www.WellbeingTrackers.com

Wellbeing is our natural state.

National Wellbeing Tracker

Nation: _____

Date: _____

As these things decrease our journey to wellbeing begins.

	Amount decreased since last measured.	Amount	Status
Number of people in prison			
Number of people in poverty, i.e., inadequate food, medical care or education.			
Toxic national debt			
Number of people with a chronic mental health concern.			
Number of people with a chronic physical health concern.			
Number of people that don't have access to clean drinking water.			
Number of people that are homeless.			
Number of people experiencing social isolation.			
Number of people unemployed or retired people that do not feel that are making a significant contribution to their community and progressing well with their personal development goals.			
...			

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Instructions:

Collaborate together and contribute to the solutions.

Guidelines:

When creating this list keep the follow 3 things in mind.

- ✓ *Consistency*. It is important the things that are being measured can be measured reliably.
- ✓ *Comprehensiveness*. It is important that list covers all the toxic indicators.
- ✓ *Frequency*. It is important that the measurements can be taken frequently enough so they can act as feedback.

Status:

1. No toxic impact
2. Mild toxic impact
3. Moderate toxic impact
4. Significant toxic impact

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