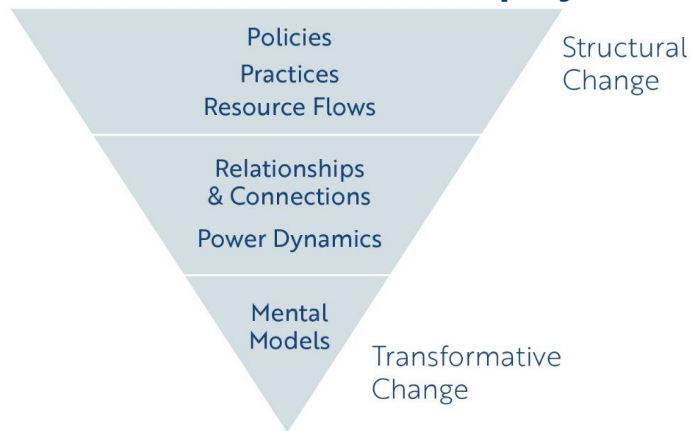# RECOVER.

Wellbeing Framework APPLICATION WORKSHEET

RECOVER Wellbeing Framework - application worksheet
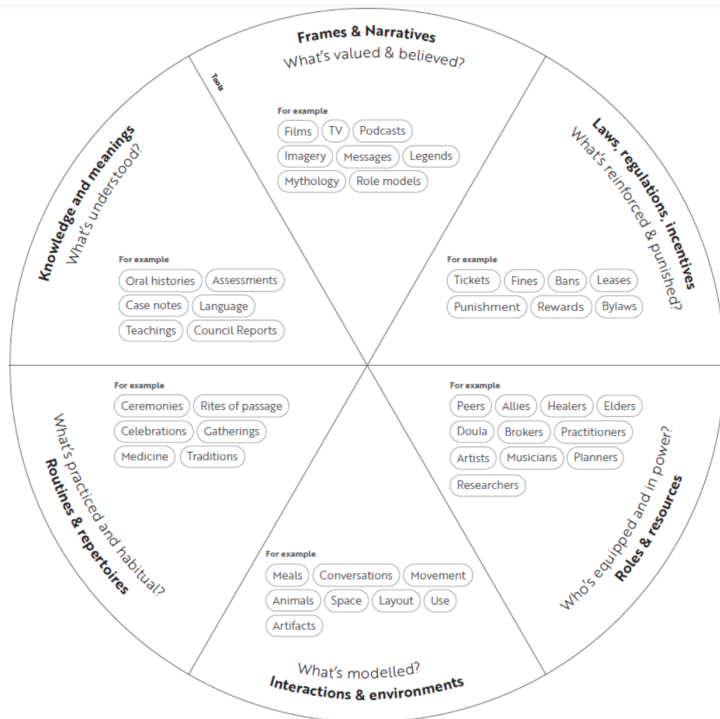
1.   The problem question the solution idea is addressing:

2.   What is keeping the problem stuck with respect to your solution idea/intervention/project?

Policies
Practices
Resource Flows

Structural Change

Relationships & Connections

Power Dynamics

Mental Models

Transformative Change

Notes:

3. What tools will you use (or have you used) to address the problem/pain points?

Possible levers include:

1. Frames and narratives

2. Laws, regulations, incentives

3. Roles and resources

4. Interactions and environment
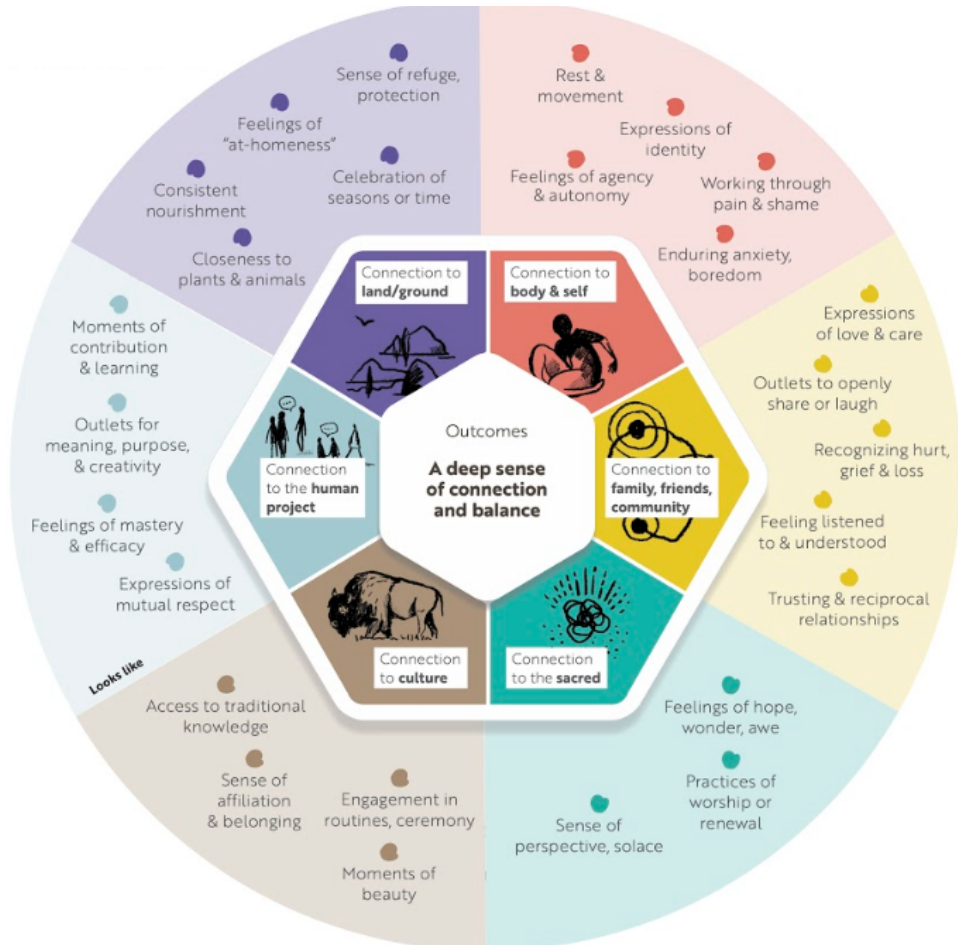
5. Routines and repertoires

6. Knowledge and meanings

Notes:

-

4. What wellness outcomes does this solution idea/project address?

Connection to:
- Land/Ground
- Body & Self
- Family, Friends, Community

- The Sacred
- Culture
- The Human Project

Notes:
-

5. **Do all the elements line up?**
- **Are you designing the solution idea to address where the problem is mainly stuck?**

- **Are you using the best levers? Are there other levers you can use that you haven't considered?**

- **Will it help to get to the outcome you want in terms of connection?**

Notes:
-