



WIT-Y Blueprint

Domain to focus on: _____

Current Level of well-being (select one):



In Crisis



Just Surviving



Doing Okay



Doing Good



Doing Great

Desired Level of well-being (select one):



In Crisis



Just Surviving



Doing Okay



Doing Good



Doing Great

Describe what well-being at your desired level would look like. Remember, there are no right and wrong answers, just describe what that level of well-being would look like in your life.

Who might be able to help you reach the level of well-being that you want?

People might include: siblings, parents, foster parents, staff, social worker, coach, neighbor, teacher, faith leader, boss, etc.

What steps do you have to take to achieve your desired level of well-being?

For example maybe you need to locate a therapist, join a group, obtain a tutor, or make time for walks in the park.

What challenges might make it difficult to have the level of well-being you want? Think about things like how easy it is to trust people, make new friends, ask for help, find resources or people that will help you.

What resources do you think you might need to help reach your desired level of well-being? Resources might include things like, money, people, time, or access to certain places. You will likely think of other resources that you have or you need in your life to make the change you want in your well-being.

Change often takes time. What do you think is the right amount of time to work on making this change in your well-being?