

A collection of colorful, geometric shapes in shades of red, yellow, and teal, arranged in a pattern that resembles a stylized staircase or a series of upward-pointing chevrons. The shapes are layered and overlap, creating a sense of movement and growth.

# your wellness guide

UMatter Guide to  
Building Habits for  
Holistic Wellness

# Step 1: Assessing



Based on your wellness self-assessment results, list which aspects you are ready and willing to work on. Then, choose ONE aspect that you want to work on.

**Current:** Who are you right now?

Draw an object that helps visualize the parts of your *current* lifestyle that you want to celebrate and/or improve upon.

**Desired:** Who do you want to be?

Draw an object that helps visualize the parts of your *future* lifestyle that you hope to see.

# Step 2: Strategizing

<p><b>Motivation:</b> Why do you want to work on this aspect? Is your desire rooted in your values, or something else?</p>	<p><b>Action Plan:</b> What are the habits, actions, or routines you can start to close this gap? Be specific: define what, when, where, and who.</p>
	<p><b>What</b> (the action you will take)</p>      <p><b>When</b> (Will it be on-going? Or a one-time thing? Weekday or weekend?)</p>
<p><b>Facilitators and Barriers:</b> What has helped OR stopped you from changing in the past?</p>	<p><b>Where</b> (In what kind of space will you execute it?)</p>
	<p><b>Who</b> (Alone? With friends?)</p>     <p><b>Start Date:</b> <b>End Date:</b></p>

# Evaluating

A person stands on a mountain peak with their arms raised in celebration. The background shows rolling hills and a clear sky. The entire image is overlaid with a semi-transparent red filter.

**Refine: Take a step back and make adjustments.**

What worked? What didn't? How can you celebrate your small/big wins?

Remember: you can always check back in on your progress later and reassess your goals.

