



## 5 Pillars of Wellbeing: Quick Reference Guide

**The 5 pillars of wellbeing provide a comprehensive framework for balanced health.** Each pillar represents an essential dimension of human wellness. When all five pillars are strong, you experience resilience, life satisfaction, and sustainable wellbeing.

**How to use this framework:**

- ✓ Assess all five pillars monthly using the rating tool
- ✓ Choose 1-2 activities per pillar to implement daily
- ✓ Track consistency rather than perfection
- ✓ Adjust strategies based on what works for your life
- ✓ Remember: all pillars are interconnected and support each other

**🏠 Pillar 1: Physical Wellbeing**

**What it includes:** Movement, nutrition, sleep, preventive healthcare, body care

**Why it matters:** Foundation for energy, disease prevention, longevity (150+ min weekly movement reduces disease risk 31%)

**Quick daily activities:**

- 10-minute morning walk or stretching
- Drink 64+ oz water throughout day
- Add vegetables to one meal
- 7-9 hours sleep with consistent bedtime
- 2-minute movement breaks every hour

**🧠 Pillar 2: Mental Wellbeing**

**What it includes:** Stress management, emotional regulation, cognitive health, purpose

**Why it matters:** Affects all life areas, relationships, work performance (daily mindfulness reduces anxiety 32%)

**Quick daily activities:**

- 5-minute meditation or breathing exercise
- Journal 3 things you handled well
- Take 5-minute breaks between tasks
- Learn something new for 10 minutes
- Practice one stress management technique

**👥 Pillar 3: Social Wellbeing**

**What it includes:** Relationships, community belonging, workplace connections

**Why it matters:** Strongest predictor of longevity and happiness (strong social ties = 50% longer lifespan)

**Quick daily activities:**

- 15-minute call with friend or family weekly
- Phone-free meals with household 3+ times weekly
- Brief check-ins with colleagues
- Join one community group meeting monthly
- Reach out when struggling, accept help

**💰 Pillar 4: Financial Wellbeing**

**What it includes:** Money management, financial security, economic peace of mind

**Why it matters:** Financial stress affects sleep, relationships, health (73% of adults stressed about money regularly)

**Quick daily/weekly activities:**

- Track spending for 30 days using app
- Automate 10% income to savings each payday
- Read one financial article weekly
- List all debts and create payoff plan
- Set 3 financial goals (short, medium, long-term)

**📱 Pillar 5: Digital Wellbeing**

**What it includes:** Screen time balance, technology boundaries, information management

**Why it matters:** Affects sleep, attention, relationships (7+ hours daily screen time average, digital boundaries improve sleep 34%)

**Quick daily activities:**

- No screens 1 hour before bed
- Disable non-essential notifications
- One phone-free hour daily
- Check email 3 designated times vs. constantly
- Set purpose and time limit before opening apps

## Monthly Wellbeing Assessment

Month: \_\_\_\_\_ Year: \_\_\_\_\_

**How to Use This Assessment:**

Rate each statement 1-10 where 1 = strongly disagree and 10 = strongly agree. Be honest - this is for your eyes only. Scores below 6 in any area indicate that pillar needs immediate attention. Balanced wellbeing means all pillars score 7+.

Pillar	Assessment Statement	Rating (1-10)
PHYSICAL	I move my body 150+ minutes weekly	
	I sleep 7-9 hours most nights	
	I eat nourishing foods regularly	
Physical Wellbeing Total (divide by 3 for average)		___ / 10
MENTAL	I manage stress effectively most days	
	I feel emotionally balanced and resilient	
	I have mental energy for daily tasks	
Mental Wellbeing Total (divide by 3 for average)		___ / 10
SOCIAL	I have meaningful, supportive relationships	
	I feel connected to community or groups	
	I have people I turn to for support	
Social Wellbeing Total (divide by 3 for average)		___ / 10
FINANCIAL	I feel in control of my day-to-day finances	
	I'm making progress toward financial goals	
	Money stress doesn't dominate my thoughts	
Financial Wellbeing Total (divide by 3 for average)		___ / 10
DIGITAL	I control technology vs. it controlling me	
	Screen time doesn't interfere with sleep/relationships	
	I take regular breaks from digital devices	
Digital Wellbeing Total (divide by 3 for average)		___ / 10
OVERALL WELLBEING SCORE (add all 5 pillar averages)		___ / 50

Action Planning Based on Your Scores:

My lowest scoring pillar this month: \_\_\_\_\_

Why this pillar scored low (circumstances, habits, challenges):

3 specific actions I'll take this month to improve this pillar:

Support I need (resources, accountability, professional help):

## My Chosen Activities This Week:

Pillar	My Daily Activity (be specific)	Time Required
Physical		
Mental		
Social		
Financial		
Digital		

## Weekly Tracking Grid:

Day	Physical	Mental	Social	Financial	Digital	Daily Mood (1-10)
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Weekly Total	___ / 7	___ / 7	___ / 7	___ / 7	___ / 7	Avg: ___

End of Week Reflection:

Which pillar was easiest to maintain this week? Why?

Which pillar was hardest to maintain? What got in the way?

Did you notice any mood changes correlating with pillar activities?

## Weekly Balance Planner

Week of: \_\_\_\_\_

**Plan when you'll address each pillar throughout your week.** Balance doesn't mean equal time daily for each pillar. It means all pillars get attention across the week. Schedule activities in existing routines when possible.

## Morning Routine (Choose 2-3 Pillars):

Time Available: \_\_\_\_\_

☐ Physical: \_\_\_\_\_

☐ Mental: \_\_\_\_\_

☐ Digital: \_\_\_\_\_

## Workday Integration:

☐ Physical breaks: \_\_\_\_\_

☐ Mental resets: \_\_\_\_\_

☐ Social connections: \_\_\_\_\_

☐ Digital boundaries: \_\_\_\_\_

## Evening Routine (Choose 2-3 Pillars):

Time Available: \_\_\_\_\_

☐ Social: \_\_\_\_\_

☐ Mental: \_\_\_\_\_

☐ Digital: \_\_\_\_\_

☐ Physical: \_\_\_\_\_

## Weekend Extended Activities:

Pillar	Extended Activity (30-60+ min)	When
Physical		
Social		
Financial		
Mental		
Digital		

## Habit Stacking Reminders:

After [existing habit], I will [new wellbeing activity]

After \_\_\_\_\_, I will \_\_\_\_\_

After \_\_\_\_\_, I will \_\_\_\_\_

After \_\_\_\_\_, I will \_\_\_\_\_

## Obstacle Planning:

If I'm overwhelmed this week, my 3 non-negotiables are:

If my schedule changes unexpectedly, I'll adapt by:

## 3-Month Progress Chart

**Track your wellbeing scores monthly to visualize progress across all five pillars.** Transfer your average scores from the Monthly Assessment to this chart. Seeing improvement motivates consistency. Remember: small upward trends over time matter more than perfection.

**Visual Progress Tracker**

Plot your average score for each pillar (1-10) across three months

Pillar	Month 1	Month 2	Month 3	Change
Physical Wellbeing	___ / 10	___ / 10	___ / 10	
Mental Wellbeing	___ / 10	___ / 10	___ / 10	
Social Wellbeing	___ / 10	___ / 10	___ / 10	
Financial Wellbeing	___ / 10	___ / 10	___ / 10	
Digital Wellbeing	___ / 10	___ / 10	___ / 10	
Overall Average	___ / 10	___ / 10	___ / 10	

## 3-Month Reflection:

Which pillar showed the most improvement? What contributed to this growth?

Which pillar remains challenging? What obstacles persist?

What habits stuck consistently across all three months?