

## Workplace Wellbeing Plan

### How to Use This Tool

On your journey to becoming a leader who cultivates wellbeing at work, use these questions to help you help you consider how you want to show up and to hone your focus on small, actionable steps you can take each day to bring more wellbeing to you, your team, and your organization. Use the [GROW framework](#)<sup>1</sup> to help you structure a plan:

**Goal:** What do I want to do differently?

**Reality:** What's getting in the way of that?

**Options:** What could I do to shift things? (Brainstorm as many creative ideas as possible.)

**Will:** What's the best option to try?

This information is provided by Advocates for Human Potential, Inc. (AHP) and supported wholly or in part through an Emergency COVID-19 grant to the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (FG-000268).

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<sup>1</sup> Coaching for Leadership, New York University. (2022.) *The GROW Framework*.  
<https://wp.nyu.edu/coaching/tools/grow-model/>