Living & Working Well

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Career
Career Well-being is how you occupy your time and whether it is fulfilling.

- I like what I do every day.
- I learn or do something interesting each day.
People with high levels of career well-being are more than 2x likely to be thriving in their lives overall.
Recommendations

Every day, use your strengths.

Spend time with those who encourage your growth.

Opt into social time with those you enjoy spending time with at work.
Social
Social Well-being is having strong relationships and love in your life.

- Someone in my life encourages me to be healthy.
- My friends and family give me positive energy each day.
You are 6% more likely to be happy if a connection of yours is happy. A $10K raise is associated with only a 2% increase.
Recommendations
Spend 6 hours per day socializing.
Strengthen the mutual connections in your network.
Mix social activity with physical activity.
Financial
Financial Well-being is the degree of financial security that you have.

➢ I have enough money to do everything I want to do.
➢ In the last 7 days, I haven’t worried about money.
$25,000
Recommendations

BUY EXPERIENCES.
SPEND ON OTHERS.
SETUP AUTOPAY AND AUTOSAVE SYSTEMS.
Physical
Physical Well-being is the ability to do what you want without physical pain.

➢ In the last 7 days, I have felt active and productive each day.
➢ My physical health is near-perfect.
Recommendations

MOVE AT LEAST 20 MINUTES EACH DAY.

SLEEP WELL.

SET POSITIVE DEFAULTS WHEN SHOPPING FOR GROCERIES.
Community Well-being is the sense of engagement with the area in which you live.

- The city or area where I live is a perfect place for me.
- In the last 12 months, I have received recognition for helping improve the city or area where I live.
Maslow's Hierarchy of Needs

1. Physiological Needs
2. Safety Needs
3. Belongingness & Love
4. Esteem Needs
5. Self-Actualization
Recommendations

IDENTIFY HOW YOU CAN CONTRIBUTE VIA YOUR PERSONAL MISSION.

TELL OTHERS ABOUT YOUR PASSIONS.

OPT INTO A COMMUNITY GROUP OR EVENT.
So how do we thrive?
1. LEAD WITH STRENGTHS
CREATE A SENSE OF EMPATHY
BUILD TRUST WITH YOURSELF & OTHERS
5 Show Up and Be Seen
Books to Read

- Essentials of Wellbeing
- The Universe Has Your Back
- You are a Badass
- You are a Badass at Making Money
- The Subtle Art of Not Giving a F*ck
- First, Break All the Rules
- Natural Disasters. I cover them. I am one.
- Daring Greatly
- Rising Strong
- The Power of Vulnerability
- Essentialism
- The Power of Moments
- No Sweat
- Braving the Wilderness
you are Stellar
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