

Precision Well-Being

These elements are the currency of a life that matters. They do not include every nuance of what's important in life, but they do represent five broad categories that are essential to most people.

- The first element is about how you occupy your time or simply liking what you do every day: your **Career Wellbeing**.
- The second element is about having strong relationships and love in your life: your **Social Wellbeing**.
- The third element is about effectively managing your economic life: your **Financial Wellbeing**.
- The fourth element is about having good health and enough energy to get things done on a daily basis: your **Physical Wellbeing**.
- The fifth element is about the sense of engagement you have with the area where you live: your **Community Wellbeing**.

While 66% of people are doing well in at least one of these areas, just 7% are thriving in all five. If we're struggling in any one of these domains, as most of us are, it damages our wellbeing and wears on our daily life. When we strengthen our wellbeing in any of these areas, we will have better days, months, and decades. But we're not getting the most out of our lives unless we're living effectively in all five.

THE U.S. WELL-BEING GAP

