Balanced Wellness Check-In

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person wants a broad view of current supports and gaps.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Explore chosen domains of wellness without rating one person's life against a standard.

3. Which domain needs practical attention?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.