

The Thriving Self - Being

The Health and Wellbeing Plan



Complete all sections in the following Plan except the three steps. Focus on a significant and achievable objective for your health and wellbeing for a month.

Write out your health and wellbeing objective – precisely, concisely, positively – as if it is happening, for example I am eating regular and healthy meals, I am taking 30 minutes per day to walk.

Now work backwards on three key steps to achieve this.

Place those steps in the same sort of language in the spaces provided.

Check they fit with your available resources.

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| What is my purpose? | What do I know about health and wellbeing? | What are my roles? | How do I bounce back? | How will I know I have bounced back? |
| My resources to achieve this | Step 1 | Step 2 | Step 3 | My objective |
| Weight/ health and wellbeing rating related to my aim | Where can I get information on health and wellbeing? | What are my overload signals? | What are my protective factors? | Draw me healthy |