

WRITE DOWN WHAT'S IMPORTANT TO YOU – THE THINGS THAT REALLY MATTER: THE THINGS THAT GIVE YOU SATISFACTION IN LIFE.

REMEMBER: this is for only for you. There are no right or wrong answers.

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NEXT WRITE DOWN WHAT IT IS YOU WANT TO ACHIEVE OVER THE NEXT 3-6 MONTHS

AGAIN: there are no right or wrong answers. You have no-one to measure up to other than yourself. Just think about the things that are meaningful to you. You might only write down one thing or three or four.

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THEN WORK OUT WHAT, GIVEN YOUR CURRENT CIRCUMSTANCES, YOU ARE ABLE TO DO, TO MOVE YOU CLOSER TOWARDS THOSE THINGS THAT YOU WANT TO ACHIEVE:

NOTE: If there are things want to achieve that, due to current circumstances you genuinely feel you can do nothing about then, for now at least, draw a line through them. What you are left with is a list of things you want to achieve and the ability you currently have, under your control.

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CONGRATULATIONS! You've just begun to build the foundations to improve your sense of wellbeing

Right, now you have an idea of where you want to go and what it's possible for you to do in moving towards that.

Next it's about taking it day by day.

Decide on the things you're going to work on today to help move you towards the things you want to achieve. The trick here is to get creative – some small actions may not seem immediately related to what you want to achieve but, invest in yourself and you'll be amazed how a small thing (like making your bed!) can contribute towards the discipline you need to take on bigger things.

Write them down and each time you've completed one, strike it off and make a note about how it feels.

WHAT I'M GOING TO DO	WHAT I DID	HOW IT FEELS
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REMEMBER: It doesn't matter how big or small you 'think' the individual actions are – if by achieving them they give you satisfaction you've progressed towards a better sense of wellbeing and that's what matters.

THEY'RE YOUR GOALS, YOUR RULES – JUST KEEP MOVING YOURSELF TOWARDS WHERE YOU WANT TO BE.

Then mark at the end of the week your overall progress compared to where you started the week. By seeing yourself move in the right direction you're giving yourself control back and validating yourself.

CHALLENGE YOURSELF. BE KIND TO YOURSELF. REWARD YOURSELF.