

The best wellbeing questions to ask

- 1 AUTHENTIC RELATIONSHIPS**
How can you invest in and protect your key relationships? With whom are you being complacent? Who brings you joy and who brings pain? What's your part in this?
- 2 MEANING, PURPOSE & DIRECTION**
What are you playing for? What does success mean to you? What truly matters most to you? What's your best possible role/life? What's your driving force?
- 3 RESILIENCE & EQUANIMITY**
What's up? What's really up? How are you? How are you really? Are you ok? Are you really ok? What's stressing you more than usual? How can I help?
- 4 VITALITY & ENERGY**
If you carry on as you are, what will your health be like 5 years from now? If you were to look after yourself as if you were someone you really cared about, what would change in your sleep, exercise, nutrition and other lifestyle habits?
- 5 BALANCE & BOUNDARIES**
What's not sitting 'okay'? Who / what is getting the best of you? What choices can you make to gain more autonomy and control over your load and demands?
- 6 INTELLECTUAL ENGAGEMENT & FLOW**
How often are you 'in the zone' and focussed or bored and procrastinating? What are you doing to nurture and stretch your brain development? Are you loving what you do and doing what you love?



Audrey
McGibbon

CEO and Psychologist, GLWS