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# Wellbeing Roadmap

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This is your **personal wellbeing plan** – a space to reflect, reset, and focus on what helps you feel your best in everyday life.

Try to answer each question honestly and in your own words. Everyone has moments when things feel harder than usual – the key is noticing it early and taking small steps to care for yourself.

Your wellbeing matters. The more you look after it, the more energy, confidence, and connection you'll have to enjoy life and contribute to your community.

## How will I cope with the day-to-day “uncontrollables”?

Use the **GROW model** to set realistic, meaningful goals each week or month that help you stay balanced and well. At the back of this booklet, you will also find a daily GROW list to help you set minor goals each day.

### Goal:

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### Reality:

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### Opportunity / Obstacles:

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### Will / What next / Way forward:

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## Looking After My Wellbeing

Building small, positive routines can make a big difference.  
Try to keep a sense of structure, balance, and self-care in your days.

- Eat regular, balanced meals and drink plenty of water.
- Move your body daily – walk, stretch, dance, whatever feels good.
- Get enough rest and fresh air.
- Take breaks when you need to recharge.

These small actions protect your physical and mental wellbeing and help you stay steady when life feels unpredictable.

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## Emotional Wellbeing

When life gets difficult, focus on what you *can* control.  
Notice how you're feeling, and allow yourself moments to pause and breathe.

What helps you calm your thoughts or emotions when things feel tough?

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## Social Wellbeing

You don't have to do everything alone. Connection and community support are powerful tools for wellbeing.

**Who can I reach out to if I need to talk or share how I'm feeling?**

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**Who helps me feel seen, safe, or valued?**

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## **Purpose & Creativity**

Finding ways to express yourself or do something meaningful boosts wellbeing. It might be through creativity, volunteering, learning something new, or helping others.

### **What activities make me feel alive or proud of myself?**

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### **What creative or purposeful outlet helps me relax or reset?**

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## **Environment & Lifestyle**

Your surroundings and routines influence how you feel. Think about what helps make your home, workspace, or community a positive environment for you.

### **What small changes could make my space calmer or more uplifting?**

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### **What can I do to care for my environment or community?**

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## **Reframing Negative Thoughts**

We all experience self-doubt or worry. Learning to challenge negative thoughts helps us stay balanced.

### **My common negative thought:**

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**A more positive or realistic way to see it:**

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**Meeting My Needs - Maslow's Hierarchy of Wellbeing**

Reflect on what you need to feel safe, supported, and fulfilled.  
Add to or adjust your answers as life changes.

**Basic (food, water, sleep, shelter):**

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**Safety (security, health, stability):**

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**Love & Belonging (connection, friendship, family):**

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**Esteem (confidence, purpose, recognition):**

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**Self-Actualisation (growth, creativity, meaning):**

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**If My Wellbeing Slips...**

Who can I talk to first?

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What helps me ground myself or lift my mood?

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**Positive Focus**

**Tasks to Do:**

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**People I can contact if I need support:**

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**Music, activities, or places that help me unwind:**

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**My Personal Affirmation**

An affirmation is a short, positive statement that reminds you of your strength and worth. Write one that inspires or centres you.

**My affirmation:**

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Day	Goal (using GROW model)	How this goal will help my wellbeing:	End of the day reflection:
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

NOW EVERYBODY UNITE

