



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
Positive Emotion: Did I experience joy or gratitude?				
Engagement: Was I absorbed in meaningful work?				
Relationships: Did I feel connected to others?				
Meaning : Did I feel my work mattered?				
Accomplishment: Did I make progress?				
Health : 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.



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.



Engagement (Meaningful Absorption)

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



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.



Relationships (Connection)

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



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?
What patterns do I notice across weeks?
Which one wellbeing area will I focus on next week?
My "one small step" to tend that area:



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.

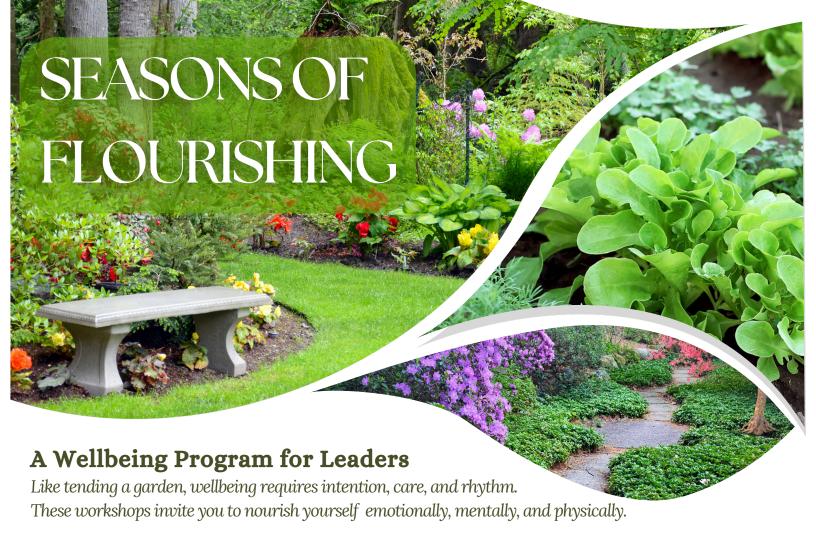
Seasons of Flourishing can help you create that space . It's a wellbeing program that supports you and your team in:

- 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.





- 7 90-min. Live Teaching Sessions
 Interactive sessions grounded in positive psychology
- 6 1-hr Group Coaching Sessions
 A space for integration, insight, and peer reflection
- Personalized Wellbeing Blueprint

 A guided tool you'll create to map
 unique rhythms and habits for renewal
- Downloadable Workbook + Tools

 Reflection prompts, micro-practices, templates, guides
- For personal recognition and accomplishment

- Private Online Community

 A confidential space to connect, share, and be supported throughout the journey
- Monthly Office Hours

 Drop in for encouragement or deeper conversation
- 1:1 Coaching Session (within 90 days post-program)

 A follow-up opportunity to anchor and sustain your growth
- Quarterly Alumni Circles
 Live community gatherings to reconnect, reflect, and stay rooted beyond the program

Visit jonlieu.com/ wellbeing

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