

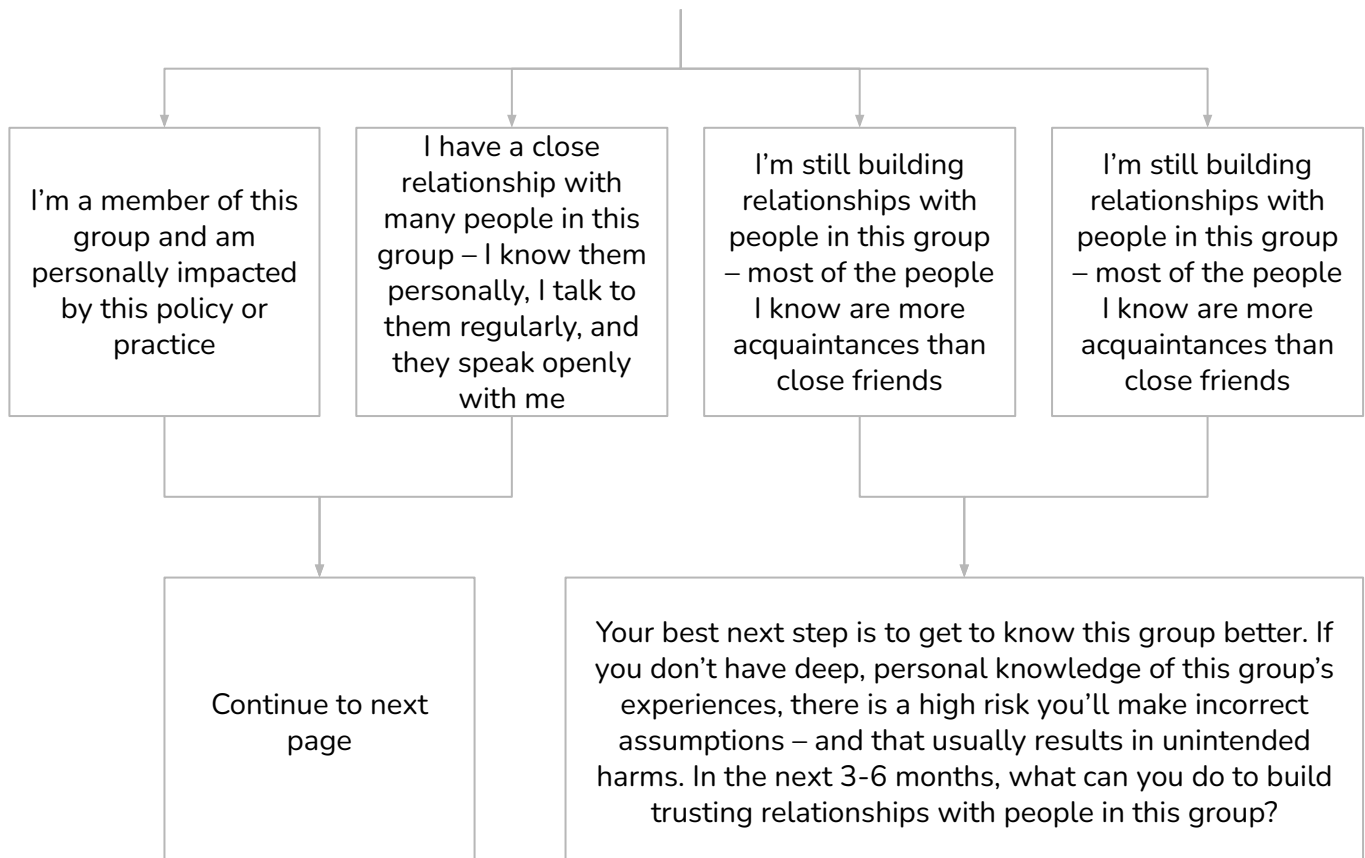
# How does wellbeing show up in your work?



1. Think back to the system you chose to explore in this course and the problems you identified in the previous section. Now let's break it down a bit and analyze a single policy or practice that contributes to the problems you've identified. What is the policy or practice? What is its intent or goal?

2. Next, please identify one group of people who are impacted by this policy or practice:

3. How well do you know the people in this group?



4. How does your selected policy or practice impact the five domains of wellbeing for the people in the group you chose?

Wellbeing benefits and gains:

Wellbeing challenges or losses:

5. Looking at the policy/practice and group you chose, when does change stick and when does it not? Do you have any insights into why change doesn't always last?

*Think about how people make change if the tradeoffs feel worth it, but they **sustain change** when the tradeoffs **are** worth it.*

6. As you reflect on your answers, how well does this policy or practice achieve its intended impact? What opportunities do you see for change?



The Full Frame Initiative was founded in 2009 to make the U.S. a country where everyone has a fair shot at wellbeing – the needs and experiences essential to weather challenges and have health and hope. We partnered with communities, government and organizations to shift narratives, surface new solutions and create durable transformation. In 2025, we transitioned our mission to our network of champions and allies – because a fair shot at wellbeing was always bigger than FFI. You can learn more about our work and find resources at [fullframeinitiative.org](https://fullframeinitiative.org).

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