



ACTION GUIDE

Managing the THINGS in Your Life

The *things* in your life include micro-level items—tools, props, gear, and equipment—plus, macro-level items—systems and processes.

Things come into play in all facets of your life and influence how you think, feel, and act. Therefore, *things*—whether on the micro- and macro-level—can make a big difference in your overall wellbeing.

This *Action Guide* will help you take a first step to recognize how *things* contribute to or reduce your wellbeing

On the next page, you'll find the five categories of wellbeing defined by Gallup, Inc., that they use in surveys to produce their annual Wellbeing Index.

The surveys are robust with good statistical validity. The questions they ask are of real people and focus on the exact details of everyday living that signify wellbeing.

Every year, results from Gallup's annual survey help guide discussions and inform policymaking at the local, state, national, and international levels:

The five categories are:

1. Purpose
2. Social
3. Financial
4. Community
5. Physical

For each category, think about how you use things to achieve its wellbeing objectives.

Then, jot down your own examples of micro- and macro-level items. What do you notice about how you use things in each category? What strengths and skills help you make effective use of things in your life?

Objective	Micro-Level: Tools, Gear, Equipment (Example: yoga mat, tennis racket, crockpot, mom's number on speed dial, bible, spare change jar, digital app) Macro-Level: Systems & Processes (Example: budgets, direct deposit, timelines)
Purpose <ul style="list-style-type: none"> You like what you do every day. You learn or do something interesting every day. 	Micro example: Read an interesting article on health Macro example: Subscribe to a health journal
Social <ul style="list-style-type: none"> Someone in your life encourages you to be healthy. Your friends/family give you positive energy every day. 	Micro example: Make a salad for dinner with my partner Macro example: Have a set time to talk with family
Financial <ul style="list-style-type: none"> You have enough money to do everything you want to do. In the last seven days, you have not worried about money. 	Micro example: Use my budgeting app before making a purchase Macro example: Use direct deposit for savings
Community <ul style="list-style-type: none"> The city or area where you live is a perfect place for you. In the last 12 months, you have received recognition for helping to improve the city or area where you live. 	Micro example: Say "hi" to neighbors when they pass me walking the dog Macro example: Participate in the town's recycling initiative
Physical <ul style="list-style-type: none"> In the last seven days, you have felt active and productive every day. Your physical health is near-perfect. 	Micro example: Keep weights at my desk and use them on periodic breaks Macro example: Maintain my Peloton subscription