

## Strengths Based Well-Being | Inspired by and adapted from Tom Rath and Jim Harter

	Executing	Influencing	Relationship Building	Strategic Thinking
Physical	What new physical activity can you invest in today? How will you track your success?	What leadership could you demonstrate while embarking on a physical activity? Who could you lead?	How might you combine a physical activity with time to socialise with those you care about?	What data might you collect while investing in physical activity?
Emotional	How will you grow your emotional intelligence? How will you measure your progress?	Which aspect of self-awareness, self-management, social awareness and relationship management is your strength? Which is a relative weakness?	How can you build even more trust and love with the people you care about most?	How might you combine the head and the heart in making important decisions?
Mental	What mental agility games could you use as a distraction, or to enhance your mental robustness?	How can you bring robust mental thinking to a group whose performance you care about?	Why is solving complex problems easier and more pleasurable when surrounded by a diverse group of people you like spending time with?	How do you derive maximum pleasure from the process of ruminating on a problem you care about?
Spiritual	How might you combine your love for purposeful action with your connection to spirituality or finding peace?	How might a spiritual connection or context build more significance to your legacy?	Who fills you up with positive energy, and how can you be intentional in spending time with them?	What aspects of spirituality are you curious about from an intellectual perspective? What would you like to learn more about?
Social	How many new people can you meet this week?	Why are people often grateful when you take the lead in social situations?	Where might you be of service to others, and who is waiting for you to meet them?	How might your storytelling and ability to impart valuable information contribute to your social circles?
Community	What organisations would you like to contribute (more) to?	What organisations are crying out for your leadership, and do you have the time and energy to contribute?	What new friends could you meet by joining and contributing to an organisation in your community?	How might your knowledge and strategic thinking contribute to the development of an organisation in your community?
Financial	What needs organising when it comes to your financial well-being?	How did your leadership contribute to the wealth of others? What impact would you like to have in the future?	Among your closest friends and family, who would be great to set joint or complimentary financial goals?	What systems do you have set up for tracking your current and future wealth?
Purpose	What are your proudest moments in life? How do these inform your purpose?	What legacy have you built so far? How will you be remembered?	Who are the most important people in your life right now, and how have you touched their lives over the years?	What are your most powerful insights or learnings in life so far?

Questions and format developed in collaboration with Victoria Tipper, 2BLimitless