

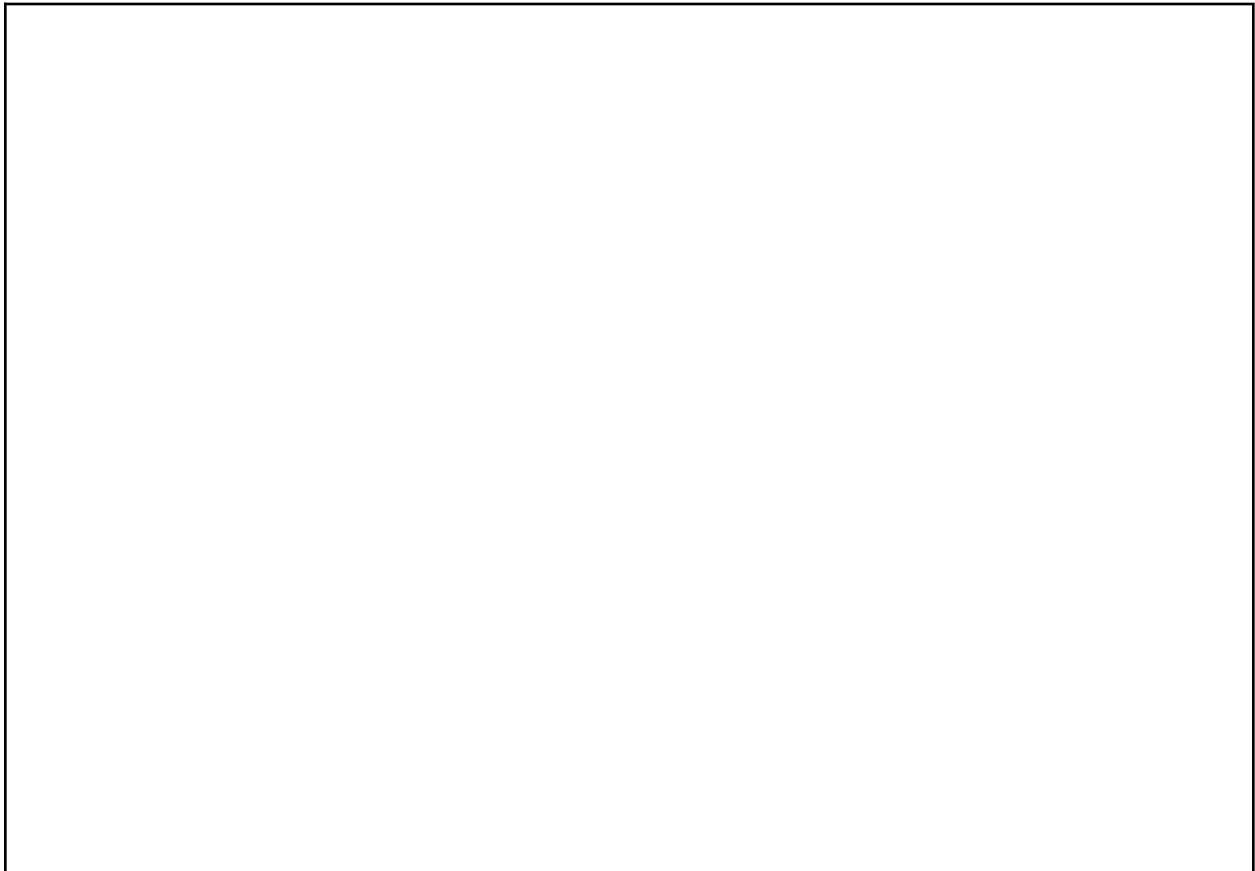
# Wellbeing Design: One thing you can do



Everyone can do something, no matter how big or small. What is one thing you can do to bring wellbeing design into your life?

Consider these resources:

- [Why a fair shot at wellbeing matters](#)
- [Wellbeing Deeper Dive](#)
- [Wellbeing Design Principles](#)



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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