

# PureSpaces

## Wellbeing Toolbox:

# Microsteps



Rate how well your practice is thriving for each of the Wellbeing Tools from 1 (slow progress) to 5 (thriving).

For the Wellbeing Tool with the lowest score, reflect on one small microstep you can implement to make this tool a healthy habit in your life.



self-reflection

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identity

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values

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wellbeing

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dreaming

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resilience

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storytelling

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You can come back to this activity multiple times to help focus your Microsteps.

You can also adapt this activity to reflect on other areas of your life where you would like to journey towards healthier habits.