

## 5 steps to wellbeing

Steps to wellbeing	Current satisfaction	Where would I like to be?	What can I do to achieve this?
<b>Connect</b>	1..2..3..4..5..6..7..8..9..10		
<b>Be active</b>	1..2..3..4..5..6..7..8..9..10		
<b>Learn</b>	1..2..3..4..5..6..7..8..9..10		
<b>Take Notice</b>	1..2..3..4..5..6..7..8..9..10		
<b>Give</b>	1..2..3..4..5..6..7..8..9..10		

What are you going to work on?

.....

What do you need to take into consideration; health, time, money?

.....

.....

How could you overcome this?

.....

.....

Do you need support? From whom?

.....

.....

Is there something you are already doing that you can do more of?

.....

.....