* **Authenticity** – your work matches your personal strengths & beliefs
* **Purpose** – you believe in what you do
* **Adaptability** – you maintain perspective & positivity
* **Self-care** – you have routines & outlets that sustain you
* **Support** – you promote mutual support & open communication
* **Energy** – you invest in your physical health
* **Networks** – you have the support network you need to live you life

STEP 1: Rate where you are currently on each axis, join the dots. What does this tell you?

STEP 2: If you’re not where you would prefer to be, what might you do to improve your score?

STEP 3: Find someone with whom to share your diagram. Have a conversation that might enable positive shift