

Wellbeing Upgrade System

Your Personal Journey to a Better Life

What Is the Wellbeing Upgrade System?

The Wellbeing Upgrade System (WBUS) is your comprehensive toolkit for improving every aspect of your life. Rather than overwhelming you with generic advice, WBUS helps you identify exactly where you are now, what matters most to you, and provides personalized, actionable steps to move forward—no matter where you're starting from.

Our vision is simple: everyone deserves the support and tools to build a life that feels good—not just survive, but truly thrive. WBUS meets you where you are and guides you step by step toward the wellbeing you want and deserve.

Your 16 Wellbeing Categories

WBUS tracks 16 key indicators across 5 life domains, giving you a complete picture of your wellbeing:

Foundational Domain

- **Housing** – Safe, stable, and affordable living conditions
- **Food** – Access to nutritious, sufficient food
- **Transportation** – Reliable ways to get where you need to go
- **Personal Safety** – Freedom from violence, abuse, and immediate threats

Holistic Health Domain

- **Physical Vitality** – Energy, fitness, and overall physical health
- **Disease Management** – Managing chronic conditions and medical care
- **Mental Resilience** – Emotional wellbeing, stress management, and mental health
- **Restorative Sleep** – Quality and quantity of sleep
- **Health Coverage** – Access to healthcare and insurance

Financial & Occupational Domain

- **Financial Health** – Income stability, savings, and freedom from financial stress
- **Employment** – Meaningful work and job satisfaction

Social & Family Domain

- **Relationships** – Connection, intimacy, and healthy relationships
- **Parenting/Child Care** – Support and resources for raising children
- **Community Belonging** – Sense of connection and support from your community

Growth & Purpose Domain

- **Education** – Learning opportunities and skill development
- **Purpose/Creativity** – Meaning, fulfillment, and creative expression

How It Works: Your Journey

WBUS guides you through a simple 4-step journey that adapts to your unique situation:

1. **Assess** – Take the Pulse Check

Rate each of the 16 wellbeing categories on two simple scales: How satisfied are you? How important is this area to you? This takes just a few minutes and gives you a clear picture of where you stand.

2. **Prioritize** – Focus on What Matters Most

WBUS analyzes your responses to identify your Priority Gap—the areas where satisfaction is low but importance is high. These are your starting points. You'll see exactly what needs attention first.

3. **Act** – Get Personalized Action Plans

Based on your priorities, WBUS provides tailored action plans at four different levels (Emergency, Micro-Actions, Structural Change, and Abundance). You choose the actions that fit your current capacity and circumstances.

4. **Connect** – Access Support and Resources

Get connected to vetted local resources, support services, and community connections. WBUS helps you find the right help at the right time—whether that's a food bank, counseling service, job training program, or peer support group.

The Pulse Check Assessment

The Pulse Check is your starting point—a quick, non-judgmental self-assessment that takes just 5-10 minutes. For each of the 16 wellbeing categories, you'll answer two questions:

- **Satisfaction:** "How satisfied are you with this area right now?" (1 = Very Dissatisfied, 10 = Very Satisfied)

In development. Not fully functional.

- **Importance:** "How important is this area to you?" (1 = Not Important, 10 = Extremely Important)

Your responses create a personalized Priority Gap score for each category, showing you exactly where to focus your energy. The Pulse Check can be retaken anytime to track your progress and adjust your priorities.

4-Tier Action Plans

WBUS meets you wherever you are with four levels of action plans, each designed for different situations and energy levels:

Emergency Override

Immediate crisis intervention and safety resources. When you're in danger or facing an urgent crisis, WBUS directs you to emergency services, hotlines, and critical support.

Micro-Actions

Small, doable steps you can take today—even when you're exhausted, overwhelmed, or have limited resources. These build momentum and confidence without draining you.

Structural Change

Longer-term strategies to address root causes and create lasting improvements. These actions require more time and energy but lead to sustainable change.

Abundance

Optimization and enrichment for areas already going well. These actions help you move from "good enough" to thriving, deepening satisfaction and exploring new possibilities.

Your AI Wellbeing Guide

Think of your AI Wellbeing Guide as a supportive companion available 24/7—never judgmental, always ready to help. Your AI Guide provides:

- **Personalized Conversations:** Talk through challenges, celebrate wins, and get tailored advice based on your unique situation
- **Action Recommendations:** Receive specific, relevant actions from your personalized plans
- **Progress Tracking:** Monitor your journey, identify patterns, and celebrate improvements
- **Resource Connection:** Find local services, programs, and support tailored to your needs
- **Crisis Support:** Immediate guidance and connections during emergencies

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- **Accountability & Encouragement:** Gentle check-ins and motivation to keep you moving forward

Your AI Guide learns from your interactions, adapting to your communication style, preferences, and evolving needs. It's like having a knowledgeable friend who truly understands your journey.

Supporting Your Whole Family

WBUS recognizes that wellbeing is often a family matter. Our family support features include:

- **Family Accounts:** Create separate profiles for family members while maintaining privacy and individual progress tracking
- **Shared Goals:** Work together on family wellbeing priorities like housing stability, financial health, or parenting support
- **Child-Focused Resources:** Access age-appropriate guidance for children's wellbeing, education, and development
- **Parenting Support:** Specialized action plans and resources for parenting challenges and childcare needs
- **Family Dashboard:** See the whole family's progress at a glance (with appropriate permissions)
- **Coordinated Support:** Connect with family services, community resources, and programs that serve multiple family members

Whether you're improving your own wellbeing or supporting your family's journey, WBUS provides the structure, resources, and encouragement you need to create positive, lasting change.

Your journey to a better life starts here.

The system is in development. The Priority Checklist is available for you to do a personal assessment and begin developing a plan. We can show you how to use AI now to do research to find resources to help you. We will provide a specialized AI you can use as soon as possible.

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