

Discover the Vital Well-Being Program

Your Journey to Whole-Person Well-Being Starts Here

The **Wellness Inventory** is a dynamic and comprehensive self-care program designed to inspire long-lasting lifestyle change and support your journey toward optimal health and well-being.



Whether you are looking to reduce stress, build resilience, master work-life balance, or simply improve your overall wellness, this program provides the tools, insights, and motivation to help you thrive.

What's included in the Program:

- ✓ **Whole-person assessment:** evaluate your current well-being and motivation across 12 key dimensions of wellness.
- ✓ **Personalized Action Program:** Set meaningful goals with the guidance of a virtual coach tool.
- ✓ **Interactive Journal:** Reflect, track progress, and capture insights throughout your journey.
- ✓ **12 Resource Centers:** Access evidence-based practices and self-care strategies tailored to each wellness dimension.
- ✓ **Ongoing Self-Assessment:** Reassess monthly to track progress and adapt your goals as needed.

Explore the 12 Dimensions of Wellness

From physical health to emotional well-being to purpose, play, and financial wellness --- this program supports a holistic approach to living well.

[Click here to explore the 12 dimensions.](#)

Why the Wellness Inventory Works:

- Empowers self-awareness and positive change
- Supports resilience balance and personal growth
- Promotes sustainable habits and meaningful self-care
- Designed for long-term impact with a simple, user-friendly platform.

Every journey starts with a single step. Take yours today!

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VITAL TRANSFORMATIONS

Work, live and be well.