

Like having 4 properly inflated tires on a car, it takes *wellness* in all 4 areas of wellbeing to better live by our values. So which of your ‘tires’ could use some inflating? Try an action or two to inflate flat tires. You can even write in your own under “Other.” Note the ones you try and how they go for you.

My HEALTH tire	How did you feel about the ideas you tried?
Make a healthy meal	
Start online health program	
Move your body	
Take time to disconnect	
Make a doctor’s appointment	
Other: _____	

My STABILITY tire	How did you feel about the ideas you tried?
Search for housing options	
Make a list of safe people	
Make a budget	
Set up a savings account	
Find time wasters	
Other: _____	

My PURPOSE tire	How did you feel about the ideas you tried?
Apply for a job	
Enroll in a class	
Join religious activity	
Help others	
Support a cause you care about	
Sign up for intramurals	
Other: _____	

My CONNECTION tire	How did you feel about the ideas you tried?
Schedule time with a friend	
Open up to a safe person about your challenges	
Join a church, club, or organization	
Start eating dinner with family or friends	
Go to a support group meeting	
Lunch with others, book club, bowling league	
Other: _____	