

# PERSONAL WELLBEING PLAN

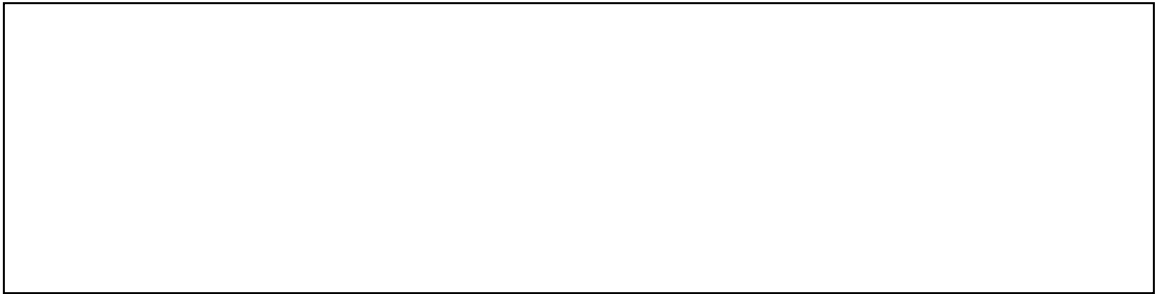
NAME \_\_\_\_\_

DATE \_\_\_\_\_

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## STRENGTHS

From the 10 areas on the sheet identify the ones which you see as areas of strength – so if you exercise regularly that is a strength. Make a note of those areas in the box below



## AREAS TO WORK ON

Now think about areas where you would like to improve – don't worry about how, just make a note of those areas in the box below.



## **ACTION POINTS**

**TAKING CARE OF YOUR OWN MENTAL WELLBEING IS, IN PART AT LEAST, UP TO YOU. USE THE BOX BELOW TO WRITE A STATEMENT ABOUT WHY YOU WANT TO TAKE CARE OF YOURSELF AND WHAT STEPS YOU PLANE TO TAKE.**

## **FINALLY**

**Taking care of your own mental wellbeing is, in part at least, up to you. Use the box below to write a statement about why you want to take care of yourself and what steps you plane to take.**

[Type here]

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