

Take 5 steps to wellbeing star

Your name:

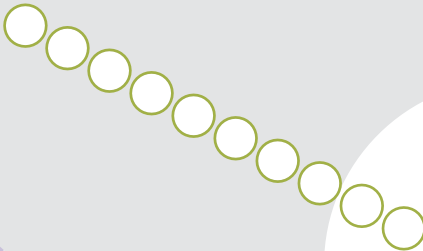
Date completed:

Connect

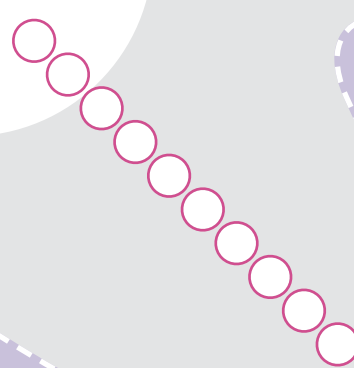


Keep learning

Give



Take notice



Be active



If you can incorporate all 5 steps, you will have a better outcome

In the last week / month how many of the listed activities have you done?

Count how many in each category and mark your result on your star.
Count the circles out from the centre and mark your score for each.



Connect

- At home
- Close family
- Extended family
- Friends
- Colleagues
- At work / school / church / group
- Neighbours
- In your community
- A stranger
- A professional (Dr., chemist etc.)
- Another



Keep learning

- Watch a documentary
- Read a book
- Try something new
- Rediscover an old interest
- Sign up for / do a course
- Take on a different responsibility
- Fix something
- Learn to play / sing a tune
- Cook a different recipe
- Set yourself a challenge
- Another



Be active

- Walk
- Run
- Housework
- DIY
- Cycle
- Played a game
- Garden
- Dance
- Exercise
- Went to the shops
- Another



Take notice

- Be curious
- Savour the moment
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Taste your food
- Have a conversation
- Watch and listen to the news
- Be aware of the world around you
- Reflect on your experiences
- Another



Give

- Do something nice for a friend
- Do something nice for a stranger
- Thank someone
- Smile
- Volunteer your time
- Be active in a community group
- Donate unwanted items
- Visit a neighbour
- Feed the birds
- A compliment
- Another