

5 Pillars of Wellbeing

Complete Tracking Worksheet

Evidence-Based Framework for Holistic Health

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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/weekly 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:

1. _____

2. _____

3. _____

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

Daily Activity Tracker

Week of: _____

Track daily activities supporting each pillar. Check the box when you complete an activity. Aim for at least one activity per pillar daily, but remember: something is always better than nothing. Missing a day doesn't mean starting over.

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"/>					
Tuesday	<input type="checkbox"/>					
Wednesday	<input type="checkbox"/>					
Thursday	<input type="checkbox"/>					
Friday	<input type="checkbox"/>					
Saturday	<input type="checkbox"/>					
Sunday	<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?

Which pillar remains challenging? What obstacles persist?

What habits stuck consistently across all three months?

What habits changed unexpectedly? What adaptions were made?

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