



## My 2021 Well-Being Commitment

**Achieving your well-being goals requires a clear goal and action plan.** Think about what you want to accomplish this year, and then make a commitment to your well-being by completing this well-being contract.

**1. This year, I will become the type of person who (see vision board for inspiration, then fill in 1 – 3 goals under each pillar):**

Emotional:

Financial:

Physical:

Planet:

Social:

Other:

**2. Here are the habits and activities I'll practice to achieve my vision (be specific):**

This month:

In the next three months:

In the next year:

3. My biggest motivators are (choose 1 – 3):

4. I'll use these strengths to help me achieve my goals (list 1 – 3):

5. These are my biggest supporters who I'll rely on to hold me accountable and root for my success:

6. These are my potential barriers, and how I will overcome them (fill in for all barriers that apply):

Obstacles	How I'll Overcome Them	Quick Tips
Time		<ul style="list-style-type: none"><li>• Set a daily reminder for your activity/habit.</li><li>• Start small and practice your habit for just a few minutes per day.</li></ul>
Money		See these <b>free and low cost apps</b> to help you get started.
Caregiving Responsibilities		Integrate your habits/activities into your family routine.
Social Support Network		Select an accountability buddy or start a well-being group with your coworkers.
Stress/Anxiety/Depression		Register for a <b>myStrength</b> account (Company ID: AECOM) and complete short well-being modules to help you manage stress, anxiety, depression and more.
Bad Habits		Try these <b>tips</b> for breaking bad habits.
Other		