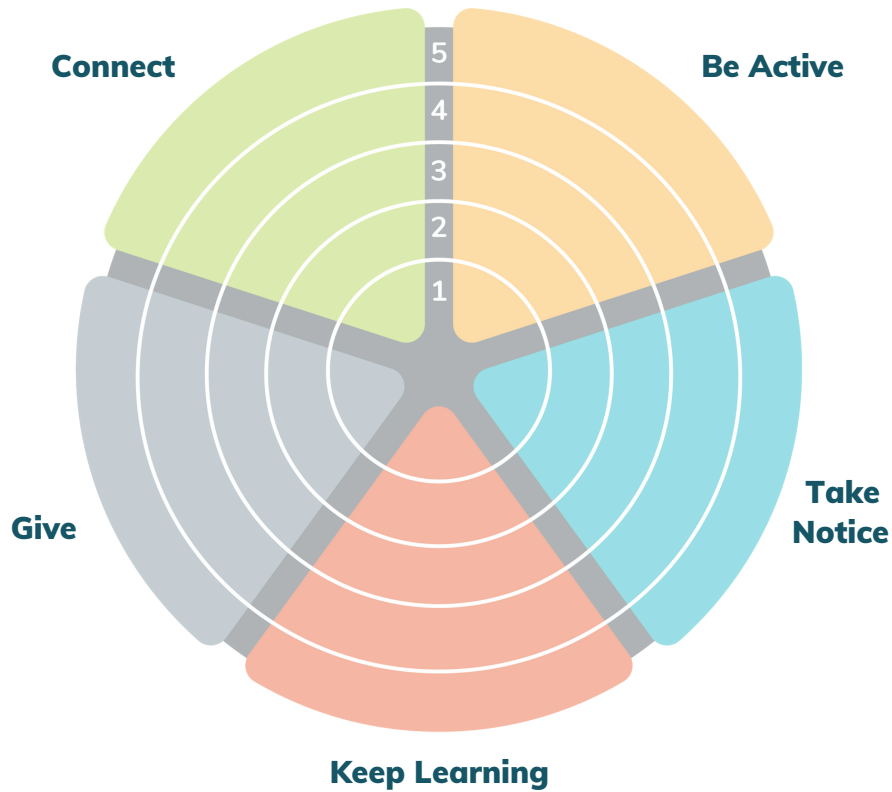


Wheel of Wellbeing

Colour in the Wheel of Wellbeing to show your activity in each area. (1 - very little; 5 - lots). Then use the action plan below to focus on any areas where you'd like to do more.



Connect

Talk and listen.
Be there. Feel connected.

Be Active

Do what you can.
Enjoy what you do.
Move your mood.

Take Notice

Remember the simple things that give you joy.

Keep Learning

Embrace new experiences. See opportunities.
Surprise yourself.

Give

Talk and listen.
Be there. Feel connected.

What would I like to try this week?	What is the first small step I will take?	What resources or help will I need?	How will I feel when I've succeeded?

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