



My Annual Well-Being Commitment

Achieving your well-being goals requires a clear goal and action plan. Think about what you want to accomplish this year, and then make a commitment to your well-being by completing this well-being contract.

1. This year, I will become the type of person who (see vision board for inspiration, then fill in 1 – 3 goals under each pillar):

Emotional:

Financial:

Physical:

Planet:

Social:

Intellectual:

2. Here are the habits and activities I'll practice to achieve my vision (be specific):

This month:

In the next three months:

In the next year:

3. My biggest motivators are (choose 1 – 3):

4. I'll use these strengths to help me achieve my goals (list 1 – 3):

5. These are my biggest supporters who I'll rely on to hold me accountable and root for my success:

6. These are my potential barriers, and how I will overcome them (fill in for all barriers that apply):

Obstacles	How I'll Overcome Them	Quick Tips
Time		<ul style="list-style-type: none">• Set a daily reminder for your activity/habit.• Start small and practice your habit for just a few minutes per day.
Money		See these <u>free and low cost apps</u> to help you get started.
Caregiving Responsibilities		Integrate your habits/activities into your family routine.
Social Support Network		Select an accountability buddy or start a well-being group with your coworkers.
Stress/Anxiety/Depression		Register for a <u>Koa Health Foundations</u> account (Organization ID: AECOM) and complete short well-being modules to help you manage stress, anxiety, depression and more.
Bad Habits		Try these <u>tips</u> for breaking bad habits.
Other		