

Personal Wellbeing Plan

Use this template to manage your own wellbeing your way.

Everyone's wellbeing is unique and how you improve or maintain good wellbeing will be individual to you.

Your wellbeing will be different each day or each week, so have a variety of tools and techniques that you can put in place when you need them. And each week try something new to see if that works for you.

Think about your triggers or early warning signs and put a plan in place to manage your wellbeing.

What I need to focus on	What I can do