



# Wellbeing Framework APPLICATION WORKSHEET

# RECOVER Wellbeing Framework - application worksheet

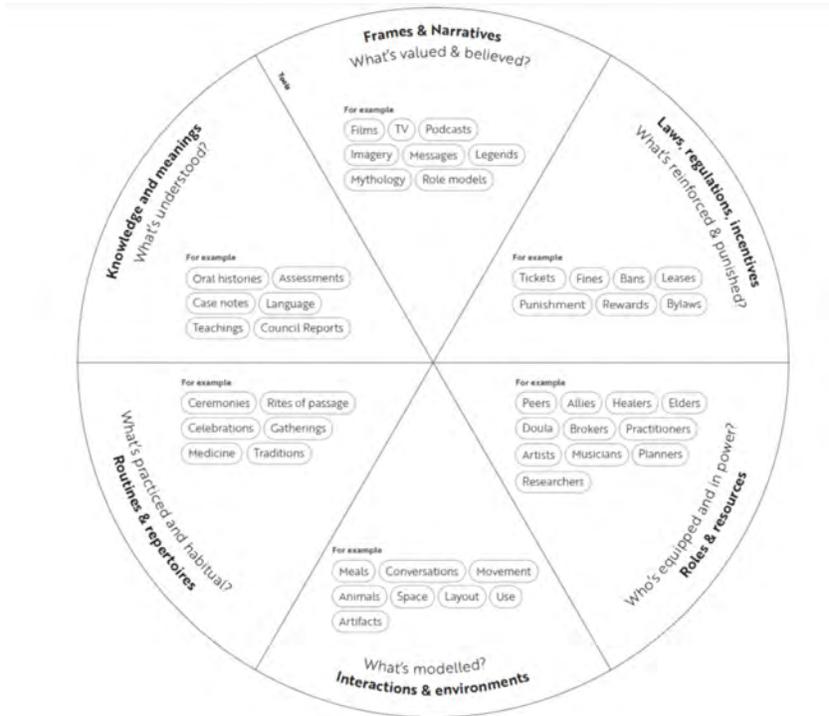
1. The problem question the solution idea is addressing:

2. What is keeping the problem stuck with respect to your solution idea/intervention/project?



Notes:

### 3. What tools will you use (or have you used) to address the problem/pain points?



#### Possible levers include:

1. Frames and narratives
2. Laws, regulations, incentives
3. Roles and resources
4. Interactions and environment
5. Routines and repertoires
6. Knowledge and meanings

Notes:

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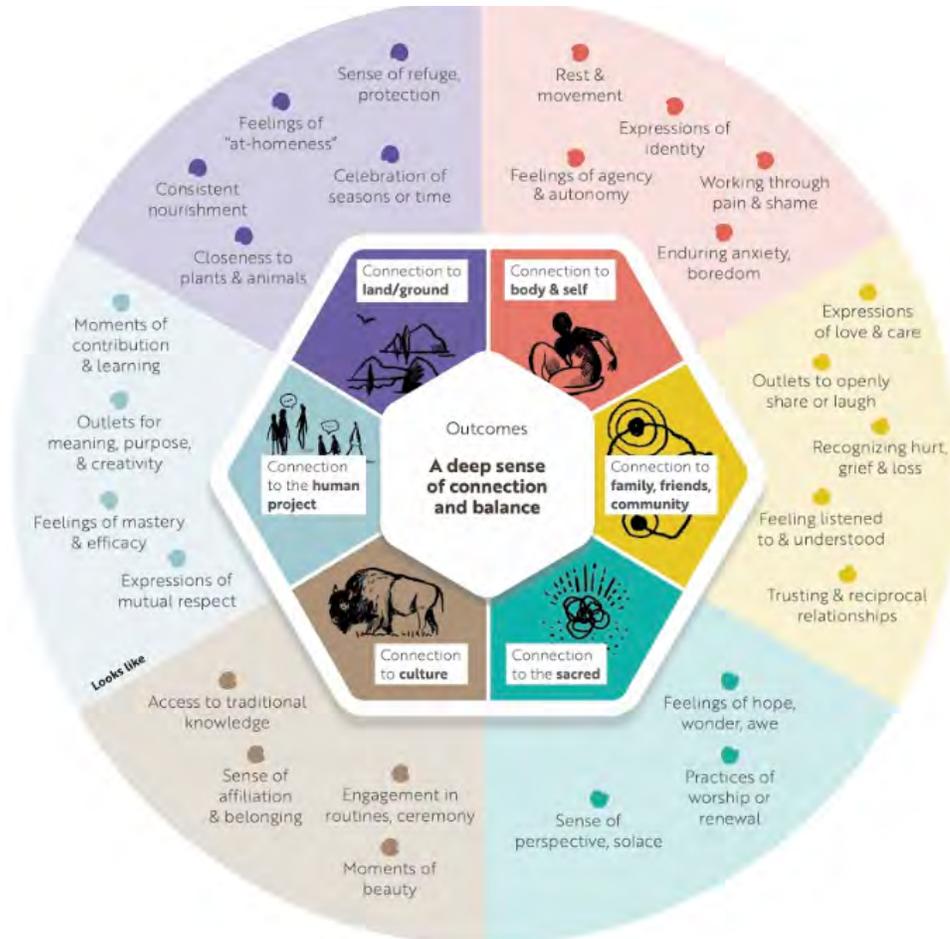
**Consider** that as a society, we tend to focus solutions on creating new programs or services. How might you rebalance your approach with thinking about which routines, interactions, and narratives should be addressed? Try to apply intentional thinking about the 6 kinds of connections and ALL of the tools/levers in the wellbeing framework.



#### 4. What wellness outcomes does this solution idea/project address?

##### Connection to:

- Land/Ground
- Body & Self
- Family, Friends, Community
- The Sacred
- Culture
- The Human Project



Notes:

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- 5. Do all the elements line up?**
- **Are you designing the solution idea to address where the problem is mainly stuck?**
  - **Are you using the best levers? Are there other levers you can use that you haven't considered?**
  - **Will it help to get to the outcome you want in terms of connection?**

Notes:

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