






# My Take 5 steps to wellbeing self-assessment






The Take 5 messages are things that are easily achievable for anyone to incorporate in their everyday lives and you are probably doing some of these things already. Think about each of the Take 5 messages and what you have done recently.

	What are the things you are already doing?	What benefits do you get from these things?
 <b>Connect</b>		
 <b>Keep learning</b>		
 <b>Be active</b>		
 <b>Take notice</b>		
 <b>Give</b>		

# My Take 5 steps to wellbeing self-assessment



Think about what things you would want to continue doing or do more of. Are there other things that you would like to do that would be of benefit to you? It is important to set goals that are achievable, so think about what could make it hard for you to do it and also what would help or support you to achieve it. Review your progress after a few days or weeks to see how well you are doing in meeting your goals.

	<b>Goals</b> What else would you want to do and when?	<b>Obstacles</b> What would make it difficult for you to do this?	<b>Supports</b> What would help you to do this?	<b>Review</b> How well are you doing?
 Connect				
 Keep learning				
 Be active				
 Take notice				
 Give				