

My Wellbeing Plan

My Profile

Name:

Age:

Date of Birth:

Address:

GP:

Diagnosis/Long term health condition:

Any other important information about me:

How I Would Describe My Current Wellbeing

For a reflection of how you see your current wellbeing, you may wish to reflect on the last two weeks.

My Self Assessment Score:

Confidentiality applies unless we deem significant risk to yourself or others.

Reasons For Improving My Wellbeing

Is there anything in particular past or present that could prompt you to improve your wellbeing?

My Goals

You may wish to include bigger/long term goals and/or smaller day to day goals.



Connect

How could you connect with others around you? This may include connecting or reconnecting with people that you already know or people that you could potentially connect with in the future.



Be Active

Think about different physical activities that you already enjoy or may be interested in for the future. This may include something you do on your own or you may wish to be part of a group or exercise with others.



Take Notice

Being aware of what is around us, notice things that are changing, absorb where possible and reflect.



Keep Learning

You may want to try something new, rekindle a skill you once had or find a new interest or hobby. This may be through self learning or learning with others or part of a group.



Give

This may include giving to people you do or do not already know, volunteering your skills or just giving some time to someone.

I completed my Personalised Wellbeing Plan with support from on
...../...../.....

I aim to have made improvements to my wellbeing by/...../.....

Signed