Week 4
<b>Positive Emotion:</b> Did I experience joy or gratitude?				
<b>Engagement:</b> Was I absorbed in meaningful work?				
<b>Relationships:</b> Did I feel connected to others?				
<b>Meaning:</b> Did I feel my work mattered?				
<b>Accomplishment:</b> Did I make progress?				
<b>Health:</b> Did I sleep, move, nourish, and recover well?				

**Your Results**

*If you circled an area <3, view the tips on the next page*

☁️ 1-2 = Needs care

☀️ 3 = Stable

☀️ 4-5 = Thriving

# Tips for Areas Scoring <3



## **Positive Emotion (Joy/ Gratitude)**

Try a “micro-moment of joy” practice: pause once today to name something delightful, no matter how small (sunlight, a smile, a song). Let it linger for 20 seconds.



## **Engagement (Meaningful Absorption)**

Identify one task this week where you can fully “single-task.” Turn off notifications, set a 25-minute timer, and let yourself get absorbed without interruption.



## **Relationships (Connection)**

Send one genuine check-in message to a friend, colleague, or family member today. Even a 2-minute voice note can rekindle connection.



## **Meaning (Purpose)**

Reconnect your daily tasks to the bigger picture. Ask: “How does what I’m doing today serve someone else or my deeper values?” Write it down before you start your day.



## **Accomplishment (Progress)**

Break one big goal into a “10-minute win.” Choose a task you can complete in 10 minutes to create momentum and reclaim a sense of progress.



## **Health (Sleep, Movement, Nourishment)**

Pick one “root routine” this week—like a consistent bedtime, a 10-minute walk after lunch, or adding one extra cup of water. Small shifts compound.

# Reflection & Growth

What surprised me about my scores?

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What patterns do I notice across weeks?

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Which one wellbeing area will I focus on next week?

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My “one small step” to tend that area:

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# Next Steps - From Awareness to Alignment

Great work—you just named where your wellbeing needs attention. One check-in is powerful. But lasting change comes when you make reflection a weekly rhythm and create space for your team to do the same.

**Seasons of Flourishing** can help you create that space. It's a wellbeing program that supports you and your team in:

- Building a holistic wellbeing plan across all dimensions of life
- Learning how to nurture low areas without losing sight of what's strong
- Creating sustainable growth, just like a thriving garden

Ready to move from imbalance to alignment?

Learn more about our **Seasons of Flourishing** wellbeing program on the next page.



# SEASONS OF FLOURISHING

## A Wellbeing Program for Leaders

Like tending a garden, wellbeing requires intention, care, and rhythm.  
These workshops invite you to nourish yourself emotionally, mentally, and physically.



### 7 90-min. Live Teaching Sessions

Interactive sessions grounded in positive psychology



### Private Online Community

A confidential space to connect, share, and be supported throughout the journey



### 6 1-hr Group Coaching Sessions

A space for integration, insight, and peer reflection



### Monthly Office Hours

Drop in for encouragement or deeper conversation



### Personalized Wellbeing Blueprint

A guided tool you'll create to map unique rhythms and habits for renewal



### 1:1 Coaching Session (within 90 days post-program)

A follow-up opportunity to anchor and sustain your growth



### Downloadable Workbook + Tools

Reflection prompts, micro-practices, templates, guides



### Quarterly Alumni Circles

Live community gatherings to reconnect, reflect, and stay rooted beyond the program



### Certificate of Completion

For personal recognition and accomplishment

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